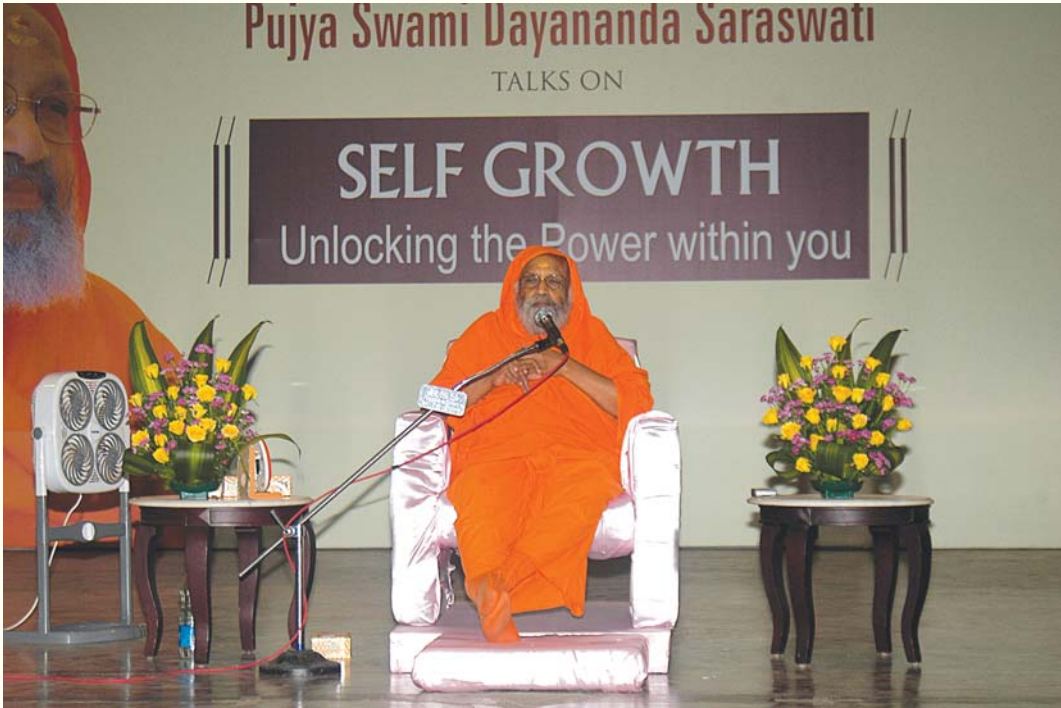


“Self Growth - Unlocking The Power Within You” Public Talks By Pujya Swamiji



Pujya Sri Swami Dayananda Saraswathi gave public talks at Avinashilingam University Auditorium, Coimbatore between the 31st of October 2009 and 4th of November 2009. Around 1200 persons attended the talk series everyday.

Lord Krishna in Bhagawat Gita proclaims that one should lift one self. Desires and ambitions are icha sakthi of Īśvarā. They are privileges as long as one knows how to handle them.

People praise from their stand point. It is not real. The one who understands his self worth has made it. He is not dependent on other's praise for his happiness.

One should look at everything as a gift from Īśvarā.. Nothing should be taken for granted. There are so many hidden variables. One can only pray. One should think how one can contribute. The contribution may be time, knowledge or skills. Just giving donation is not enough. But there should be an attitude to contribute.

Anger makes one lose his wisdom. One should empower their family members to point out when one becomes angry. One should tell that he will not talk as he is angry. Such a home will have proper communication. That is the greatest inheritance one can bequeath to the family.



Whenever one has fear, he should repeat this mantra “ I welcome fear. I am not afraid of fear”. Then there is no fear of fear. Emotions should be processed. They cannot be bypassed.

Human beings have knowledge of values without being taught. A person who transgresses values loses his self esteem. It may look like as if one person has gained. But he has really lost because he cannot enjoy the material comforts due to his guilt and low self esteem.

We have to redefine success. If one thinks fulfilling desires is success, he is wrong. Always unfulfilled desires will be more than fulfilled desires. One can be happy only when he manages his desires and follows dharma.

Whether one likes or not, one should continue doing his duty. Then it will become natural to him, to do his duty. One is successful only when he masters his likes and dislikes.

Many opportunities in life are lost due to procrastination. Procrastination is overcome by doing. One should do the most painful job first, most difficult job next, difficult job next and easy job last.

One should do what is to be done. One should not think what others will think.

One should not carry a load of people in his head. He should unload people and keep them outside in their own space. He can have care and love. He can pray for them. There are so many hidden variables that cannot be controlled. He should let other people be there in their own space. Then one's care becomes uninhibited.

Īśvarā owns everything. Even for the body one is just a managing trustee.

The one who manages his money, knowledge, time, ambition and desires is a successful person. There is real self growth only when a person becomes a contributor instead of remaining a consumer.

Report By N. Avinashilingam

