

Sculpt Yourself

A sculpture placed as the first exhibit in Akshardham Temple transfixed my gaze. The 2D representation pasted here is rather inadequate but do take a look at it. The sculptor is carving himself out of the rock. It is what each one of us is doing throughout life, continuously developing and discovering the self. All of our trials, tribulations, victories and personal achievements lead us back to ourself.



The sculptor said he saw the angel in the stone and chiseled away till it was set free. We do recognize our own potential and Abraham Maslow expressed this deep knowledge by saying 'All the sadness and unrest in the world is because we are functioning far below what we are capable of.' We begin with a roughly hewn shape, unique and sometimes deficient, but it takes recognition of the hidden beauty to begin chipping away the unwanted and persistence in polishing and dusting to make it gleam and inspire aesthetic awe. Beautiful shapes harmonious with the surroundings bring joy to all, even a casual passer-by, although the intention of the sculptor was only to set it free.

Are you waiting for the next big idea; the idea that will change your life? Like the angel it is already there. What we have to do is to cut out the noise. Be calm and at peace. This

will take some doing, but keep working at it. There are worldly disturbances and commitments to take care of before one has the luxury of a quiet mind. When the noise dies down the idea will emerge, crystalline and pure, and it will drive you to manifest itself. You are the only one who can set it free. Happy sculpting!

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