



Improving all aspects of life through energy based techniques

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Abstract:

We identify so strongly with some people in our lives such as mentors, parents, children, spouse that they sometimes become our whole world or we only see ourselves through them. It is no wonder we become lost or our whole world collapses when we lose someone so significant. It is a healthy, rewarding and a very simple exercise to map out our Aspects of Life and understand how we are dividing our life. We may even decide that it is time to spend more time in another area.

Life aspects help us to develop and focus on our goals, by helping us to break our 'life' up in to several components. By focusing on different aspects of life we can determine which areas need work and which areas we already have a good handle on. We must be a balanced person.

Objectives:

1. To know how we are spending and managing our life.
2. To identify things we neglect that are special to us.
3. To take control of our life and spread across all aspects of life.

The most common life aspects and techniques to improve them are discussed below:

1. Relationships:

Relationship is the emotional core of everyone's life. This may be family, friends, colleagues, mentors or just general acquaintances. A commitment to our community may not seem very important at first glance, but we can never underestimate the satisfaction of doing something to help other people. A well balanced life will recognize community service and environmental responsibility as an essential part of living an ethical and fulfilling life. Thus managing our relationships is important in our life.

Problems arise in every type of relationship. No body is perfect. We all are growing and in the process of evolving. When a person is angry or nasty, we know that person is immature. These people are often internally weak. Fear tends to make people react excessively. Unregulated fear tends to make people violent or nasty. We must project love to neutralize the hatred.

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Role of Ego and consequences in relationships thereafter

Love	+ Ego	= Attachment, Possessiveness
Wish	+ Ego	= Desire, Addiction
Power	+ Ego	= Domination, Exploitation
Friendship	+ Ego	= Support, Dependence
Humility	+ Ego	= Inferiority, Servility
Talent	+ Ego	= Pride, Vanity, Superiority
Excellence	+ Ego	= Competition, Rivalry
Groups	+ Ego	= Division
Thought	+ Ego	= Worry, Fear, Anxiety
Pleasure	+ Ego	= Habit, Addiction, Boredom
Need	+ Ego	= Greed, Covetousness

If we look at the words such as love, wish, power, need, talent, excellence, humility, thought, friendship we find that they all look positive words and are related naturally to human beings. But the moment we use the words like attachment, possessiveness, desire, addiction, domination, exploitation, rivalry, worry, fear, etc. negativity emerges. This shift from positive to negative is simply because of ego. When ego gets attached to natural feelings or behaviors it immediately takes a negative form. Clearly there is no problem with love, wish, power, etc. These are all natural things but it is the ego process in us that turns them into something evil.

Energy based techniques to improve our relationships:

1. Forgiveness:

The act of forgiving is therapeutic and is necessary for good health. There is both inner forgiveness and outer forgiveness. Inner forgiveness is for all people but outer forgiveness must be done on case to case basis. If the mistake is serious, the offender cannot be forgiven externally. But if we seek revenge, we will not have inner peace. So if we want to be free, we have to forgive people.

2. Creating positive thought:

Loving energy is real and it can be used to neutralize antagonistic energy. Without love, there is only criticism, hatred and anger.

By generating one good thought a day about a person we don't like, we start seeing people like children who cannot help themselves. So we feel more compassionate.

3. **Blessing:**

We can bless people during our meditation or prayer. We can bless people with good health, happiness and prosperity. By forgiving and blessing, we stop wallowing in the mud of useless thoughts and emotions and we achieve inner peace and freedom.

2. **Career:**

“What you do” is the most time-occupying aspect of your life. Career aspect includes career satisfaction and development. Career is important but it is also important that it should not get ahead of other important life aspects.

Some of the issues that arise in the workplace relates to organizational failures, exploitation of employees, misuse of power, organizational rivalry and conflict, narrow vision, leadership failures, environmental degradation, abuse of hierarchy, departmental conflicts, and so on. Self-interest is the root cause for all those issues.

Individuals are failing to come out of the myopic individual or organizational goals. Greed for power, greed for money, greed for name and fame, desire for luxuries, possessiveness for materialistic things, exploitation of helpless people, dominating others, addiction to sensory things, superiority complex, pomp and show in superficial success, etc. are the factors that are hindrance to the effective management practices.

All the concepts mentioned in scriptures and concept of universal brotherhood has not been able to be converted into reality because of self interest or the ego process that goes in us. Therefore we need *spirituality*.

We are deluded with all the illusions of mind and are making ourselves slaves of this illusionary identification unless we are trained into this to inquire and step out of it, beyond that it will be difficult for us to attain the real human consciousness or the orderly state of mind which could lead to moral behavior. We can never realize the true potential of the organizations and individuals and achieve ethics in management if we don't have that wisdom or spirituality which we can get by getting out of the ego process which exists in all of us.

Each day, more and more business people are helping to create a better world by being more socially responsible in how they treat people and the environment. They are proving that spirituality helps, rather than harms, as *“Work is love made visible.”*

Spirituality has become the life-blood of business in the recent times. Spiritual people are empowered (and empower others) to look beyond self-interest to make a

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difference in and a contribution to society as a whole. These moral values practiced over time become virtues. Spiritually virtuous individuals contribute significant benefits to organizations.

Energy based technique to improve our career:

Blessing our job, our boss, our work place, people we meet regularly during *Twin Hearts Meditation*. The effectiveness of the blessings is magnified many times resulting in improved work place relationships and success in our handlings.

Twin Hearts Meditation: Grand Master Choa Kok Sui, an internationally known author, teacher and lecturer and the modern founder of Pranic Healing and Arhatic Yoga introduced Meditation on Twin Hearts to the public for the first time in the 1980's. By 'twin hearts' he means the "heart center – the center for human love" and the "crown center – the center for divine love". This meditation is a powerful tool and it is presently being practiced globally by many people of different religions and backgrounds. This meditation is simple but the results are amazing.

Results:

1. Stress management becomes easier
2. Promotions are easier as our development process is drastic
3. We have good intuitive knowledge which facilitates good decision making

3. Finance:

Money makes the world go round and we all need enough of it to live the life we want. We cannot ignore economic realities of life. This means that we all want to be comfortable and not have to worry about how we are going to put food on the table. By necessity, this life aspect is often fairly high on the list but again, we must not let it rule our life. The finance aspect includes making the budget, investing or may be even earning a little more.

Energy based techniques to improve our financial aspect:

1. Donating for charitable and spiritual purposes. Donations are like seeds. According to law of karma, "a person cannot harvest what he has not sown".
2. Developing prosperous thoughts and proper attitude towards money.

Results:

1. Regulated spending.
2. We will have space for investments in our budget.
3. We start working intelligently. Hard work shifts to the stage of smart work.
4. Allocating for savings and paying debts on time becomes easier than before.

4. Physical:

This includes our health and the way we treat our bodies (physical, mental and energy bodies). It includes diet, exercise, image, quitting bad habits.

Energy based techniques to improve our health and well being:

1. Deep abdominal breathing
2. Physical exercises
3. Quitting bad habits

Results:

1. Correct breathing technique and physical exercise enhances the quality of our aura by releasing used up energy so that we are less exposed to illness.
2. Quitting bad habits like smoking, alcohol etc helps in proper flow of energy through our energy channels and chakras.

5. Personal:

It may be learning a new skill, being creative, self-discovery or continued learning. When our energy channels and centers (chakras) are clean and strong, we can understand new things easily. There will be good clarity and presence of mind which helps in taking better decision under any situation.

6. Spirituality:

Spirituality, builds the understanding of being deeply connected. Being in touch with spiritual principles and values helps to stimulate the moral imaginations of individuals and can provide depth understanding of the problems that arise in every aspect of life. To be spiritual we must follow virtues like Industriousness, Self mastery, Loving kindness, Generosity and Objectiveness.

Twin Hearts Meditation will be the best option to improve **both** our **personal** and **spiritual aspects**.

Results:

1. Peace of mind, faith, search for 'meaning of life.'
2. Development of human and spiritual heart.
3. Cleansing of chakras and aura through spiritual flushing effect.
4. Generates inner and external peace and harmony.
5. Gradual development of expansion of consciousness.

Conclusion:

If we make notes and prioritize each topic by its importance, we can visually see the balance of our life and find out how much 'quality time' we allocate to certain

Improving all aspects of life through energy based techniques areas and recognize what's dominant and what's not. If any one of the aspects gets out of whack it can send ripples through our life. Therefore it is important to exercise balance and stay conscious using energy based techniques for instant and long standing results.

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