

"Inspired Living"

Ms. Jaya Row - Founder of Vedanta Vision and Founder- Managing Trustee of Vedanta Trust
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"You have a right to action alone, never to its fruit. Your motivation should not be fruit of action nor should you be attached to inaction." -Bhagavad Gita

The modern generation, with all its gizmos and hi-tech entertainment, still finds life boring and depressing. What is sorely lacking in life is 'INSPIRATION'. To be inspired you must expand your mind. Think beyond yourself. Have a vision beyond your individual needs and aspirations and encompass the well-being of the world. This conversation with Lifestyle coach Jaya Row talks about how we can draw inspiration from the Bhagavad Gita which forms the backbone of Smt. Jaya Row's approach to her work and her life. Perseverance marked by detachment to the outcome propels her action and percolates every aspect of her life.

Introduction

Madam Jaya Row is one of the most powerful speakers on Vedanta - the oldest management school in the world. Charming oration which transforms complex Vedic principles into brilliant management mantras is the hallmark of Smt. Row's discourses. Her seminars for corporate executives deal with the development of the human being. She enables people to tap into their potential and become outstanding achievers in their respective fields which was relevant in her talk. She informed not to get caught up in "illusions of self" and should "Think beyond self". In her speech she explained how to create inspired individuals in an organization who are the most valued of corporate assets – the fulfilled, dynamic human being.

Start Now

According to madam Row, individuals should be open to new ideas and should not allow their mind to shrink. They must not think about their past as that is over and should not imagine about future as it is yet to come. They should live in present and everything can be started now. We must build our thoughts in the line of success and must be self-driven to be successful.

Think beyond self

Madam Row feels keeping selfish goal will create stress and make people unhappy. Studies should be not for getting good grades or passing exams. Instead study to keep learning. This makes individual happy about studies. While doing work think about others than about ourselves. Think about universe. Keep away from monotonous lifestyle which make one depressed.

Raise Above Physical Limitations

Thinking about physical limitations make one's life miserable. Madam gave examples of achievements of people with physical limitations like blindness and how they inspired themselves to achieve. She also elaborated that one should not only conquer physical limitations but also restrictions of mind. She suggested to get motivated from the lives of *Mirabai* and *Surdas* who succeeded in their life even after physical limitations.

Remove Toxins from thoughts

According to madam, removing toxic thoughts from mind must start from morning. One has to fill positive thoughts in their mind. Start day with something inspiring and positive. Find good things in ourselves and remove thoughts about what we could not achieve.

Balancing work and activities

To balance work and other activities madam suggested to enjoy the journey and understand everything as a part of life. She suggested everyone to practice effortless excellence. We should not choose work according to money instead find 'Svadharna' and choose vocation according to one's liking.

Unreasonable Expectations

Madam Row feels that in an organization when one work with others, assessment of others caliber is very important. While playing different roles justifying each of them create stress. Every individual should play their role and should not try to go beyond. One should not keep their goal permeant or with selfish motives. It should be inspiring to self and others

Inspiring Students

Teachers and parents should take sympathetic approach to their wards and students regarding studies. We should support them to achieve rather than criticizing. We have to make them realize this pandemic is bad time for everyone. We should respond to them with patience. According to her technology should be used for convenience but one should not become slave to it.

Conclusion

Madam focused on "work is worship" wherein she explained the basics on how our approach and attitude should be towards work to find that inner peace and satisfaction. One should stress on the need for inner motivation and making a difference in this world by giving up the I, ME, and MYSELF. This practice should start from today. One should not think about past or wait for future. The pearls of wisdom shared would definitely guide all present in their day to day life.

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