

“WHAT IS YOUR WAY OF EXISTENCE?”

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Whenever you meet a person, this should be the first question to ask. “What is your way of life?” Not the college degree, profession, religion, or country they come from. These are the arising words from a Tibetan Buddhist scholar named Geshe Lhakdor in one of his inspirational discourses. He is the loyal translator of the holiness, Dalai Lama. He helped in translating the texts in the Book of Buddhism.

“A child has nothing to offer when he is born but unconditional love,” he said. Each of us was born naked and do not have anything. We don’t have knowledge, status, or wealth to share. What we can do when we first came into this world is just to cry and get attention for love and care.

This prominent monk’s heartfelt philosophies were always meticulously conveyed and commendable. It will make you think, reflect, and internalize.

The bottom line of all philosophies is simple: it associates to living in goodwill, solicitude, unity, and love. With these in place, an amicable glorious life for each one of us is beyond doubt.

Though religion is crucial in our totality, the way we live our life is by far mostly important.

Are you good to yourself?

The law of karma says that whatever you do to others, you are also doing it to you. For anything we transmit out there, be it a notion, deed, worldly or desire – it will surely bounce back to you.

In other words, if you impose harsh deeds on someone, you are also harming yourself. The same goes if you are doing good things.

We have the habit of judging people through their educational background, profession, financial status, religion, but not their way of life.

Why? Simply maybe it's less arduous that way. Or maybe we are not living in purity. So, to keep away from being defenseless by meticulous eyes and fearing the truth to be disclosed, we opt not to touch the subject.

While technology has been aggressively converting the world, shifting people's mind set, highlighting the youngsters, the deeper we become less in touch within and grow further away from the real.

If you wish to discern how you are really doing, you may start basically by recording your daily routine.

Did you start your day with a prayer? What did you eat and drink today? Is it good for you? Did you take a bath today? How did you feel after? Did you fix your bed or room? How's your mental state? If it's not well, what can you do to better it? Did you make anyone happy today? Did you make anyone laugh today? How did you feel? Did anyone make you smile? Who? Write the names down. Did you help someone today? Who? How did you feel? You may add more to your guideline questionnaires, to help you see your daily flow clearly in detail.

To enhance your method of living, try to fix your weak spots. For instance, if you are feeling depressed or lonely, try to share your feelings to most trusted friends or if it's a more serious case try to seek professional help. Leaving issues as they are or ignoring them will just cause future problems.

Change only happens to those who are brave enough to start new. If others can transform their lives, so can you. You are the only one who can command your life. Have faith in yourself. Be fearless. If you can imagine it, you are halfway there.

Reference:

'Finding Purpose & Meaning in Times of Hopelessness' discussed during International Webinar' Retrieved October 19, 2022 at mangalorean.com