



Solutions to Life's Problems

By Dr. Manish Maladkar

The True Meaning of Life Is To Plant Trees Under Whose Shade You Do Not Expect To Sit

A powerful statement on life, just simplified... The quest for the meaning of life has been on since times immemorial.

Many questions arise in our mind about life and the answers we try to search. We search them outside and that's where the problem lies. The answers are so simple, we tend to overlook. As they say, sometimes the simplest things are the most complex to comprehend. We often search for the answers outside ourselves when the key lies inside our self. In the very You. Just get to know yourself. Knowing your true self will answer most of your queries. And mistake not life for the illusion that is around you. The illusion created by your self-perceptions, the family and the society.

Do not fall in the trap of living up to somebody's expectations. For expectations are just that and can never ever be fulfilled. But knowing yourself will fill you with tremendous satisfaction which you often find missing in life. Maybe you

are trying to satisfy somebody else's expectations and may be they are not same as yours. It may take some time but then you are not really that far away from yourself. Are you? You are the one, You are searching for.

One simple way to know yourself is to get out of your body. Then see yourself. Know that the body you are seeing is nothing more than a vehicle. A vehicle to take you through the journey of life. Once you can consciously achieve this, then your life and its meaning, and your true self will be clear as the image you see of yourself in the mirror. That very mirror, which is made of sand in which you cannot see yourself. This processing to get out of your body will make you see that self you are seeking, that's the power! You will soon start experiencing the joie de vivre. That Utopian world, that perfect world you are seeking will soon be within you. You need not seek it outside. Of course, all cannot achieve this but then sometimes it is more important to discover what one cannot do than what one can do! Then I often have experienced which you too must have, and that is to know whatever happens in life, happens for good. It makes for a richer experience.



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