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Getting started

T. T. SRINATH

Retain the mindfulness with which you begin a task to achieve more.

When we put the car key in the ignition and turn it to start the car, we are conscious, perhaps anxious and certainly aware that we are attempting to ignite the engine. However, once the engine starts, we become completely oblivious to the purr of the engine and drive unmindful of it.

So it is with life: when we begin whatever we do, we are conscious of the beginning we are making, yet we forget about how we began once we are in the thick of the action.

For a sprinter too, starting off the blocks is important and he has to be mindful. However, if he continues to retain that mindfulness as he runs the race, it is possible that he will hasten speed and try to win.

The challenge is for each of us to bring to our awareness the same mindfulness that we have when we begin and to continue to experience this mindfulness as we perform an act.

If we continue to be as mindful as we were when we began, we will be focused and committed to the task, and therefore, its achievement..

(The writer is an organisational and behavioural consultant. He can be contacted at ttsrinath@vsnl.net)