

# DAILY POST

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## SOULMATTERS

### Who Am I?

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To improve our spiritual quotient (SQ), emotional quotient (EQ) and intelligence quotient (IQ), we need to understand ourselves individually in totality with self-discovery. To overcome challenges and resolve the series of problems in daily life, we are expected to become

street smart, manipulative, competitive and ambitious.

Honestly speaking, as a teacher of economics, I observe behaviour of consumers, producers, distributors and traders around me who constitute my society. But, we need to learn beyond plastic smile (comparing oneself with another in jealousy, hatred and actually boiling within) with fear (false evidences appearing real). We have to peel off the several layers of false notions, ideas, assumptions, labels, titles, status, concepts and images of self ego. After retirement as Professor of Economics from Kurukshetra University, Kurukshetra, I need to become nothing with self discovery with all the benefits of leaving ego, pride and manipulations of all kinds under panic and fear of the authorities to suspend or terminate my services.

Let me confess, I have removed all kinds of fear, the day I started believing that I am a soul with zero death rate and as a physical body I have to die as death rate is 100 per cent for all of us who have taken birth. We have to undertake self journey which I do daily by remaining with me and myself during 3 am to 5 am without disturbances of any kind by my family including wife and wifi connectivity of internet and electricity.

The self journey is very easy for any individual who does not employ will, effort and determination. We should always remember that the journey with the self cannot be isolated from destination. On treading the path of self discovery with the question who am I? The destination becomes crystal clear. Journey of the self is fun, more thrilling, exciting and mysterious than the movie, one act play and the story book filled with drama, action, romance and crime.

Let us identify and encounter dark corners while undertaking journey of the self-discovery. We have to say no to greedonomics (economics of greed), envy, desire, ambition, anger, brutality, jealousy, hurt, arrogance, undue anxiety, worry and sorrow. Let us learn to work without worries (www) in the present times of worldwide web (www) with a lot of information which needs to be converted into the desired knowledge required every day and night. We have to make honest efforts for removing the obstacles in draining out the negativities of all kinds.

Let us be fresh and spontaneous for care, affection, responsibility, sensitivity, love and compassion based on spiritual mathematics  $1 \text{ (soul)} + 1 \text{ (GOD)} = 1$ . Let us believe one in all and all in one philosophy of the science of soul called spirituality which is our Dharma (more than religions which are dividing us) to unite with God with full sense of responsibility as a soul. Let us confine to needonomics (economics of need) to get rid of all the socio-economic problems around us.