



Balanced living

Introduction

Balanced living becomes the essential criteria for the rapid world made the life stressful, mindless towards performance that the very basic of life is being tested, and the same goes without realization till death that life is much simple with self actualized preplanned phases unique for an individual. The balance of life goes to the core of personal satisfaction, till what extent the will power drives one that the same decides the life pattern of one. For this being given due space, and not intervened by society, one has to remain self sustained, selective to his mates and friends that he sets aside the disturbing elements and lead a resourceful life. In this context it must be understood that the plans are to be for giving out the potentials to the best, meeting the difficulties on the way and not to be self centric and profit oriented unethically for the right of every one to lead a peaceful life will be achieved only if the personal satisfaction is achieved and not the routine prescribed for average on seniority that makes many frustrated and build negative emotions. For this, one should have plans to draw his own efforts and skills to the maximum and his reach is unlimited then for his ability that makes him always towards enhancement.

Transformation to transcendence

The life of each individual is to his own perception and adaptation that he need not modify himself to live with others, instead, he should find his ways to live as he is where the freedom of others are not affected. The carrying of oneself in the society is significant at this point because the point is not to get detached from others but make a clear perspective of which you are with which you accommodate a designed sphere for your comfort and health. The concept of owning land, profession, family and helping neighbors can into existence only in this way and the same becomes greed for the authority and the celebrity status they enjoyed for the beneficiaries gratitude and blind trust on them make them deviate from the purpose. It is just sufficient if one remains socially responsible for which the foremost thing is not to get into others activities authoritatively. There is always binding responsibility to hint the mistakes for correction.

For one need to remain self accommodated with comfort and health, he need to have his own design of life where the discipline as punctuality and



regularity do not help but the commitment. The temperament comes into habit if one makes it for the purpose, and the core lies in humanity and inclusion. The emotions are to come out for the best of one comes into reality only when he could convince his activities and interpretations. The same cannot be controlled in the name of decorum and personality. Truth has to speak everywhere and not the self oriented intentions. When we practice establishing truth, we will be relieved of much effort on our self, for which we must be assured of the assistance and guidance by the superiors and governance for we will not receive cooperation mindfully form fellows who also will have the same mode of activities and who cannot accommodate others for force even as official procedures.

Conviction is essential part of socializing in this global arena to establish the purpose of living with peace. It is difficult to convince others in the initial stage, for they are set to normal living of survival, for his existence is rapid towards everything, he is pushed to go with the flow where the total collapse is expected if his conscience do not get convinced for which the superficial discharge of duty is adapted for them to remain healthy and safe. This gets reflected in the society in due course of time with which the calamities are seen in nature, and social stance where the individual is inclusive to the effect that there need to be space to express his social responsibility as suggestion which is what is expected in human rights declaration. But if the truth is established in every activity for constitution and human rights, all will understand life is for all and their own set to live freely for their understanding, and they deserve due right to seek cooperation which others should realize and extend in the way they can where the strand binding all is humanity to make all live with their rights established.

The rapid life style made all get engaged all the time that if one becomes popular he is bound to social interferences and he can no longer make his schedule, but the people around him make him to be busy where he loses his brilliance and finally he is made to live among others as normal person with average performance where he can give extra ordinary output if left on his own. He deserves the same for he earned popularity only for his performance and not by the schedule put forth to him by others. When dragged by the schedule of others, there will come a situation to realize the loss, which will be almost at the end of dynamism where the same cannot be repaired. It is essential for the



government to give the freedom to design ones on environment both in personal and professional life that he gets his due responsibility to give out his best and at the same time lives with his conscience.

The part of balanced living makes one satisfied towards the day which can be effortless execution of tasks, getting involved into tasks which draw the complete focus and which the intuition says is right mindfully. This makes one free from illusions of life as time, space, owner, knowledge and greed and the volume of performance will be multifolded and efficient than the routine for the mindful discharge of duty makes the optimal solutions to the core, and make the person driven by personal satisfaction that there is no need for appreciation and social recognition. This evolution makes the purposeful living effortlessly by all and that world peace becomes possible.

The change should start from an individual, the priority is from those who have accomplished materialistic needs that they can give risk free potentials which make the rest lead a self designed life. This priority is thus to the governing people, who ought to come out of monetary aspects of giving out the social service and become socially responsible for the position and status they hold for their expertise. This extends then to all connecting them with due sharing and contribution where there is no place for negative emotions, but positive compliments. For the effects having felt since 1950 and the strategies have been formed for the financial assistance, we could not accomplish the goal only because we have not touched the core of humanity but approached the issues as average of a mass and evolved schemes which were not specific to individual needs.

When the level of perception of one is not coinciding the standards expected we cannot accomplish the goal. For this the progress of the society is to be viewed as the well being of every individual. The level of perception of every individual must be progressed to the set goals of the globe if assistance is to be provided to them. They got to be made inclusive or otherwise the assistance provided will regress the situation further which is what had been seen all these times in spite of the International Monetary Fund extended by the World Bank. The money does not make the magic, but the quality of time spent towards the



purpose of making the standards of living which is very easy for the evolution has made everything available ready to use including energy. The virtual space makes life easier towards perception and the progression goes to the reach of an individual to his best, where nothing blocks his progression and set barriers. When the same need to get extended to all, the governance should remain accessible to all to their best, and the same need not frame schemes for masses, but make all individuals reach for assistance to their projected skills.

The skill development cannot be by the programmes again but liberated to individual needs and make each individual claim for the same. I make it to the point the new schemes of skill development introduced to the core of gold purity assessment and gems, which is to standardize the activity and the same should be form all individuals claiming for the skills, in which case it will be enhanced further. If made for a common curriculum, it will be partially attained and dilutes the scenario which is happening in education to the core. Education, skill development cannot be for schedule and the expertise giving out the required levels of information, it is the perception of content, the queries cleared by the experts to upgrade his understanding where only there will be progression, and the space for effective sharing in the existing curriculum is almost absent.

Skill development, the man making process is a part of daily life which should have space for integration into one's traits, behaviour and social responsibility that the human development will be to their interests, comfort as individuals. Thus it becomes essential to regulate the public with human rights and constitution, and not to restrict them with rules. Hence there must be space for all to perform, which the virtual space offers and that should be the platform of connectivity which brings a lot of social interferences to an end and which makes self realization actualized to the best of one's output. The task before the governance is to assure safe living to the constitutional rights to evolve form illusions of life to transcendence where one can make his unique contribution as not all are same, the response of all are also not same.

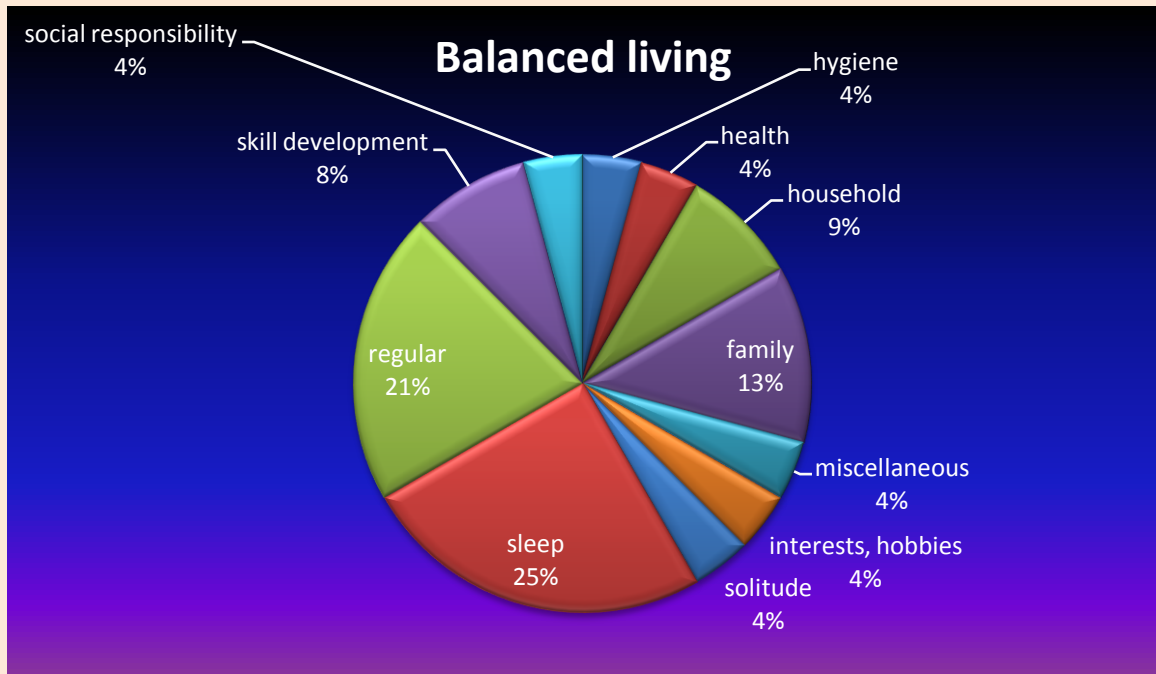
Getting into assuring the balanced living of an individual he must be made free to schedule his routine for his best of activity mindfully in a day, which is totally different from what we have as forced situation compulsive to give out



what is expected for average. They, if librated can outperform for the responsibility entrusted upon them assured of the openness to share and guidance with due directive measures. It should have due inclusion of personal satisfaction in professional reach, and professional satisfaction in personal grooming that one can live as he is where all the traits imposed upon human as decorum, discipline and forcing them to be within set limits will evade and thus standards becomes a false line, where everyone can reach transcendence.

The following table and figure gives the way for standards of balanced living for the masses to get transformed from rapid survival which the globalization has imposed upon. If the same is followed with supervision and monitoring to certify the progress as programmes, the purpose of the programme focuses to get the certificate than finding the content applied to real time situations.

Personal	Professional
Hygiene – 1 hr	Regular -5 hrs
Health, household – 3 hrs	Skill enhancement – 2 hrs
Family -2 hrs	Social responsibility – 1 hrs
Miscellaneous, interest, hobbies – 2 hrs	Sharing – 1 hr
Solitude -1 hr	
Sleep – 6 hrs	



When these components which could make a balanced living, they should be for the schedule and perception of each individual to accommodate himself to the same in his own way finding tools and expertise to experience the facts and that make one really skillful, balanced with self confidence towards which the governance should move. The history says all those multimillionaires, the top business souls, the pioneers of scientific research have their unique way, aspirations, drive to find ways to reach them which is certainly not the routine laid for the masses. The quality of attention, determination and focus is essential and not the time that the scheduling common for the masses make them regress both the extraordinary and under performers, where the average curtail the tasks to absolute necessity which becomes self centric in due course of time.

For the virtual space and globalization make open plenty of opportunities to make the aspirations meet reality, public need to be liberated to accomplish with due guidance and the monitoring forces have been formed for the same where rejection and reservation is not a criteria at all. The literacy and exposure has given the public ways to reach the wisdom and that had been stopped for restrictions of governance as intelligence and which is threatening the world to the core in the form of natural and social calamities. They got to be liberated to



reach wisdom, where the egalitarian attitude will be established that will give all progression which the authoritative administration cannot give and to which the people of authoritative administration are also included. They should find their contribution in administration can be progressive which give them stress free life and longevity. They can find people to their place even after retirement because the benefit touches their soul by purpose and not towards materialistic profits.

Conclusion

When the country need to progress and contribute to global society, the same need to have egalitarian, self actualized public who can mindfully choose a personal and professional life and it is the right occasion to bring out the potentials liberated from constraints of celebrities, there is no doubt the celebrities reached their position with their dedication, but the evolution demands progression, where one cannot remain the same ever suppressing others. They got to move up , an administrator to advisor, an advisor to chairman and so on that the vacuum below gets the civic lifted up. If one waits till the vacancy is done with the retirement which is extended in these days for individual influences, the booming energy and enthusiasm of the deserving will perish and no wonder we have a pool of work forces that responds just to the commands and remain supine ever. One can always find a place for his aspirations with his projected skills which is his deserving right, for which he need to exhibit his skills towards the claim. The period will be testing, squeezing him to the core, without any benefit, but the same at the end will make him to be a butterfly piercing out of worm stage. The existing scenario is piecing them with the poisonous sting of constraints making them to be wasp, with which they continue to generations as we find ragging still existing to the dangerous level. People settle down and down to the level of average and that will not bring out his best that the potential reserves find ways to move out where too for non natives they struggle a lot. It is a pitiable situation after a long tenure of civilization, civic has lost the right to live for the social disturbances and rapidity the globalization forces.



Balancing personal and professional life is to remain transparent and accountable.