

Diadem of Divinity: Nourishing and sustaining the inner self and Health.

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Abstract

Commitment to the inner- self, committing the inner-self to goodness, realising the responsibility of self towards the inner-self, shaping and sharpening the inner-self , being always conscience towards the inner-self entrusted to the Divinity are certain key-factors which contribute to the enrichment of goodness in human beings. When an entity becomes accountable and answerable, responsibility is the propeller to navigate. Acceptance of change realising transcendence, humility, resiliency, honesty and above all, kindness are the quintessence of being a good natured human being. Life has many entangled and unravelled mysteries. Goodness has been the only tool that can untie any knot.

Keywords:

Acceptance of change, humility, resiliency, honesty, kindness.

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I. Introduction:

The basic requisite of a professional environment or a home environment is a team of individuals who support each other's growth, genuinely fostering the relationship with respect. Such people in the long run become admirable and morally strong. The goodness of any human being will be the first assist in having a mind frame by being ready to accept the change with an open mind. Humility arises from within when there is no room for pride. This enriches the goodness that which already exists. Resiliency is nothing but the elasticity of mind which augments the growth of goodness. Honesty is the quality which puts trust to the test of self. Being a self effacing and gracious person demarcates an individual as a person with respectfulness. Being unconditionally compassionate is a feeling which rises from within a human being motivated by genuine warm feelings towards other living beings. These seven factors are the pivotal forces which drive the entire humanity towards confluence of richness in goodness and sustaining the same. Let us perceive them in detail in this study.

Challenges in life:

There are many circumstances in life in which each and every minute pose a challenge to us. The convolution of ethical predicaments and moral decision pose the highest threat for any human being to retain the goodness. The challenges may have a broad arena such as profession, home, relationships, friends, family, health, finances etc., There is no growth in life without challenges. In fact these challenges make life interesting. Enduring a challenge enables any individual to become more self reflective. Self reflection provides a broad platform for taking up responsibility by eliminating the feeling of throwing the blame on someone. Enduring always inculcates perseverance. Perseverance strengthens the character. Strong character displays self-discipline. An individual with strong character doesn't seek validation and hence easily embrace changes. The Bagwadh Gita corroborates that life is innately packed with challenges and uncertainties. Any individual must be highly aware of the truth that estrangement from the divine would lead to devastation of one's self. Darkness cannot stay where light is. Light and truth are tantamount to one another. Goodness is there glowing bright with radiance where light and truth rein ascertaining the diadem of divinity.

Acceptance of change

Change is inevitable and is the only constant. Acceptance brings peace within the heart. Accepting the change takes us in the stride of growth and prosperity. The moment we realise that what appears as a problem is no more a problem, rather it is a pedestal providing plenty of opportunities for learning and growth. Placing us in the comfort zone is the greatest barrier to accept change. The feeling of insecurity about the new dogma and the wrong assumption of expecting failure because of change makes acceptance difficult. Acceptance of change

builds up more level of introspection, increases opportunities to be considerate and thoughtful, sharpens new dexterity and identifies innovative propositions to fostering achievements.

Lord Krishna teaches the insightful certainty of life's transiency in BagwadhGita . He persuades Arjuna to be acquainted with the ephemeral nature of the physical dominion and wants Arjuna to spotlight on the ceaseless soul. This teaching attracts manifestation on the transient character of achievement, disappointment, happiness, and distress, influencing the individuals to seek out a exceptional permanent purpose. The insight of contentment, gladness, gratification versus the acuity of suffering, pain and anguish experienced through the senses are transient. If we authorize ourselves to be affected by them, then that is the juncture which, where we are not able to accept change. Un-acceptance begets insecurity and discomfort making that individual bigotry. A person of discrimination should practice to tolerate both the feelings of happiness and distress without being disturbed by them.

Humility

Individuals who persevere in holding on to the quality of humbleness are habitually certain when encounter their imperfections and acquire a level of self-consciousness that allows them to pool resources adeptly with others. Humility promotes rational outlook and reliable, steady efforts toward personal development. Humility teaches an individual the worth of other human beings. The quality of humility is not weakness. Humility adds strength to character as the people who are humble are bereft of pride. People with humility are the first ones to acknowledge and provide complements. When we become arrogant of the quality of our individual field, such as exquisiteness, intelligence, ability, might, etc. we overlook that God has given all these characteristics to us. Pride ensures that we are taken far away, in an estrangement by mortgaging our consciousness which incises the divine link from God. Nothing can become the greatest obstacle in our life than us.

The yearning intended for respect from others is the weakness that impels many individuals which makes them arrogant. This desire instigates from one' own heart and mind as the individual is self-conceited. This deceives the individual's rudimentary nature, taking them in the stride of consideration that the key factors of identity are connected with materials and not with conscience or consciousness. The more the yearning for the respect increases, the more the quality of humility is eliminated from heart and mind of the individual. Furthermore, this much of self importance misleads them towards assuming that their dignity is the total asset of their capacity and resources, their influence and associations. It drives them to obviously and clandestinely exhibit their possessions tangibly, with a frantic anticipation of receiving esteem. When these individuals are deprived of the reverence, assuming their privilege, they are deeply mortified and offended. Humility practiced as the prime most virtue, keeps an individual's mental hygiene flawless and crystal clear. The fine thread of divine link is held strong by the individual's humble nature.

Resiliency

Resilience is upshot of effectively acclimatizing to complicated or exigent situations in life, particularly by rational, pragmatic, switching between different behaviours, outlook, and indicative approaches and fine-tuning to demands. Various aspects contribute to the flexible nature of individuals towards accepting the reality about obscurity and challenges. The American Psychological Association (2014) defines resilience as "The process of adapting well with in the face of adversity, trauma, tragedy, threats or even significant sources of stress"

Being flexible doesn't mean to ignore self respect. Being flexible doesn't mean that an individual should passively accept what is thrust upon. Being resilient is mustering up the courage to go through an adverse situation by experiencing the distress without exhibiting or generating bitterness. Profound development of mental strength and indomitable will is gradually attained only through the lessons learnt from the adversity which inflicts pain and increases the nature of acceptance to get over these things.

The Bhagavad-Gita (18.35) proclaims such unconstructive, self-slaughtering frame of mind as attributive of the disparaging form of unawareness and lack of knowledge about the divine link. Fortitude is also perceived in the dim-witted, thick-headed and ignorant. But it is the stubbornness and being unreasonable that pops up from dread, apprehension, despondency, arrogance and conceit. Some Individuals hold on to their fear with great obstinacy as if it is their part and parcel. Some others make their life miserable caused by several dissatisfactions and frustrations due to disappointments. These people bluntly repudiate to mitigate it, regardless of observing its disastrous blow and bang upon their mind, psyche and life. Lord Shree Krishna declares that strength of mind is influenced and weakened depending upon such obstinate gripping to fruitless devastating thoughts is in the mode of ignorance.

To reach light, we need hope. "The Time" is such a most beautiful thing in the entire universe, that the darkest hour is succeeded by the brightest one. When life hammers us to the ground with a sharp blow , by

causing and expediting us with vulnerable situations that seems unalterable, the first cleverest thing that an individual would do is to accept that situation and release bitterness and indignation, being aware of the fact that hatred of reality and bitterness repeatedly hurts in excess of reality. Concurrently, an individual's success and development and peace depends on how well the focus should be on what is changeable, without yielding to pessimism and without surrendering to the circumstantial pressure, defeatist outlook that nothing is changeable.

Honesty

Honesty is built upon truth. Where there is truth there is honesty. An honest individual is always a righteous one, genuine and sincere without any pretensions to satisfy or to impress others. An individual with honesty will always be accountable for one's feelings and actions. An individual with honesty doesn't need to maintain any false image. That individual can only be the same where-ever he or she is. Honesty begets self-concordance. Honesty includes an enhanced insight and a greater clarity of truthfulness, goodness, genuineness, and moral behaviour. A firm and unyielding observance to proof and evidence alone is not honesty; it encircles an earnest manifestation of our belief, purpose, and behaviour. It entails us to ally our thoughts and actions with our defined system of beliefs, embracing lucidity, precision and responsibility.

Honesty promotes trust and significant associations. We construct reliable and indisputable relationships on the foundation of mutual respect and clarity. These associations offer a support system that gives a broad arena to our overall contentment and welfare. Honest communication permits us to cultivate greater clarity, acquaintances, built on faith and understanding. An espousal of honesty as the life that we live will disengage individual gratification. Instead it will promote inner peace. Life should be filled with the joy that emerges from livelihood through a genuine and significant survival.

Kindness

Kindness develops into a responsibility and accountability when an individual have a good heart filled with compassion towards other beings, whether it is human or animals, birds etc. The undulation of the heart that is filled with compassion is the utmost approval of the Universe. External splendour and attraction is momentary, whereas the inner prettiness and gorgeousness of a compassionate heart acquires radiance with time. Kindness is the most expensive and luxurious quality which any individual can have as an asset. Any living being will be drawn towards an individual who possesses kindness.

II. Conclusion

Retaining the goodness amidst life's challenges is the greatest challenge for any individual who has started realising the purpose of birth. Nourishing our mental health and sustaining it is the greatest achievement. It leads us towards the natural tranquillity called serenity. Peace of mind is the greatest wealth possible and attaining this peace of mind is in the hands of individual, in the heart of the individual, in the mind-frame of the individual and not outside. Life is full of surprises and the journey of life makes life more interesting than the destiny itself. As how our truest happiness lies in the simplest things of life, so does truth. If truth and light are only boat and oar that are used by us we can definitely achieve the afore discussed qualities which are acceptance of change, humility, resiliency, honesty, kindness. When all these are taken care of without any flaw, an individual just brims in the pink of the mental health and physical health.

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