

OPPAM

ONLY POSITIVE



OH, LOVE!
OH, UNQUENCHABLE
LOVE!



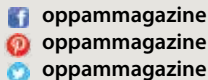
OPPAM
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Editorial

PROF ANTONEY P JOSEPH
Managing Director

BIASED JUDGMENTS

One day Mulla Nasruddin was walking along the road. Mullah was suddenly hit on the head from behind. When Mullah asked who had hit him and why, a man, who was standing behind him, replied that he hit Mulla inadvertently. But Mullah was not ready to go away without teaching him a lesson.

Thus, Mulla filed a complaint with the authorities. After the hearing of the case, the Magistrate passed the sentence. The offender had to pay a coin as a fine. The accused admitted the punishment. But he said: "I don't have the coin with me now. Let me go home and get it."

Mullah realized that he and the Magistrate were colluding to deceive him. It was the unjust verdict that infuriated Mullah more than the beating he received. The culprit was a person with whom the magistrate had a soft corner. That was why the authorities were not ready to punish him. Suddenly Mullah came behind the Magistrate and gave him a whack on the back of his head. The Magistrate jumped to his feet with a scream.

"How dare you do this to me? Do you know what punishment I am capable of giving you?" said the official furiously.

"I know. At the most, you will punish me fining a coin!" Mulla continued: "The punishment you gave him for hitting me was a coin. I can give it to you when he brings it from his home."

The Magistrate stood speechless before the brilliant wit of Mulla.

When you hear about the punishments for many crimes sentenced in our contemporary society, you will understand the relevance of this Mullah story. We often see two types of punishment for the same offense, often of a contradictory nature. Biased judgments and favoritism. These double standard acts are common not only in terms of sentencing but also in giving jobs and granting positions and awards. They are often biased.

Giving two kinds of punishment for the same mistake is like turning a blind eye to mistakes. If justice is to prevail, if real justice is to be done, there should be no distinction between crime and punishment. The authorities should not see criminals in two ways, with double standards. May those who are placed in high positions be able to dispense justice with merit without violating anyone's rights or usurping anyone's rights.

Best wishes
Prof Antony P Joseph



EMPOWER YOUR MIND TO REAP SUCCESS

Do you desire success and do you deserve it? In spite of all your desires, if you are not able to reap success, what must be the reason? There can be many reasons. But you have to face it by strengthening your mind. Because when the mind is charged, the body is charged ten times greater. When the mind is tired, the body is all the more tired. So, we can achieve success in life by strengthening our minds. Here are some ways to do it:

Control your mind

Change of mind and moods are obstacles on the way to success. Take control of your mind. Meditations can be very helpful in this regard as they help to increase focus on a single point in the present moment and grow in awareness of the surroundings. Breathing exercis-

es and meditation help us to gain control over our minds.

Challenge the intellect

Always refresh your brain. All it has to do is to keep learning new things. It could be learning a new language, learning musical instruments, and so on. Continue to engage in similar activities. In ancient houses, if the stoves were kept unused, spiders would weave webs in them. Likewise, don't allow spiders to spread their webs in your brain. Keep using your brain and ensure to keep it alive and active. Keeping ourselves updated and refreshed every day helps to strengthen our confidence.

Get enough sleep

One might doubt if there is any connection between sleep and success. But there is a connection in fact. Because

Everyone desires to be in a safe zone. It is necessary to a certain extent. But those who have lofty goals and dreams are the ones who break their comfort zones.

healthy sleep illuminates the intellect; it acts as manure for the intellect to grow in power and effectiveness. What a refreshing experience you feel when you wake up after a peaceful sleep! Seven to nine hours of sleep per night is enough to make wise decisions. Sleep enlightens the mind.

Focus only one thing

Avoid multitasking at the same time. When you engage in many things at a time, you may not be able to do everything perfectly as required. Give your full attention, care, focus, and

effort to one thing at a time, without decentralizing your energy to many things. If you engage in one thing with all your heart, success is sure.

Never quit reading

We should read not only on important occasions like World Reading Day or World Book Day but should make the reading habit a part of our lives. Read every day because reading expands the horizon of our minds. Our knowledge will increase. We will derive new ideas and insights. New worlds will emerge before us. You will be motivated to think critically and make decisions creatively.

Take care of your body

A healthy mind resides in a healthy body. It has been a belief since ancient times that one should keep one's body healthy. You must eat nutritious food. Drink water regularly to avoid dehydration. Exercising daily is not only good for physical health but also for mental health.



After doing all these things let's look into the next phases of advancing toward success:

Ask questions

Only those who lack confidence and are ignorant do not have questions. Because they are afraid to ask. When one starts asking questions it is a sign that he is trying to succeed, preparing to succeed. Ask questions about life and questions about problems. Raise questions during discussions... Don't hesitate to ask questions.

Be ready to take on challenges

This world is not for the lazy ones and for those who are reluctant to take up challenges. There are no winners in a situation where everything is comfortable. Everyone has to face challenges and crises in life. If you are going to run away from challenges you are definitely going to fail. Only those who face it with

courage will succeed. Challenges are opportunities – they are opportunities to learn and improve. It is a chance to learn from mistakes. Face life head-on without bowing down in the face of challenges.

Abandon safe zones

Everyone desires to be in a safe zone. It is necessary to a certain extent. But those who have lofty goals and dreams are the ones who break their comfort zones. They are not ready to lead their lives in a monotonous way. They bring down the fences around the comfort zones of their lives so that they are free to chase their big dreams. They set out on an adventurous journey after their goals, and fight against the odds to win the crown of victory in life.

Why not try these methods as you have decided to chase success?





PLEASE SHUT UP!

Words have the power to comfort and make others happy. But in some situations, it is better to remain silent.

They started their conversation to explain their disagreement over a trivial matter. As the conversation progressed, the tone changed. Voices were raised. One of them was angry and he began to spit abusive words at the other. The other one also shouted in response. The verbal war soon turned into manhandling. Finally, a third one had to intervene to stop their quarrel. But their relationship was never the same again.

It is true that everyone gets emotional. Whenever others behave or do things you don't like, or express opinions contrary to your opinion, the conversation

slips into disagreement, and verbal abuse, which eventually culminates in a big fight.

In order to avoid such problems, psychologists point out some situations in which silence is required:

Be quiet in situations where you are not in control of your emotions and are experiencing heightened emotional states. You may not know what you are going to blurt out at that moment of emotional overflow... Unless we curb our tongue on such moments, the words we spew at that moment can lead to unwanted consequences.

Be silent to avoid it. Rather take deep breaths when you are in the middle of heated situations and embrace silence

rather than words. We should assume constructive silence in those moments.

Psychologists say that this prudent silence is only a temporary pause to respond wisely and calmly later.

Imagine that two or three friends are slandering about someone who is not with them, or they are criticizing a particular incident. Naturally, there will be a tendency for the individual, who is overhearing the conversation, to join in and give his opinion about the person whom he has not known or heard of. But in such cases, it is necessary to remain silent, according to experts. Because we don't know enough about the subject or the people they are talking about. The subject and people are discussed there which are almost unknown to us. Be silent in such cases. Also, listen to it as a good listener and learn from it if there is anything new to learn. If you have an

opinion regarding this issue, that is not clear, do not speak about it unless you know it very clearly.

There is a saying, don't tell untruths. Perhaps what is being said is true. But don't say it if it hurts someone else. Be silent in such cases as well. Control your tongue if the words you utter can cause pain to another.

These days, there are many people who don't want to listen to others. Attentive listening is an art and a skill. A person can be a good listener only if he has a serene mind, patience, and practice. These days people don't listen but are so eager to speak. When someone starts talking, keep silent and listen to him. Start speaking only when the other one has finished talking.





ARE YOU A FAITHFUL PARTNER?

Loyalty is a virtue. It is a lifetime agreement between two persons. Commitment, honesty, and respect are parts of it. Here are some clues to check whether you or your partner are mutually faithful.

Continuous communication

The cornerstone of any relationship is communication. It means continu-

ous and ongoing communication. A man, who is constantly in touch with his spouse even when he is away from her or busy with work, cannot cheat on his partner.

Boundaries will be respected

A faithful man will not invade his partner's boundaries. Because he

knows that each person should be given the right place he or she deserves. Giving space to the other is also evidence of acknowledging and respecting their identity.

The partner will be treated equally

A faithful man loves and treats his partner as his own. He would never view her as worse than him or inferior to him. He will be willing to permit her to chase her dreams and passions. He will not confine her within his possessive boundaries.

He will take responsibility for his actions

A faithful man is one who has the courage to accept the consequences of his actions, good or bad. He will not make excuses for his mistakes nor will blame others.

The partner's success is also theirs

They take their partner's success and failure equally. He will accept her negatives and positives with one mind.

Prioritize partner's needs

Faithful men are those who put their partner's needs first.





THOUGHTS THAT HINDER SUCCESS

Negative thoughts play a vital role in hindering success in the life of a man; such thoughts not only thwart success but also curtail the level of success. How many of you are entertaining negative thoughts that stand in the way of personal growth and success?

Doubting oneself

You can call negative thoughts a 'silent killer.' Thought such as:

"Can I succeed in doing it?"

"Do I have the ability to do that...?"

"Will I be able to take this responsibility?"

Such doubts break our confidence and discourage us from taking up responsibilities. When you don't believe in your abilities, you will not be able to perform things effectively. We have the ability and we will be able to do it. But self-doubt will haunt us and thwart our efforts. Conquer this doubting nature and go ahead. Repeat these words in your mind several times: "I can do this. I

have the ability to do it.”

Fear of failure

The thought of failure deters many from action. As a result, we become inactive. Without first making an attempt, how can we know whether we will win or lose? But without even exploring our possibilities, we sometimes pull back from them out of fear of failure. This is a huge impediment to success. We need to understand one thing. Success is not just about avoiding failure. Every failure has the potential to make us stronger and wiser. So, work without fear of failure.

Being a perfectionist

Some people insist on one hundred percent perfection in everything they do. This kind of obstinacy can keep us from even making a try towards success.

Unnecessary comparisons

Many people hate themselves by comparing themselves with others unnecessarily and in an unhealthy way.

These constant comparisons drive individuals into self-loathing. Acknowledging and recognizing oneself is an important part of the path to success. True success is never achieved through comparisons but through authentic and personal growth.

The right mindset

Prejudices are barriers to success. It sets limits to our capabilities. If you act with the prejudice that this would end up only this way, you will never be able to achieve the success you deserve and are capable of.

Negative talk

Some people speak very pessimistically about anyone and anything because of the insecurities and doubts they feel within.

These people say: “Oh, this can't be right... That can't be done!” Such negative talk can even stunt your efforts to succeed. Check which of these thoughts is standing in the way of your success.



CHANGE BEHAVIOR AND EVERYTHING ELSE WILL CHANGE

Relationships are the most precious things in the journey of life. However, some people do not value relationships enough. As a result, there will be rifts in relationships and minds will drift apart.

Certain behavioral disorders and other personality disorders play a major role in creating rifts in relationships. This often occurs in workplaces. These issues that originate in workplaces can cause big damage to relationships.

Some people speak dominantly. These people act as if they are the head and authority over everything and treat everyone else as their subject. Others would keep a distance from those who

have such domineering tendencies. This applies not only to the workplace but also to the family. Such totalitarian people, who are so oppressive in their families, will not be accepted among their family members - be it wife, husband, father, or mother.

Time is one of the greatest gifts you can give to others. Some people regularly and continuously arrive very late to the office and meetings. These people do not value other people's time. We must be on time and be punctual. Try to follow this policy as much as possible. If you say you will come at ten o'clock, you must have arrived at ten o'clock.



An office staff, who regularly comes late to the office, is looked down upon and ridiculed by others.

No one likes people who do not respect the feelings of others. 'Empathy is important'. Empathy is understanding the feelings of others and dealing with them empathetically. Empathy is the cornerstone of meaningful relationships. A relationship with someone who does not respect or understand your feelings will slowly wither.

Some people always like to be victims. They would claim that they are innocent. They would complain that others hunt them. They like to wear the victim's cap. While they may find it decorative, others will distance themselves from such persons.

People generally do not like those who value wealth, beauty, and status more than relationships, especially qualities like sincerity, honesty, etc. Because these people value wealth and

money over personality. People prefer to avoid those who love only wealth and ignore personality.

There are some people who do not appreciate or praise their colleagues or friends when they achieve success. These people never say a single compliment. Such people are failures as individuals. All human beings want their efforts to be recognized and appreciated by others.

There are some couples who have never complimented each other even after living together for fifty years as married couples. There are people who have worked in the same office for years and never received a single word of appreciation. These people will feel distant from their boss and spouse, who never congratulate them.

All that is said above is also a manifestation of a person's selfishness. No one can ever accept or love a selfish person.



REWARD

Remuneration is the reward for doing an act or service with an expectation of getting rewarded. It need not always have to be just a monetary reward. It can be a smile or a heartfelt word of thanks. It can also be loving care and last but not least money.

Remuneration becomes a major problem as wages are paid in money. It is an essential means of sustenance for a person. So, there are no two ways about asking for money as a reward. Because all needs are fulfilled by money. There should not be disputes, grumblings, or arguments on giving the remuneration,

because it is a fact that one cannot live without money.

But for some people, money is not the sole reward they want. Because they value other things more than money. Have you not seen or read in dailies about some people who do not accept rewards or money for helping others in need? For them, such acts of kindness are matters of personal happiness. They have a light within them that guides them to do noble acts.

No one can buy them with any amount of reward. Whatever they did was for their happiness. They consider



that happiness as their reward. They have received it by the very act of doing good. No other reward will be able to satisfy them.

People dig up a plant or manure a tree with the expectation of getting returns from it. They expect fruits from coconut trees, mango trees, and jack fruit trees... People generally expect fruit from everything. The disappointment they feel when the desired results are not obtained after great toil, manuring, and long waits is not a small thing.

But do parents raise their children expecting any reward? No. It should never be so. They should never expect a reward for raising their kids.

How can children repay their parents? Who can pay the reward for the sacrifices and sufferings of parents from the moment of conception to pregnancy to painful delivery and finally rais-

ing them and enabling them to stand on their own feet and fly on their own wings? It is like an unpayable debt.

Every action has a result. Some actions meet with setbacks. The reward is complete when it is received at the right time in the right way.

A man even invests his love in another man or woman expecting love in return. The situation is the same for earning wages from work. Both have the same effect when invested love and work goes unrewarded. They are forced to withdraw empty-handed!

One gives remuneration to a person only when he realizes that the other one's work is valuable and is worth paying. If you are not properly paid, that means your work is not enough valued by your boss.

One needs to be lucky to be loved enough and paid enough.



OH, LOVE! OH, UNQUENCHABLE LOVE!

Love is the most beautiful state in life in which you are in me and I am in you. If you have a place in my heart and I have an equal place in your heart, then we are in love.

Sometimes love is like digging a well. First love is like a hard time of continuous and strenuous digging. When we get deep, we find a spring spurting out. Then it will flow into a stream. It flows in abundance, from which we can fetch water, drink, and get drenched.

Love is like a seed that sprouts. Just as a seed buried in the soil sprouts in a favorable condition, love sprouts at the moment it finds favorable. Leaves come out, fruits grow, and they give shade to others. Leaves fall off, dry, and sprout

again. Love is like the sun. It is like the rising sun. During the sunrise, the rays have no heat at all. Love is similar in nature. When two people are in love, how gentle are their interactions? But as love gets intimate, and when mutual freedom grows or even grows out of proportion, they will begin to scorch each other and hurt each other as if in the hot summer season. As time passes, just like boiling milk cools down when it is taken off the stove, so love cools down. Then love will become like the evening sun.

Every kind of love has ups and downs. There are distances and closeness. There are falls and hates. There are tears and dreams. Even love is boring



when it is always the same and monotonous - same as an old melody with the same rhythm, and same tune!

Everyone has a unique style of loving. No matter how hard we try to correct them, just as some animals revert to their basic instincts when they are released after much training, they cannot be diverted from the unique ways of love. Instead of blaming them for it, just understand the characteristics of that love and adapt yourself to accept them. There are two benefits in accepting them as they are. They don't have to be disappointed and we do not get hurt.

Some people do not need the aid of words to express their love. Their love is more palpable than words. Like the wind. Can you see the wind? The answer is 'No.' These people are like a warm and soothing wind when we are in the hot sun and full of sweat. They will not return until we have fully experienced their love.

Whenever I write about love, I think about you. I realize that all the lines of

love that are composed and written have a soothing fragrance. Whenever I write about love, you come in and touch my heart like a breeze. We can never be the same again.

There are many formal walls between you and me. But I am comforted by the fact that I have not built a wall between us so that we can never come together. Because I believe that real love is a condition in which we cannot be separated from a person despite being distanced over and over in several ways. I will not dwell on the moral issues behind it. It is because I love you in such a way that my love cannot hurt you or anyone else. It is like some secret investments people make without the knowledge of others. My love for you is such a one.

I have loved many people before you. I have loved many people after you. I still love many people. But many times, I have hated and many times I have been in love. But it is you that I love. Why do I still love you like the never-ending waves of the sea and the unceasing rain?



WAYS OF LOVE

Kindness, compassion, joy, equanimity... this is the shortest answer one can give to the question “how to be loved.” That means your love should be kind, compassionate, and balanced. You should be happy when you love. Don't think loving is an easy thing. Love is true only when you love a person with these four factors.

Only a person who feels happiness in loving can love others. For example, imagine that a husband and wife are mentally estranged. At this time, as usual, children come to talk about school news or ask doubts in the textbook. What usually happens is that we get angry with our children and hurt them with inappropriate words. Because there is no happiness within us. It means only a happy person can love.

Those who are in true love do not distance themselves from each other. There are no distinctions and no discriminations. That is why one feels another's happiness as one's own happiness and another's sadness as one's own sadness.

There is no mutual blaming even if any of them make a mistake.

Love without mutual trust and faith is not love. We may have many friends. But how many of them do we trust? If there is someone who can be trusted so much that you confide everything to him, then he is your real friend. All others are just acquaintances, classmates, or colleagues.

Your capability to love a person depends upon your capability to be faithful to that person. To love someone means to understand that person, and to understand means listening to him. When we love someone, we should be able to comfort him and alleviate his suffering. That is where love becomes an art. And if you cannot understand the reason for the other's suffering and pain, you will not be able to heal his wounds. When you understand more, you can love more. The more you love, the more you understand. Both are two sides of the same reality. The mind to love and the mind to understand are the same.





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