

THE PHILOSOPHY AND PRACTICE OF BALANCE IN LIFE

– B.K. Surendran, Bangalore

The universe is seen to be organized with a perfect balancing system. The forces in the nature are in perfect balance. The planets are located and rotate in their orbit because of the perfect balance each of them maintains. The galaxies are put up in a perfect balance. If there is little imbalance in the forces of nature, there is change in climatic conditions resulting in increase or decrease in temperature, or rainfall resulting in dislocating agricultural activities, fall in food grain production and famine conditions or floods resulting in natural disasters and so on.

HUMAN BODY, DIET AND BALANCE

The human body is a wonderful example of balance. If there is a little imbalance in any one of the nutrients in the body, there is disease and medication is required. If one is hungry, one can eat but to a particular limit. But, if it goes beyond the satisfactory limit, there is imbalance and consequently one is taken ill.

These days, doctors and dieticians prescribe what to eat and what not to eat, when to eat and in what quantity. This is because a balanced diet keeps away from obesity, fat deposit in blood vessels, shortage or excess of minerals, carbohydrates, proteins, vitamins and other vital nutrients etc. We prepare different menus so that their ingredients are tasty and in a balanced proportion. Various physical organs – heart, lungs, sympathetic and parasympathetic nervous system, digestive system, kidneys, endocrine system, liver and waste elimination process etc., play their complementary and supplementary roles in perfect balance. When there is little imbalance, the equilibrium of physical health is upset.

RELATIONSHIPS, THOUGHTS AND BALANCE

Our thoughts, feelings and emotions play an important role in our personal, family, professional, social and public life. If there is a flow of negative and wasteful thoughts, our

feelings and emotions are also similarly tuned and consequently our life is upset. If we generate pure, powerful, positive and elevated thoughts, the similar feelings and emotions spread in the surroundings as our feelings and emotions are the amplification of our thoughts. Our thoughts become blessings to the world when they are spread in the form of pure feelings and emotions. Even amidst mud-slinging and criticism, we can strike a balance with the power of peace and praise and nullify the effects of negativity. A value-based life helps to maintain the best human relationship, and ensure a peaceful and happy life. This also helps us in dealing with conflicts and confusions successfully by maintaining balance in life.

LIFE IS COMPLEMENTARY AND SUPPLEMENTARY

Life in general is seen to be complementary and supplementary. Each and every creature and forces in the world are constantly contributing and sustaining life with mutual support. We remain engaged in many activities during day time, but we require sleep and rest to recoup ourselves – both physically and mentally. The seasons are also changing from

summer, autumn, winter and spring at the right time to strike a balance in climatic conditions of the world.

STAGE OF FULFILMENT

There was a time in this World-Drama when human life was perfectly balanced. Souls, then were virtuous, righteous, vice-less, pure and blissful. There was natural beauty in that Golden Age. Subsequently after taking many births, the balance got disturbed and today we find life to be worrisome, tiresome and burdensome. Hence, in order to restore purity, peace and prosperity in life, a series of balancing acts in life should be clearly understood and practised. We should practise equanimity in criticism and praise, failure and success, happiness and sorrow, remaining steadfast. While listening to criticism, we should treat the same as a means to move to the next level of maturity and fulfilment. Practise to strike a balance between detachment and attachment, love and law, careful and carefree, easiness and busyness, royal and humorous, introvert and extrovert, firmness and flexibility etc.

When we inculcate values in life, our actions are elevated which lead us to happiness and peace. Staying in soul-consciousness and remembrance of the Lord provides power to perform noble deeds which generate health, wealth and happiness.

When we combine *karma* with yoga, we spread happiness and peace in the world and thus contribute to the welfare of this world. We perform *karma* along with the Lord as a partner. Our yoga lies in submitting all acts or *karma* to the Lord as an oblation and becoming an instrument of the Lord in performing various activities, without any expectations of the fruits of *karma*.

By maintaining such types of balance, we are able to connect to the supreme source of spiritual energy—the Lord, who empowers us to play our role in this drama of life, with diligence and grace. ●

THE GAME OF LIFE

“The drama of life is always accurate and beneficial. Whatever has happened, was good, whatever is happening, is the best and whatever is to happen, will be the best of all!”

How do we play the game of life? What are its rules? Are there more than one set of rules? Which rules do you live by: the game has your own or someone else’s rules?

Do you know what rules you are living by? – You can discover them by watching the people, situations or events that you find yourself reacting to. More often than not this is a sign that one of the rules that you live by has just been broken. Also watch out for tension; this too can be a sign that one of your rules is being challenged.

What are our rules based on? – Our rules are our belief systems, which are usually based on the past. Is it that what I believe must be right and everyone else wrong? Are my beliefs absolute and yours false? Can any one of us really say that our set of rules is absolute and that anyone who does not buy into it has got it wrong? How can we know this? Could there be some absolute rules that apply to everyone, some unchanging and eternal truths?