

The Gita and Pleasures

We are advised by the holy Gita not to get attached to the fruits and focus on the task at hand, because that is in your hands. In a way it teaches you take destiny in your hands. When you focus only on the revenue or the ultimate profit or loss we compromise on values and our deeper faith. To focus on the current task at hand and get lost in it completely makes you more efficient. This means no multi tasking. Another benefit is that you take responsibility of your actions - your karma. As you do this, you start understanding that referring to oracles is meaningless because *all the power to change your future is with you - you only need to accept it*. It also says you shouldn't blame yourself for other's actions and blame others for your misery. All the time you were in charge, you did not use it for the change you desired, but were beating around the bush – attending personality development courses, consulting the astrologer (we believe that 1. The planets control our destiny. 2. Thus, if we want to change our future you need to affect the planets effects on us – now there is an inherent contradiction in this – because it affects us anyways how is it going to listen to us?3. Also we ignore the effect of our past karma which is constantly with us. 4. The decision to what we can do with ourselves is constantly lies with us.) Look at this video on You tube and transform what you believe in. <https://youtu.be/q6fS4hKliLU>

There is a proverb - cliché, don't count your chicken before the eggs are hatched, in present times greed supersedes needs, in fact greed has become a need. It is never ending - to earn, then to burn and burn others too. The glaring example is the wanton destroying of the planet and environment without a care about the future. Depravity is a common result of this.

Now when you are constantly thinking of the fruits, you will definitely get attached to the fruit – instead of making best efforts to nurture the tree itself. Gita asks you to focus on the necessary task for your goals, which are to be done as an end in itself. In other words, keep the big picture in mind, but completely focus on doing the task at hand with your best. Do all things as an end in itself, if you do this it will free you of all your worries, concerns, thinking about the future. If you pursue pleasure you enslave yourself, but if you do everything as an end in itself you free yourself entirely.

It looks like Gita tells you to enjoy all temporary things, and leave then them

alone. seems we are following a hedonist routine. As I understand it, here it means don't get attached to the pleasures you enjoy, enjoy because you enjoy. Most of the enjoyed experiences are just memories of your past, to relive them and get more and more happiness of the same type, you do it again and again. Every time you do it you are just experiencing the memory of pleasure you had earlier. Your senses become numb due thousands of experiences again and again. Meanwhile, you try to find new ways to make the pleasure more enjoyable. Your senses become numb to the new experience you have, so you need to have a new and fresh version of it. So enjoy it in a way which liberates you, not get attached to it.

Self Confidence Boosters

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Self Confidence.

The common factor of failure for most of us is lack of self - confidence. A simple emotion which is easy to cultivate. We need to understand that everything we achieve or do not achieve, is governed by this single factor. This emotion or lack of it decides the results we get. Our brain - synapses and neurones make a path for these feelings. Then when we are in a situation where it's needed, we behave oriented by these paths. But the good news is that one can change this path, with a little effort and some simple techniques.

1. Which areas do you need the self -confidence? Write it out and then start working on them.

Look at the fear of the thing you fear to do and the fear will disappear. Everybody has experienced this while learning special skills in childhood. Fearing the fear creates the problem, first recognise it as an emotion like anger, hatred etc. and you can overcome it. If you observe it while it's tormenting you - it will become weaker and weaker , then vanish after a certain time. Also understand that this one emotion is not the real you - it's just a product of your imagination based on past experiences. Tell yourself that you are far more bigger this one small thing and you can control it easily. You have nothing to lose except this fear and gain your personal power back.

Refer the Holy Geeta and its relevant lessons from Lord Krishna. The relevant lesson to learn from Geeta is not get dominated by your doubts. See how Lord Krishna restores the fighting spirit and the dharma of Arjuna:

1. The famous shloka no 47 of the second chapter of the Holy Geeta says that your right is limited to what karma you do, but does not extend to its fruits – so start doing your duty and follow your dharma.
2. No 48 of the same chapter says that Dhananjay must do away with any attraction he has, become balanced and do his karma born out of duty.
3. When a person liberates his sense of pleasure from all his senses, then he becomes strong enough to deal with the world.

So, when in the midst of thick and thin of the business world, trying to get a footing and succeed – he cannot afford to have diversions in the form of his base instincts and pleasures, that is for a different time and place.

To increase your focus and to be liberated from this mindset of running after pleasures and worldly “things”, he needs to get inspired by people like Albert Einstein, Abraham Lincoln, Thomas Edison. Be surrounded and inspired from examples like them from the net and think how they came out with negative judgments and their real weaknesses. Beethoven was judged as hopeless as a composer, Thomas Edison was judged stupid by his teachers and asked to leave the school, Leo Tolstoy was told he couldn't learn. See what they have achieved in their life, no belief by others can put us down or overwhelm our human spirit and will. Unless, of course we ourselves start believing in it. Let these giants be your guides.

Arjuna was doing the opposite, he was undermining himself and finding all sorts of genuine and non-genuine excuses to not to fight. He was convinced he was doing something evil by killing his near and dear ones. Krishna convinced him that he needs to separate himself from the distractions, doubts and diversions which did not matter then. His lack of self confidence was not real, he was a strong and proven warrior – but his own thinking put him down. So ask yourself if you are not succeeding in business is it due to the same reasons?

Another cause of your lack of self-confidence maybe low self-esteem. This has crystallised in you due to your belief that what others say about us is true. You think in this manner because you need to perform in front of them and they may discourage us. Ignore them and their remarks while you are doing your act, go for your goal. Don't care about what they think, do your thing.

Act as if you have already succeeded. Visualise it so many times during the day, that it becomes a part of you. Feel it, see it in your mind, experience it as if it's happening. It will ultimately become a reality. This technique is used by the sportsmen and several successful people. You need to feel the actual emotion which will come to you when being successful in your profession or business, also imagining it becoming true and enjoying. It may seem like daydreaming, but this formula has worked over centuries, nowadays sportspersons and salesmen use it to reach their goals.

Use positive affirmations to strengthen your performance. Positive suggestions to your mind will give you a tremendous power to perform. Always remember: the autosuggestions must be in positive language. Our brain is wired to accept whatever you suggest it and make it true, whether negative or positive. In other words, it cannot differentiate between negative and positives, though we know it by our faculty of differentiation. Also, it should be done before you go to sleep- while your brain is in the *theta waves stage* and it is the best time to give your subconscious mind these autosuggestions if you want to change it narrative.

Theta brain waves are measured at 4-7 Hz frequency level, this is the brain condition of REM sleep (dreams), hypnosis, lucid dreaming, and a semi-conscious state just before sleeping and immediately after getting up. Theta is the boundary between the conscious and the subconscious states of mind. So, by training to use a conscious, waking Theta brain wave we can access and change the powerful subconscious part of our mind that is normally not amenable to our conscious state to change yourself. During the Theta state, the mind is accessible and effective to get influenced by deep and profound learning, healing, and growth. It is the brain wave level where our will connect to the Divine and make possible the changes in the material world.

Exercise before starting your task, take a few deep deep breaths and breathe out slowly, this will release any stress you have, maybe 10 or 20, experience and decide your quota. The ratio of breathing in to out is 1: 3. ➡ **Exercise**

While practising the tasks which you need confidence, keep company of encouragers whoever they may be whether friends or relatives or anyone else. Also keep the inspirers and their quotes or anecdotes ready, this is to give you a push continuously. In fact, keep them on your smart phone for immediate



reference. Their photos and videos also may prove quite effective to boost your confidence. TIP →

Have a deep thought on what is significant and crucial to you - *the feeling of inadequacy or the need to perform*. This is your choice like Krishna asked Arjuna. If you do some deep thinking, you will realise what could drive you better towards your goal. TIP →

Another cause of lack of self- confidence is that we look for validation from our peers for actions. Keep this to a limited number like say two trustworthy people who give you a true and objective feedback with genuine feeling. →TIP

Have a knowledgeable mentor with whom you can discuss freely your work and from whom you get a candid assessment. Mentor is different from the above peers, encouragers, inspiring persons I listed above. By Mentor what I mean is somebody who guides you constantly and is with you. However, you may find her from these categories too. But you should be able to talk freely and get the right advice at the right time. This is your Krishna for the arjuna you are, of course only for guiding purposes – nothing else.

Be calm and composed, desperation and feverish effort will not achieve much. First you need to be calm and cool, liberate yourself from the negative self then put in the hard work. This is what Shri Krishna did to Arjuna. You have to do it to yourself now.