



Living Virtuously presents 'Digging Deep'

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



“Interesting question! For me, peace is a state of mind that is, to a great extent, reflective of my happiness. Since I believe in gratitude and a spiritual approach to living, I strive to attain harmony in existence to achieve peace of mind. For this purpose, my ideal way of life is to attempt to live mindfully and with closer attention to positive intention and purpose. For mindfulness and conscious existence, I also believe that tea, coffee, alcohol, smoking or any substance addiction affects our total consciousness of the moment (or situation). Hence, I avoid these completely for clarity of learning, purpose and enjoyment derived from the awareness of life's moments and teachings. I also immensely enjoy the company of my loved ones (family and friends) and find the time I spend with them profoundly joyous, and this also adds to my serenity.”

*How and When Can You Peacefully
Coexist with Uncertainty?*

“Life is unpredictable, and the more we seek to find meaning amidst the uncertainty, the more tranquil we are likely to feel about life.

By implementing a sharper and more human perception regarding life, continuously developing ourselves, and supporting others in their life journey, we discover meaning in our lives and help others find meaning amidst the uncertainty in existence.

In this manner, we are making a conscious and effective step in making the best out of life's unpredictability.”



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



“I have so many lovely memories of my childhood, yet one of the best memories is the mutual respect and love that was always reflected in my parents' relationship.

My earliest memory of my childhood is also the grateful blissful enjoyment of the unconditional love I received from my parents, especially my Father. He was forever encouraging me and motivating me to realise my potential.

The love I received during my childhood has been an invaluable source of immense strength and confidence for me in adulthood.”

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

*“I would never prevent myself from enjoying
the present moment because I believe it is vital
for our wellness and well-being.*

*I am an ardent follower of this practice, and it
has helped me connect with people, support
them and improve my life.*

*Enjoying the moment fosters learning too, as
we become more tuned to learning the new and
the unknown.”*



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



*“I generally think about gratitude - for the life, family
and loved ones I am blessed with.*

*My thoughts are then on work, including my PhD
research studies and better time management.”*



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

“Self-motivation is a subject that has always intrigued me when it comes to human achievements and progress.

To what extent does the environment influence the level of self-motivation we have?

I have also been fascinated by the extent of the impact of ego on human relationships, the strength of vulnerability, and the detrimental effects of superstitious beliefs on the lives of those who believe in them.

The concept of reincarnation is yet another subject that immensely fascinates me..”





*What is Your Effect
On Those Around You?*



“Most of those I know and who know me convey that I motivate them and make them feel good about who they are.

Yet, in all honesty, the critics would also have some insightful input to convey on this question, right?”

