

MY SACRED BULL



Your thoughts are your identity

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Our body is one of nature's best-tutored entities — a sophisticated personal assistant of our mind. One may call it the mind's servant with leadership qualities too. It is, of course, not as craftily subservient as our power-hungry politicians, unless one compromises one's self-respect and abuses its status.

The body is structured to follow the mind, its commands and functions, with decorum. Such directives may be deliberate, or routine, but they mirror the state of one's mind. When you fill your life with good, happy feelings, your body shines with radiance. When your thoughts become deceitful, your body drifts into a state of agitated illness.

Health and well-being are rooted in the essence of one's thoughts. Healthy thoughts surface from a healthy mind and healthy body. Likewise, unhealthy thoughts present themselves from a body ailing in mind. In the turbulent times we now live, we are witness to so many fearful instances — the fear of violence, or a gun-toting terrorist lurking in the corner of your mind's eye. The image can be as fatal as the real bullet. Research shows that individuals who live in constant fear of illness or death are most likely to be wobbled by the threat that they dread the most.

Anxiety deflates our body no less. It also opens the door for the entry of sickness. It is just as hazardous as polluted thoughts. If you don't stop such feelings early, you run the risk of allowing them to damage your nerves and, subsequently, your nervous system. It's all in your hands — to make or break your body and mind. When you flood your body with strong, pure, and cheerful thoughts, it helps you build positive energy in your entire being.

We'd all do well to remember that our body is a refined instrument — a device that responds willingly to the thoughts it is

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impressed with, or by way of habit. The manner in which you respond to your thoughts determines outcomes or effects. This can be both good and bad. When your mind and body, heart and soul, are pure — or, uncontaminated — you lead a cultured life. Gandhiji's principles are timeless; they are also life-changing. If only each of us sought — in our own tiny ways — the Gandhi in us, we'd bring in transformation, a quiet revolution.

It's all in the feelings — you are the creator, the master and the destroyer of your thoughts. Your thoughts are your call for expression, action and life. When you make them glow with purity, everything will be refined and divine. There is, of course, no potion, cosmetic, or culinary recipe that can add gloss to your thoughts. It works on a simple premise — when your mind is filled with pure, clean thoughts, you will be less enamoured at the prospect of a "fat-calorie-rich" lunch.

"Cleansing" baths, or rituals, will not rid you of "germs" that reside in your mind. We are all creatures of habits. For "germ-free" thoughts to emerge, you'd need clean habits. When you reinforce and purify your thoughts, you are freed from the trepidation of "mental microbes" ruling your mind.

All of us can cultivate a mind-body that is clean and pure. When you elevate your mind and respect your body, you will not only "revamp" your psyche with optimal energy, you'll also "renew" your life. Picture this. A calm face celebrates the presence of good, pure, clean thoughts, and also nature's nourishing grace. Likewise, a skewed countenance represents hate, envy, folly, deception, pretence and pride. Take your pick.

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