

## Balanced Life- Normal routines 7<sup>th</sup> February 2005

Some people think balanced life means maintaining a balance between work and recreation, or between alcoholism and non-alcoholism, or eating a balanced food, or avoiding extremes of anger, passion etc. All these are only on physical plane. There is something more than the physical plane in human existence that controls human activities and that helps an individual to develop a composite personality.

Every person has a material content and a spiritual content in them. Normally one visualizes and experiences only the material content through one's own physical senses and try to improve upon the same or enjoy the same. Only when one finds some difficulties in the physical world, then one tries to utilize spiritual senses to look into his or her spiritual content and look for solace or for solutions. This may not always work satisfactorily unless one keeps one's spiritual content fully active. For this purpose one should always and constantly practice some spiritual disciplines in life. That is why people go to temples and pray occasionally but this is not sufficient. This may not be sufficient to keep the spiritual content fully and constantly active. Hence it is necessary one should have some regular spiritual activities at home and even at places of work. In India some spiritual minded (religious minded) communities, like the Brahmins, have a set of mantras, and rituals for different daily occasions as follows

1. When one gets up in the morning (Prathahkala Mantra; Surya namaskara)
2. Before and after every meal (Bhojankale Mantras)
3. When one starts work or a new job (Invocation Mantras, slokas etc)
4. When one goes to bed in the night (Bed time songs, slokas etc)

Some observe weekly routines or monthly routines as special prayers on some days of the week or the month, or performing some special rituals like fasting etc. or performing some specified acts on specified days. Generally Saturdays are devoted to Venkateswara deity or to Hanuman deity. Some families observe joint rituals on festive and other occasions; like anniversaries and even invite friends and relatives to join them. All such activities lead to strengthen the spiritual content in oneself and keep the same active all the time. Thus a balance between the material content and spiritual content is necessary. This develops the integral whole of one's personality appropriately and helps to have a healthy and long life without much strife