

From Basile Catoméris

Letter to an Indian Chela

Dear K.....,

After a long time you resurfaced from the depths of silence.

How are you and how do you manage the smoking habit you so courageously quit some time ago? Are you quite free or is the need to smoke still popping up now and then ?

You have a good deal of power within you. However, some dreadful inhibitory elements were introduced during your youth and, therefore, it is important that you soonest recover your capital of self-confidence....

Don't be afraid of losing face for past mistakes or if new mistakes occur tomorrow. Even great men made mistakes in their lives. In fact, it's often through mistakes that we gain insights and valuable life experience. Make yourself free from a too narrow-minded mentality and the adharmic attitudes that sadly prevail around you. Even living modestly, you may have elevated thoughts and get free from trivial surrounding prejudices. Don't spouse these prejudices to please your environment under the pretext that they are "traditions", or part of a pretended cultural heritage lest you miss all given opportunities to realize the very best of your life!

What counts actually is not so much the transitional results of one's efforts, nor what others think about your life conduct. No, what is far more important is to know for sure that, what you feel within is right. "Right"

means here what is actually dharmic, i.e. right just for you and, nowadays, caring for your dear ones' welfare as a responsible family head who welcomes a new-born child.

Don't fall into the comfort of Tamas omnipresent trap. Fight for survival is basic. But your effort is to move further than so, not just taking a single step from *a* to *b* ! Remember Krishna's most inspiring admonition in his definition of Yoga in the Bhagawad Gita : Yoga is skill in action !

This leads me to take up a most important factor in our lives, which is the purity of mind.

You are born in a respected family, in a country where spirituality thrives, where your heartland Bharata should be most inspiring, if you only care to rediscover its sacred treasures. One of the most important of these treasures is self-culture, most efficiently achieved through *yogasadhana*. Even if not seriously interested to find the right teacher or attending Yoga courses, you can still afford to dedicate some time to the practice of *dharana* (mental concentration) and prayer, *puja* and any other devotional practices. Of course, this advice applies only if you do not disbelieve God and the means to reach That !

To conclude dear K....., I say :

Be self-disciplined and kind to others

Be self-confident and open-hearted

Be strong for success in life

Be vulnerable to discover love

Discover who you are!

God Bless

Basile