

10 ENORMOUS ERRORS THAT WILL KEEP YOU EMPTY, UNFULFILLED, AND UNBALANCED IN YOUR HOME AND WORK LIFE

Most of us go through a period of emptiness at some point in life. It maybe after the death of someone dear to us or after a tragic incident in which we lost something dear. Or maybe, after a broken relationship. It may simply happen when we realize that we are not doing what we wanted to do. At such times, we feel stranded on an aimless, lonely, life path. We feel strangulated, depressed, and choked with negativity. Devoid of Hope.

Let's look at this from a distant perspective:

You are smart, informed, and have a good job. Or, can easily find one. You have a good family or friends or both. You are sharp - quite intelligent, in fact. In the past, you have managed many things successfully; you've juggled with problems boldly and staked against odds. Lived through changes. You were almost a celebrity in your immediate circle. (If not for your immediate circle, at least for yourself).

But, now! Now, something has gone wrong. Something is rotten. Your past charm has disappeared. Your career is on tenterhooks. You seem to have lost your vivacity. Your old verve, strength, and smartness. And then, there is that creepy feeling deep inside you. A cringy-something is taking control over your life. You feel low. Empty. Off-balance. You're not at all fulfilled; you're wry and unhappy. Life is a burden to you. You seem to just hang about in the world. Always rushing for something you know not what.

You are not the success you want yourself to be.

Almost all of us go through this some time in life. Some of us ignore it and pull along with life not knowing that it will burst out one fine day. A few accept, analyze and try their best to get out it. So, how do we do to get out of such a rut?

There are 10 enormous errors which lead to such vagueness. Life can be back on its track if we attend to these errors and right the wrongs we have done.

1. NOT KNOWING YOUR TRUE PURPOSE

When you know your true purpose, you are living in the divine flow of life. Life is effortless. This doesn't mean that your river of life is without some rough rapids. It means that whatever happens, you are flowing downstream with the current, rather than upstream, fighting and kicking. Your purpose is something that comes easy to you. Time passes when you're doing it. You don't have to search for it. If you go with the flow of life, you are living your life's purpose. Following your gut instinct will lead you to your purpose.

Listen to yourself:

Listen to your inner voice. Ask yourself deep, personal, and sometimes painful questions like, “Who am I?”, “Why am I here?”, “What is this life for?”, “What do I enjoy most about my day?” and “How are those around me best served, and “when am I happiest?” etc. These questions will lead to more questions. You become consciously aware of your thoughts and feelings. Most of the time, we remain in a subconscious state, meaning we aren’t even aware of what we are thinking or feeling as we go about our day. Becoming more conscious and aware of what we do, think, and feel will guide us towards our true purpose. The key is to become still and listen to our inner voice.

Be a Witness:

Be in the present. Just be a witness to what is happening around you. Distance your external self (which is emotional, sensitive, fearful, less confident) from the ‘Core’ you. For, in your ‘Core’, you are all-powerful. You are pure and undeterred by anything external. When you become a witness, you let painful feelings pass by. You switch to your ‘Core self’ and let go of your sorrows. You get into the divine flow of life.

Remember, pain is just a passing dark cloud which when passed reveals the ‘higher good’ – the glorious Sun. Every experience, forced unto you or chosen by you, leads you only to a higher good.

‘Living’ your Purpose:

When you listen to you inner voice, you slowly begin to understand that you don’t actually need to search for your purpose. You realize that you are living your purpose. Life becomes seamless and flows like a divine stream. Purpose is not a goal to be achieved. It is to be lived and experienced.

For instance, let’s imagine you are forced into something. You live in Idaho. You love the leisurely pace, remote ambience and country-side setting of Idaho. Suddenly, you are forced to go to move to New York City because of your husband’s job. You detest the very thought of going there. You have to leave friends and family. Live without the luxuries of the countryside and above all, adjust to the suffocating New York lifestyle. The fast-paced life of New York City brings anxiety, fear, and dread, and you begin to wonder why on earth you had to move to a place so “foreign” to you. You complain and wail about your state knowing fully well that you cannot do anything about it. Instead of grumbling about your plight, try to let go. Breathe easy and be a witness to what is happening to you. Go to the place and try living there. Who knows your true purpose maybe living in New York!

2. NOT LISTENING TO YOUR INTUITION

Intuition, or sixth sense, can help you make important life decisions that your conscious brain can never make. In past years, resources have encouraged us to look at the evidence, think analytically, and “look before you leap”; however, there is a science behind intuition that needs

to be paid attention to. Intuition is the little voice in your head that nudges you towards a particular direction even when there is no reasoning to substantiate your decision. An example would be meeting two men in a large dark, parking lot, walking swiftly toward you. Your gut says this is a dangerous situation, but your belief system says, "If I walk to the other side of the street they will think I'm afraid of them and it will make me look bad or discriminatory." Another example would be having two job offers on the table with similar benefits, yet you feel pulled toward one of the jobs and can't quite explain why. This is your intuition talking.

Do gut-talking:

Listen to your gut. Your gut is always true. If it turns out to be untrue, then it means you have not heard it properly. Malcolm Gladwell calls this as "rapid cognition" in his famous book – 'Blink'. He says that the first two seconds after meeting a new situation or a new person is very important. Gut-feeling surfaces only then. In a blink-of-the-eye, your mind thinks faster and an intuitive thought crosses your mind. That is intuition! And it is the absolute truth.

Tune into your gut:

Before acting according to your gut, you have check if you truly listen to your gut feeling. A recent article in 'Redbook' magazine elaborates 4 different ways to find out if you are tuned into your gut.

- i. Is your first impression about someone very different from who the person actually is? If not, you are not following your gut. You are saturated by the opinions of others. You look at the world from other's views. Then, you have to practice hard to tune into your gut.
- ii. Do you often second the winning side in an argument? If so, perhaps you are afraid to express your opinions. You want to impress people. Following your gut means going against the current. Arguing for a point even if the whole world refuses to accept it.
- iii. Do you often swing from intuition to logic? Are you indecisive when it comes to major decisions in life? If so, it's important to flex your intuition muscle!
- iv. Following your intuition will allow you to see all the points of view of a situation. New insights, ideas and thoughts flash-in often.

If people say that your gut is not worthy to be believed, don't trust them. They have not understood the gut-instinct properly. Listen to your gut and act wisely.

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3. UNWILLINGNESS TO THOROUGHLY EXAMINE WHO YOU REALLY ARE

Want to know why things are happening the way they are in your life? Stop using a magnifying glass and start using a mirror! Our world happens largely in our own head. What other people do, think, and feel, in relation to what we do, what we think, and how we feel has very little correlation. If we want to be different, we have to perceive the world differently, which is the only thing we have complete control over. In order to perceive differently, we have to be willing to look inward. This is the opposite of what most of us usually do. We are quick to

blame other people and other things for what happens to us and how we behave. We unwittingly become paralyzed, unable to take responsibility for our own thoughts, feelings, and actions. It is easier to blame others, but in the long run, it is only more hurtful and will lead us to a victim path.

Look Inward. Find Anchor.

Change begins from you, from your mind. You can breathe life into your barren world only if you are willing to change and ready to take steps that can bring in change. Most of the time, we are unwilling to analyze and examine ourselves. Instead of digging within ourselves for reasons, we whine about the world outside us. We think that all that is happening to us are due to external factors. We presume that solutions to our problems lie in the external world.

Answers to our problems lie within. The external world happens inside our heads.

Look inward. Start observing your likes and dislikes, questioning your actions and purpose in the world. You will find that your inner self greatly influences your external world.

Connect to your Core:

Think of the day when you were extremely happy – say the day your boyfriend proposed to you with misty eyes or the day your first baby was born. You were on cloud nine then. The world looked extraordinarily beautiful to you. Though it was a gloomy, rainy day, you loved every bit of it. You enjoyed the rain drops and almost played with them. But think of rain on a bad day at office. You will detest the day like hell. You will blame your boss and weather for upsetting you not realizing that you are upset because you let things upset you. *You let negativity engulf you!*

When you connect with your inner self, you steer clear of your negativity. You realize that deep down yourself, you are perfect. Your Core Self is pristine, blemish less. It can never be deterred by the “slings and arrows” of this life.

Connect with your Core Self often. Make it a habit, at least a ritual. When you are stressed, try connecting with your Core Self. Think and believe that you are all-powerful and that a bad day at work or a problem at home cannot stain your Core Self.

Your Core Self is that precious, innocent, all-knowing self. As we are all connected to our Source (God, Universe, Spirit or whichever name we give it), we have all answers and knowingness inside us, at our Core. By birth, we are pure and immaculate. We are our Core Self. As we become older, “content” is added to our Core and we develop a shallow, fearful and disturbed ‘External Self’.

Connecting to our Core helps us disconnect from our External Self and realize that the ‘immediate environment’ cannot affect us in anyway. If you are greatly stressed by a meeting or an official discussion where you failed to perform, connecting with the Core heals your disturbed state making you realize that deep within you are beyond this ‘silly’ meeting and you have everything in you to perform extraordinarily the next time.

Problems recede far from you as you gravitate towards your Core.

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9. NOT UNDERSTANDING FULLY, THE DIFFERENCE BETWEEN BELIEF AND INTUITION

A belief is a learned assumption or set of ideas imparted to you by others: parents, teachers, caregivers, and peers. This is a confidence or faith in an idea or perspective. When something is learned, it can be unlearned, and therefore, an irrational belief, or one that creates emotional turmoil in your life, can be changed. Although you have held one set of beliefs (most likely because they were imparted onto you by others), you now can choose whether you want to keep that belief or trade it for a new set of beliefs. An example is fundamentalist religion.

When we are making a decision about something (and this can come in the form of judgment, opinion, perception), we make decisions on either 1) belief (which is learned) or 2) intuition (we are endowed with both belief and intuition).

Belief and External Self

Your beliefs influence your reactions to life. In a way, the whole system of belief works like this: Something happens. You have a belief about the situation. You react emotionally to the situation based on your belief and not according to the situation as such.

For instance, your colleague falsely accuses you of being an irresponsible mother. You believe “She has no right to accuse me. She herself is a bitch of a woman.” You feel angry and get wild with her. In another situation, your boss says that you are not working properly as you have not met your deadlines. You believe “I must not lose my job. That would be unbearable.” You feel anxious about the whole thing.

So, when you are reacting to a situation from your unconscious External Self, you are indeed reacting according to your belief and your belief can always be wrong. Your belief is set by the society and can always make you unhappy if something goes against it.

Intuition and Core Self

Intuition comes from gut reasoning – either from subconscious thought or from Spirit (God, Universe or Divine Intelligence). This can be thought of as “untaught intelligence.” This is a place of “knowing” within, but without analytical evidence to back it up.

Not understanding the difference in the two, and not being in touch with your intuition (and your source, see #10), you feel conflicted when critical decisions arise – or even everyday decisions! When you are in a position to make a decision, and you have a list of reasons for one scenario, but your gut is pulling you in another direction, trusting your gut could change the course of your life.

Intuition is the dictum of your Core Self. And your Core Self or Subconscious mind is all-knowing and all-powerful. Following your intuition will always bring a higher good to your Self.

10. FAILING TO GET IN TOUCH WITH YOUR SOURCE

In our view, this is the MOST IMPORTANT step! Many people who are seeking life transformation have been, or are now, *spiritually homeless*. This means, they are lacking acknowledgement of a higher power, and being repelled at the thought of even mentioning spirituality. Spirituality is not about knowing where you get your energy from, your life-source from, that is to say, knowing what is at the source of your being, and being intimately connected to that source.

What is at your Core?

It can be anything. It can be nature, the Universe, the Divine, God, your intuition, or just your Inner Voice. Whatever it is for you, this “Source” feeds you with energy. By energy, we do not mean the external, physical energy that keeps us working all day. We are talking about life-energy. Energy that keeps you alive and gives you the verve to get on and pass through all the ups and downs of life. You get your energy to live only from this Source. *It supplies you with life.*

Failing to have an intimate relationship with that source means you aren’t getting your energy and direction from inside yourself, but from external forces. External forces almost never lead you in the direction you need to go. They never show you the right way. As indicated in #9, the External Self pushes you to act according to the beliefs dictated by the society or imbibed by you from your peers.

Touch your Core

Conscious mind or External self is something which we need to keep in control. But our Core Self is the ultimate source of our life. It is the supreme dictator which pulls the strings in our life. It is all-powerful and all-knowing.

Connecting with your Core will steer clear of the immediate conflicts and help you launch yourself strongly in this world. You grow stronger and brighter when you connect to your Core. No external worries will bother you when you are connected to your Core.

Touch your Core. Stay Connected. And launch your life path in the way you want it to be.