

FROM PAGE 16

The joy of sharing

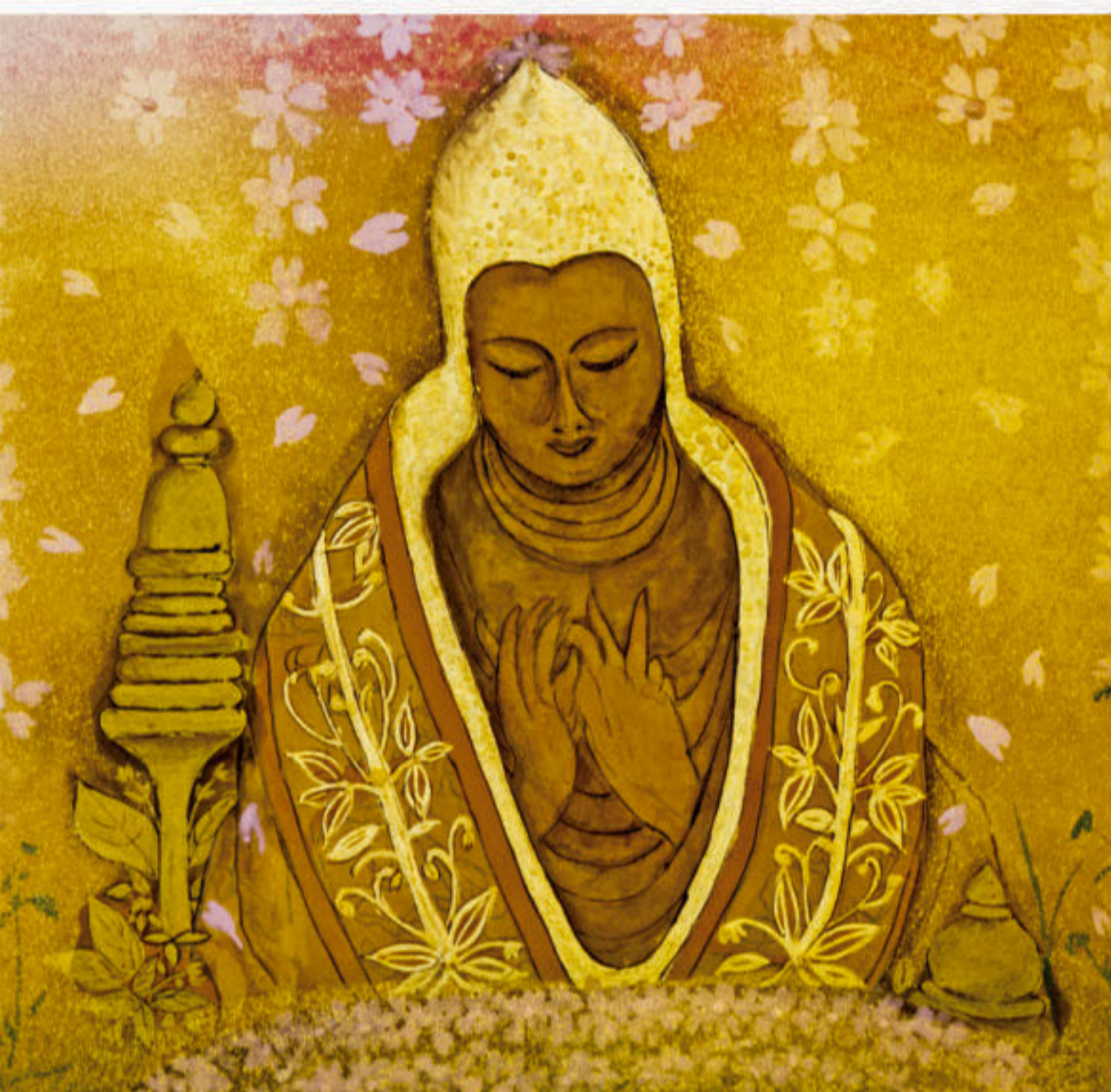
Give even if you only have a little

One way of making yourself happy is to do something for others. The feeling you get when you help someone out is unparalleled. There are so many people out there who are distressed -- help them with food, money or even your time, no matter how little you have.

Who's to blame?

They blame those who remain silent, they blame those who speak much, they blame those who speak in moderation. There is none in the world who is not blamed.

You cannot live up to the expectations of everyone, and no matter what you say or do, there will always be people complaining and trying to demoralise you. This, Buddha had said, "...is an ancient practice, not one only of today." So if Buddha, who lived so many centuries ago, called it an ancient practice, we can surely say that it is nothing new and has been going on since time immemorial. Therefore, control your anger and do not pay heed to what they say and bog yourself down with it.



Ears open for the wise critic

Should you find a wise critic to point out your faults, follow him as you would a guide to hidden treasure.

While we should not pay attention to useless criticism and bigotry, if someone is indeed providing you with constructive criticism, let your guard down and listen to him. Especially in this day and age, having someone who will sincerely tell you about your faults and give good, meaningful advice, might be hard to find, but extremely important. We all need to seek advice and share our sorrows and problems from time to time. We all need that person in our lives. If you have found your 'wise critic', never let him go.

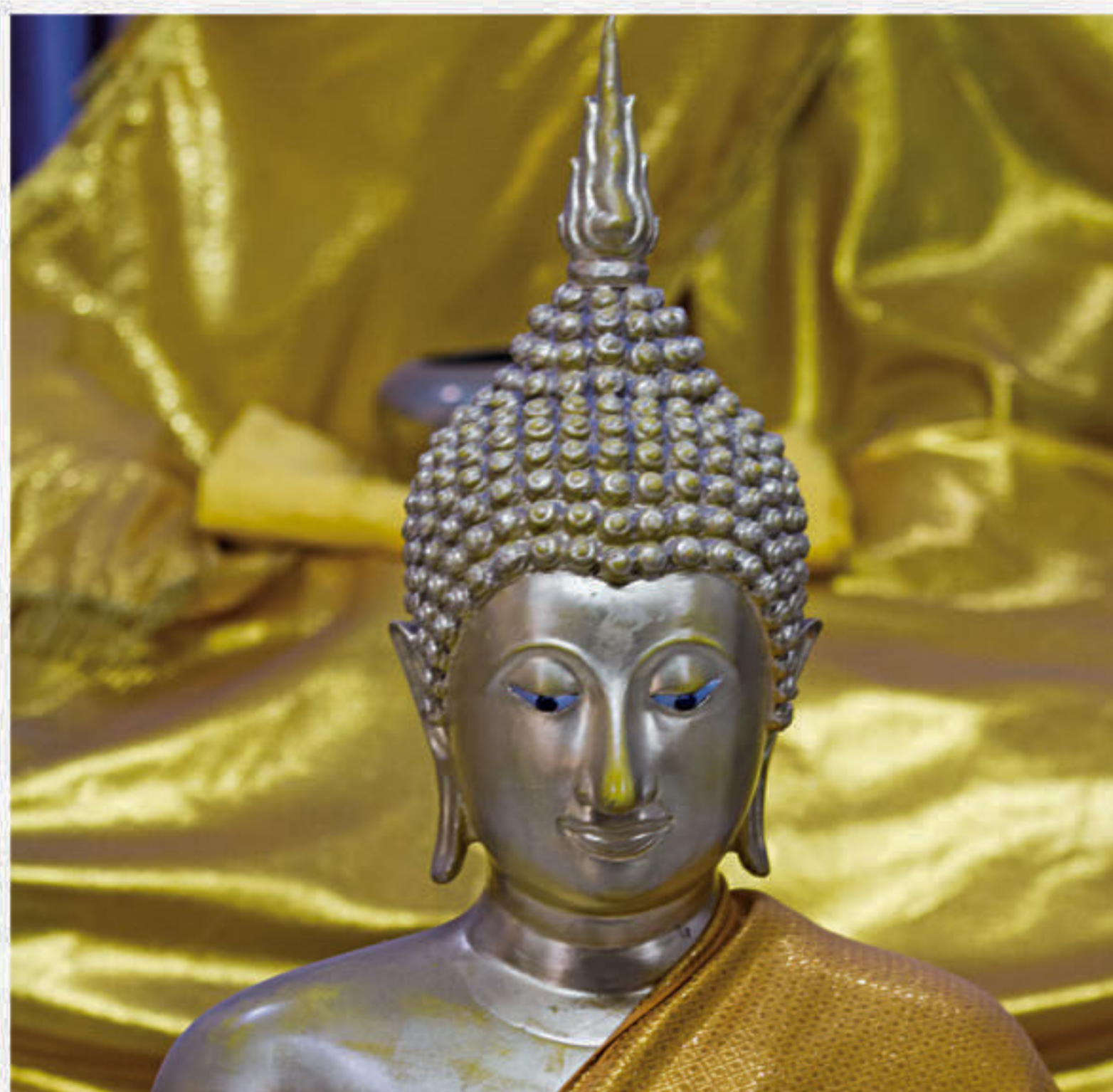
Walk the path

You yourself must strive. The Buddhas only point the way. All the wisdom in the world will not be helpful if you do not apply them. The 'Awakened Ones' have shown you the path and told you what to do. It is up to you, whether you want to act upon it or not.

The way has been pointed. Now walk on it!

By M H Haider

Photo: Sazzad Ibne Sayed



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