

Ancient wisdom

Be grateful for an able body



DR REKHA SHETTY

✓ Lego, Sweden's toy major, has finally introduced a set of pieces that make up a man in a wheelchair. The world of toys has woken up to the fact that 15 per cent of the world's population is disabled or is in the process of becoming so.

As we grew older, some level of disability becomes more and more likely. Physiotherapists have developed a series of exercises on how to prevent falls, or at least protect yourself as you fall. It's great, today's employers are not likely to create disability. Maharajas were rumoured to cut off the hands of craftsmen. The builders and craftsmen employed in the Taj Mahal are supposed to have been crippled. Ekalavya-like. They were disabled after they had created their great masterpieces. Nobel Laureate Pamuk writes of a great painter of miniatures who blinds himself with a sharp needle puncturing his retina so that he never has to look at anything after seeing a perfect miniature he had created.

One still hears of beggars mutilating small children to help them attract more alms. The Right to Education Act (RTA), requires every school to be disability friendly. Most are not. Work with your local school, so that disabled children are not condemned to waste their years in the sad hinterland of the uneducated because they can't enter 'normal school'.

Disability lurks, a hidden threat in each able bodied life. In a single instant the gift of 'normalcy' can be wrested out of our grasp, till we too join the ranks of the disabled. So treasure your status of being able. Protect those who are disabled!

Focus on making life safer in your own home, where most accidents happen. Talk to experts to learn how to avoid falls. Work with local authorities to make your neighbourhood safer. Co-operate with traffic police to identify killer zones in your area and reduce accidents on the road. Make children aware of hazards that can disable them for life, like foot-board travel. Be safe. Be able!

The writer is the author of *Everyday Happiness Mantras*

As spring brings an aura of newness, so will eliminating our unwanted things, thoughts, habits and relationships renew our life and spirit



CELEBRATE RENEWAL



PRIYANKA VASHISHTA

✓ Spring... the word itself has the vibration of freshness, excitement, colour and renewal. After cold and dry winter where we just wanted to hibernate, spring brings in energy to break free and take initiatives. We want to step out of the comfort zone and experience the beauty nature is offering.

Wonder how to enjoy this spring on a personal level when one is not in that state of being? We tend to be complaining, irritable, anxious. Energy levels are low, eating habits are bad and the zeal to live a happy life has gone for a toss. The main and prominent reason for our situation is the clutter around and in us. These extra and unwanted things, thoughts, habits and

relationships have made us slow and less productive.

We are spending extravagantly on things and adding more and more to our possessions in the need to be satisfied and at peace. But

unfortunately, this multiplication of items in our life and mind is only burdening us and keeping our energies heavy and strained. We are thinking too much about things, which are not worth that attention, for instance — judging others, social media posts, what others are thinking about us, etc. After all of this material and mental stock, we are left with very little space for self. This is the reason we are unhappy and distressed all the time.

De-clutter this spring to actually celebrate the onset of new life, to create that space

where seeds of new vibrant thoughts can find their soil. As spring brings the whole aura of newness and renewal, so will getting rid of unwanted and less desired things do to us. Things and thoughts,

which are not serving us for our highest good, are low energy and negative. When they are eliminated, we feel lighter, sorted and motivated.

Here are few things, which can help us de-clutter at different levels:

Mind — removing unwanted things from your space of work/house/wardrobes, keeping and possessing only things which are required, simplifying our habits, trying to learn new things like music, cooking etc.

Body — better food choices, exercise to stay active and full of energy, saying goodbye to laziness, maintaining hygiene.

Soul — forgiving self and others, meditating, give our best to humanity, seeking company of positive and motivating people

Once we simplify our habits, thoughts and lifestyle, we open doors of opportunities to live a more conscious and mindful living. We get time to explore new talents and habits, which give us strength and renew our spirit.

When we have such a positive outlook everyday, we possess capabilities to achieve the biggest of our dreams.

So this spring let's promise ourselves to work on creating a better life by eliminating clutter and keeping a check on our selves. A check should be maintained throughout the year but we can do a thorough spring clean once a year. Just try it for yourself and you will experience the spring of hope and freeness bloom in your being.

The writer is a clairvoyant and founder of Soul Tattva (www.soultattva.com)

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NUMBER GAME

'2018 will be a turning point in your life'

Q Dear Rabia,

I am an engineering graduate and passed out in 2017. I am jobless. When will I get a job and what kind of a job would it be? I am very thin, and want to know how I can improve my health. When will I have an opportunity to visit a foreign country?

Name: Praveen Balaji B
DOB: 31-07-1995



RABIA KOCHAR

Dear Mr Praveen,

This year will be a turning point in your life, and it is certainly not a time to take things easy. Try applying overseas for a job post April and I am sure by end

of this year we will see a movement. Health will start improving post October 2018. Start eating green vegetables and get your blood levels checked from time to time

Wear something gold in your right hand and start praying/offering water to the Sun God by chanting the Gayatri Mantra three times.

The writer is a spiritual writer, numerologist, coffee cup reader and rudraksha therapist. You can mail your queries to Rabia at selfdecoder@gmail.com

Dream Check

Orange denotes hope, friendliness, courtesy, generosity, liveliness, sociability, and an outgoing nature. Seeing an orange in a dream represents a stimulation of the senses. You feel alive. You may want to expand your horizons and look into new interests.

