



Living Virtuously presents 'Digging Deep'



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Where in Your Life do You Have Complete Peace of Mind?

“When I am in the creative zone and/or in the research mode, I am in complete sync with my core-self....and this is where the hub of peace lies....it is a surreal feeling to be there even if it just for a few hours.”



How and When Can You Peacefully Coexist with Uncertainty?

*“I strive to learn to forget uncertain
and unpleasant experiences, and let
bygones be bygones. I try my best to
live each moment, learn from it and
move on (this needs...”*



How and When Can You Peacefully Coexist with Uncertainty? (Contd.)

“... lifelong commitment; it is an ongoing process). There is no point in wasting energy over uncertainty; one will only loose out on new opportunities that come by.”



What is The Earliest Memory That You Can Remember of Your Childhood?

*“Traveling all over the world
with my wonderful parents,
and also reading a lot of
books in their company.”*



*What Prevents You
From Being in The
Moment, More
Than
Anything Else?*

*“The inner dialog, the monkey
mind, does manage to get me out
of the 'now' zone at times.”*



What do You Usually Think About Whenever You're Alone?

“Aspects like 'Who am I', 'Where do I come from', 'What does the cosmos hold for us all' and a long stream of such sublime questions keeps me occupied during my 'me' time.”



*What Questions or
Doubts
Are Currently
Unresolved
in Your Heart?*

*“Questions/aspects/thoughts
stated in the answer to question 5.”*



What is Your Effect On Those Around You?

“Through my software studies and projects, and also through my research work and academic books, I always strive to develop and share constructive approaches towards life and its various dynamics. This research-driven attitude of mine does inspire people around me to become more inquisitive in nature.”

