

**Published: Monday July 25, 2016**

## Searching outside for the self

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If we can learn to be a little patient with ourselves, sometimes not ask so many questions of life, yet just allow life's experiences to visit us and stay with the ambiguity that comes with it, we will be more at peace.

John Powell, the famous Franciscan priest, says, 'Do not search outside, for happiness is an inside job.' A friend of mine asked me, 'Why I was constantly searching outside when all it required was for me to go within?' This question struck me as true.

Kabir Das, the mystic poet, says in his famous couplet that 'The musk deer goes looking for fragrance that it smells, in the grass, not realising that the fragrance is emanating from within.'

As I contemplate the gap between 'what I believe' and 'what I practise' I realise that what is missing is my being able to find the good within me and not search outside.

If I actually believe that there is good within, then the lack is the missing bridge linking 'percept' and 'practice.'

Many of us who listen to discourses intellectually assimilate the need to look within and not seek out, yet we are unable to translate this knowledge into our daily lives for 'we are assailed by self-doubt'. We seek for validation outside us.

The challenge, therefore, is to reconcile my belief with practice.

We are unable to live with ambiguity, with uncertainty and lack of sureness, and therefore search for closure and resolution in everything we do.

We believe that the answers lie outside us, and in so searching we lose focus of what is happening within us.

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