

Law of Universe

WAYS TO FIND PEACE OF MIND



VIDISHA SINGH

Q Dear Vidisha, I want to have a peaceful mind. Can you share tips on how to achieve that?

Yugandhar Reddy

Dear Yugandhar,

When the mind is no more in your control and the thoughts or activities around you start controlling you, you lose your peace of mind.

The easiest way to bring peace is meditation. Since many complain not being able to find time to meditate, I believe changing certain habits in our day-to-day life can surely bring peace of mind.

Peace of mind is nothing but a state of emotions that helps you live a fulfilling and satisfied life

Here are some ways one can be peaceful — being helpful to strangers, learning to forgive and forget easily, not taking everything personally or cursing your destiny, making

friends with people who make you feel happy, living your life the way you want to, creating a statement for yourself and remembering that everything is not in your control so in certain situations surrender works best.

Also, follow attitude of gratitude and do not compare your life with others and lastly, believe and love yourself.

Peace of mind is nothing but a state of emotions that helps you live a fulfilling and satisfied life. Make these changes and move ahead towards a peaceful mind. Lots of blessings!

The writer is a life coach, holistic healer and also conducts workshops on Law of Attraction.

Send your query to Vidisha at selfdecoder@gmail.com

Put shame to shame

Is shame defining the way you're leading your life? Shame is easily embedded in our systems in childhood and impacts our personality in adulthood



MALLIKA BHATIA

Q Are you ashamed of talking about sex? Are you ashamed of your current weight and size? Are you ashamed of your financial status? Are you ashamed of who you are? Does shame define your life? Shame — an emotion totally based on social standards and comparisons. We start believing in the “should(s)” of the society. Doing anything against the should(s) makes us feel ashamed. It is so easily embedded in our systems since childhood that we start using it as a yardstick for many actions and reactions unconsciously.

We were unknowingly trained as children to be ashamed in various aspects of our lives. The shame was related to everything — our body, habits and even our thoughts. At two years of age if we wanted to run around the house naked, we were told how shameful it was. Maybe someone even sang ‘shame, shame, puppy shame’, making us feel truly ashamed and guilty.

Unfortunately, some parents still use shame and guilt with children. If they refuse to eat, we tell them ‘what would XYZ say if they get to know that you don't eat?’ This sentence is usually followed by a comparison statement — ‘see how ABC finishes all the food and never troubles the parents.’

Let's analyse the impact that shame has had on us. The current reaction to wanting to run around naked at two years of age, taught us that the body is something to be ashamed of, something that we should hide, not because it is private and special, but because it is shameful to show. This chain of ideas affected our body-image, self-image and eventually our personalities.

For some of us, it made us view our body as negative, we started disliking

parts of our own body, touching ourselves became uncomfortable. We eventually grew up to reject our sexuality and sex became bad and something that we should feel guilty and ashamed about enjoying or even wanting. Eventually we perceived ourselves as negative as a whole. All this simply because we have created a faulty association of shame between our body and the need to cover it.

Shame is the central reason for development of the feelings like alienation, loneliness, perfectionism and inferiority. When we are excessively confronted with shame in our childhood, we are pushed towards many psychological disorders in our adult lives, like depression, personality disorders, eating disorders like anorexia and bulimia and even sexual dysfunctions.

It is this feeling of being ashamed that helps the child abusers get away with sexual abuse. They simply use the feeling of shame already present in the child to make them believe that it is the child's fault, they are dirty now and hence they should not share the incident of abuse with any adult.

Knowing the impact, do we still want to continue living with unnecessary shame?

A few simple changes, if made consistently, can help us overcome this feeling forever:

Shame is the central reason for development of feelings like alienation, loneliness, perfectionism and inferiority

► We need to start defining our own should(s) based on experiences and not society standards.

► We need to change the filters through which we perceive ourselves.

► We need to stop judging ourselves and understand that each individual has his/her own reality. A social yardstick doesn't always work.

► The better we understand ourselves, the less shameful we feel and the more positive our life would be.

► Accepting and respecting ourselves is the simplest tool to overcome shame.

Let's love ourselves for who we are, without comparisons. Let's embrace our uniqueness and put shame to shame.

The writer is a life coach and psychotherapist



ANCIENT WISDOM

Solution lies in awakening inner strength

Q Dear Manasi, I've not been happy for a very long time. Things turned bad after my marriage. My in-laws filed a false dowry harassment case and I had to leave my job. After my wife delivered our baby, my company stopped paying my salary. Now I have rejoined my previous company but the job is not permanent.

Shyam
DOB: 22.06.1982

Dear Shyam,

Your Soul Path number is a 3 which implies that the Goddess energy blesses you with creativity and multiple talents. You have a special spiritual path you must hon-



MANASI RAINA

our to resolve your dilemma. By analysing your current situations your numbers validate the challenges as the Karmic number 8 influences your life and the solution lies in awakening inner strength while tackling difficult opponents. The Rune of Yera reminds you that one reaps what one sows, so remember to make the right causes as it seems this relationship is old clearance for your

soul. You will be rewarded by the karmic laws only if you stay on the right path. Amidst everything the Rune of Wunjo asks you to be cheerful, energise yourself by connecting with people and things that make you smile. There are some dark secrets about people involving this matter. Something of value shall be known, says the Perthro. Look beneath the surface and do not take people at face value. The Rune of Isa assures Odin is protecting you. Please ensure your child feels secure and loved through these transitions. The year 2015 brings resolutions with a spiritual touch.

The writer is a runes expert, a clinical hypnotherapist and HYL workshop leader. Send queries with DOB at selfdecoder@gmail.com

Feng Shui tips

If you're looking to fall in love, buy a crystal heart and put it on a red cloth. Put this red cloth and crystal in the south-west corner of your desk or in the bedroom. You may do this regardless of whether you are in a relationship or not. If you are in a relationship, it will strengthen your love bond. If you aren't, it will help bring you one!

