

31 December 2022

On the eve of 31 December 2022, tomorrow morning we will brace the new dawn of 2023. I wish you a happy year ahead, where each morning you seek from within, through the daily practice of disciplined quiet time. Reading your own written letter at Asia Plateau will make you reflect on the teachings, learnings, reflection and your takeaway. If the plans have not unfolded the way you had thought through your inner reflection, then wake up and make it happen. If you have achieved and moved ahead as per your reflection, then I am sure the conscious must be guiding to take steps ahead.

During the YC 2022, many questions were asked during morning quiet time and after the discussion in various GD's, most of the asked questions were addressed, but "self-love and unselfishness are contradictory", this one was not addressed and since then it was alive within me to address this question and share my thoughts with each one of you through your letter to self.

Self-love is important. One has to love oneself for what one is. Loving oneself for what one is, is vital, accepting and acknowledging is giving respect to oneself for what one is, like my looks, my hair, my eyes, my colour and complexion, my height, my build and physique, the way I speak, my mannerism, my walking, my style and various other aspects of oneself which one recognizes of oneself, has to be loved. If some aspects are not liked, then one can work upon to make it better. One cannot borrow love, like one cannot borrow someone's hairstyle, looks, voice, style and if one is in the process of doing so, it only causes damage and takes one to frustration or inner unhappiness. A fake is always fake, a replica is sold as a replica and each one of us is original and original has value and only original has to be valued.

Loving oneself fills up within, with satisfaction. Self-love is vital, because that brings us to peace, what I have is precious and I do not need anything from others. Yes, what I need from others is knowledge, skills, inspiration, new learnings; by bringing in all these positive aspects my love towards myself is only going to satisfy myself further in the process of self-love. Not loving myself the way I am pushes me towards borrowed living, searching in others, what I want for myself.

Self-love is inner personal satisfaction. It is only when one loves self, unconditionally, and accepts each and every aspect the way it is, denotes true love for oneself. When one is complete in self-love that is when one can love others, care for others. Love has to grow beyond oneself, love has to spread beyond self. It is like, when I am hungry, can I feed others, when I am empty, can I share, when I am thirsty, can I quench others. In all these aspects one has to be satisfied and only then others can come within, with whom we can share. The soul has vast potential within, and its use is negligible [our life goes in decorating the perishable body], love thy soul, The moment we start loving our soul and recognizing internally and externally; all that matters is soul and rest all is outward and going to perish in the space of time. The soul has the capacity to love oneself in absolute and accept oneself the way it has been gifted, the soul has vast capacity to satisfy oneself and through this satisfaction it can spread love,

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care, compassion and bringing others within us. Love one's soul, it is eternal, rest all is outward and with passage of time all outward will perish. Self-love is satisfaction, it is not selfishness; love yourself to the fullest so that the love/joy will overflow towards others, not loving others is selfishness. Self-love and unselfishness are complementary.

News of our work, [though most of the news is being shared through our monthly new letter]. LMAD is on a journey and it keeps on doing something or the other regularly to keep itself engaged with young people. For the very first time we got a chance to engage with young people, staying within the confinement of four walls called juvenile home due to their wrong doing. The youngest was eight years and the oldest was eighteen. Time spent by us within the confinement of the home, made us think, what can LMAD do towards their betterment and how, can we inspire and refine one amongst the many and send the reformed ones back to their family and society; this was the question within the visiting team who visited and listened to the inmates.

Listening to many, one gets a feel that many are victims, due to someone else, who have used them and they do not deserve to be, where they are. LMAD suggested to the prison authorities, can we do a three-day workshop within the confinement and share our learning's of life which may inspire them on the path of change to be a better human. Most probably we will be able to make it happen sometimes in the end of February. If you feel within yourself to bring a difference in someone's life, then you should come forward.

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