

Twitter Thread by Akshaya Sivaraman



Akshaya Sivaraman

@AksUnik



The Batteries of Life - II

There are four aspects of you — life force, body, intellect, emotions. Each has a battery. How do we keep it energized all the time?

A thread ■

1/ Life force - Gratitude

When you're grateful for the life you've, for the people and things you've, you will appreciate them and be compassionate to those who have less.

Be thankful. Always. For every little thing.

2/ Body - Sleep, nutrition, physical activity

Being sleep deprived and eating junk/exotic food foreign to one's land has become fancy these days.

Please respect your temple and worship it - not through external makeup but through internal health.

3/ Intellect - Creation

Your intellect thrives not when it endlessly consumes but when it creates. Engage in solving problems and express yourself through arts.

Channelize your intellect's power through focused work or it'll cause trouble for you and others.

4/ Emotions - Friends and family

We aren't isolated beings. We need people to share our time, love and affection. The "independence" modernity preaches is nonsense because it has only resulted in loneliness and depression.

"Nosy" people who care are much better than loneliness.

5/ The master battery - Self-awareness

On top of all this sit self-awareness and convictions. What is your nature? What do you stand for? What's your purpose? What matters to you and what doesn't?

Being aware of these meta questions completes you. Meditation is the way.

What the universe asks from us is very little. When we acknowledge and fulfill it's needs, it gives back extraordinarily.

Stop looking around and explore the roots within you. Let your life force own you and direct your acts, not what the "intellectualized" world preaches.