

Unite with the supreme force



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So 2012 is here! We hope you and your loved ones have a brilliant year ahead. But tell me, what was the first thing you did today after you woke up? Did you check all the mess left behind after the party last night? Did you solemnly vow to follow all the resolutions you made? Or did you pray to God for this year to be fulfilling in all the ways that you have planned?

Most of us begin every new event with a prayer. It could be in the form of a *havan* when we move into a new house or office; a simple *aarti* on a day we consider important and auspicious; *salat* five times a day, the first of which is also at the very beginning of the day or the mass on Sundays or special days or a *paath*.

There are many other forms of prayer depending on our religious and personal beliefs. Some of us like to pray with rituals, for some it is as simple as lighting a candle or incense and for some others it is just a silent conversation in our minds with our God. The fact is whatever our form of prayer is, the intention is always the same: for our prayers to be answered.

Our styles of praying reflect our beliefs and perceptions about God, they also reflect how we internally and externally connect with God and how we connect with ourselves. Some of us believe that God is a higher entity, somewhere up there, looking at us and our actions, some believe that God is within and we are completely one with Him. That He speaks to us and through

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us. Some believe that God chooses special people to speak to us — *gurus*, saints. Even in all these beliefs the common factor is the intent to get what we desire through varied forms of prayer.

The important thing to focus on is what do we pray for? Do we mostly only ask for new material possessions like a new car, house or the latest version of an iPad or iPhone? Or do we ask for learning, growth, success, abundance and happiness?

There is truly no harm in asking for material things like i-gadgets as long as we remember that the most important and common aspect of all these i-gadgets is the "I".

If we can focus on the "I" and its growth, we will always get abundance in most aspects of our lives. Happiness will flow, satisfaction, peace and success will bow to us.

So when you pray, make sure you choose your prayer wisely. Be careful of what you ask for because the chances that you might get it are high.

Pray for yourself and for others. Value what you have and value the power of prayer. If you ever find yourself doubting the value of prayer, ask its value to the family members of seriously ill patients. And always remember, I dream. I achieve, I pray because I am.

