

Anthar Yathra – The Inner Journey...



There was a farmer who grew excellent quality corn. Every year he won the award for the best corn. One year a newspaper reporter interviewed him and learned something interesting about how he grew it. The reporter discovered that the farmer shared his seeds with his neighbours.

“How can you afford to share your best seed corn with your neighbours when they are entering in competition with yours each year?” the reporter asked.

“Don’t you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbours grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbours grow good corn.”

So it is with our lives. Those who want to live purposefully and meaningfully must help enrich the lives of others, for the value of a life is measured by the lives it touches. The quality of response and joy depends on the quality of thoughts and love we share and spread. And those who choose to be joyful must help others find happiness, for the welfare of each is bound up with the welfare of all.

The inner journey starts with creating value for the world by transforming the way we think, speak and act. Inner beauty always reflects on the outside. We can have a horrible face with ugly nose, a crooked mouth, stick-out teeth and floating eyes, but if we have inner beauty with value thoughts it the beauty will radiate out of our face and we will always look radiant. What it would be like if the way we lived reflected in our looks? Perhaps we would all try harder to be better people.

The inner journey; to dive deep into our self and discover who we really are and how we differ from what we think about ourselves. If we were to develop a visible scar on our skin for every ill intention thought, would we continue to have such thoughts? If we would lose clumps of hair every time we were mean, would it stop us? If every time we hurt someone intentionally it added a few pounds to our weight, would we still do it? What if every time we teach a child or feed the needy, or show kindness, we drop some weight around our waist or grow back some hair or lose a wrinkle, would we be more willing? We really do not know who we really are – it is worth taking the inner journey to discover the real gem inside. The journey will transform our outlook about ourselves!

The inner journey framework enables you to make sense of your likes and dislikes, motives, decision-making processes, and experiences. It comes with a philosophy that integrates the religious, spiritual and psychological nature of psyche, allowing you to live a balanced life. It is an understanding of the spiritual necessity for success. It is a sense of connection to the transcendent, which provides the energy for generation, integration, transformation, and life. It has been interwoven with sound spiritual practices as resources for your inner journey to health, success, peace and wholeness.

We invite you to take the inner journey; discover your real nature and bring that radiance on your face – creating value for the better world.