

Be The Change You Wish To See In The World - Mahatma Gandhi

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So many of us have heard and been moved by Gandhi's quote. But even as we have quoted, cited, coached it and counselled with it, we don't often hear the story behind it. As quoted by Lolly Daskal – “ The Story Behind: you must be the change you wish to see in the world”

Among the hundreds of people were waiting to visit with Mahatma Gandhi were a mother and her young son. When it was their turn, the woman asked Gandhi to speak with her son about eating sugar.

Gandhi asked her to come back in two weeks and said he would talk to the boy then. She wondered why he didn't just speak to her son when he was already there, but she complied with his request.

In two weeks they returned, and after waiting for a couple of hours, she was able to approach Gandhi once again.

Hearing her repeated request, Gandhi immediately spoke with the boy, who agreed to begin working to eliminate sweets. After thanking Gandhi for his wise and compassionate words, the mother asked him why he wanted them to return instead of offering his advice the first time.

Gandhi replied, “Upon your visit two weeks ago I too was eating sugar.” He explained that he could not speak of or teach her son to not eat sugar if he himself had not taken that journey.

Whatever changes you would like to effect in our society has to begin with

Gandhi, the man who inspired human right movement worldwide all by dramatically living the simple nonviolent life he preached, once said, ”you must be the change you want to see in this world”. We now see this quote everywhere; but what does this quote mean do we know really? Well we can say that “It is in those very moments when everything looks helpless that we have a real change to grow in something better: what the caterpillar calls the end of the world, we call a butterfly!”.

The thing which I am talking about is personal responsibility. Who we are now is not who we were last year, week, yesterday or even a minute ago. Life never stands still no matter what we do, change is the very nature of existence – our thoughts, feelings, beliefs, ideas even our relationships are as changeable as rain and sunshine , or night and day. To be the change means to want, choose and commit your actions to do the right things .

The journey of transformation will become smoother when we can step back from anger, fear or grief and take a breath before emotion takes over. As it is said “In order to do something , you have to want it.” If you want something you will tolerate or undergo all the struggles and pains that comes with it. You are determined to reach your goals. You must be the change you wish to see the world. Too many people think that others are supposed to be the change. It’s obvious that nothing is going to happen without you. You have to change yourself to bring the change in the world. It is also obvious that you alone cannot change the world but you can cast a stone across the water to create many ripples. As Barack Obama said “ Change will not come if we wait for some other person or some other time . we are the one we’ve been waiting for . we are the change that we seek”.

The first law of supreme influence states “I create my reality”. Creating your life which mean something and total personal accountability for where you are right now. By accepting all your “flaws” and “strength” you access the wisdom to recognise how your stage to stage thoughts , words and actions create the result of your experience , like plant a seed; a seed that will grow into a plant when the appropriate conditions are present. In life also you get results when you perceive and desire for it and that depends on your actions , plans and hard work. The ones who are crazy enough to think that they can change the world, are the ones who do. Now the question arises how do we do this? We all believe that there is always the potential for positive change in every moment and we can bring the change by staying grounded and in touch with peace.

As we all know all things come and go that is the rule of the nature. Nothing lasts forever, we can appreciate every moment fully knowing it will never happen again. As J.K.Rowling said ”we do not need magic to change the world, we carry all the power, we need inside ourselves already: we have the power to imagine better. Therefore, coming to a still place, gently breathe in and out , silently repeating: and this too shall pass”. We always have the opportunity to change worst into best through courage, kindness, by beginning fresh, just as palm trees transform muddy rainwater into sweet coconut milk. We too are capable of creating a new life for ourself in each and every moment. As it is said ”If winter comes can spring be left behind”. You can change the world by being yourself. Your best practices won’t save you. Gandhi said “whatever you do will be insignificant but it is very important that you do it”. Fearing of the result we shall never step back of doing good thing because it is the right thing to do. Our decision need to be made there and then, and we have to commit our actions to create a change we want to see.

Bring the power to shift your world by beginning from oneself. As soon as you catch yourself, you can make a new choice. This gives you freedom! Being at cause for what occurs in your life gives you power, to be the change you wish to see in the world, because it is said “yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself”.

SOMES RULES OF CHANGING THE WORLD BY MAHATMA GANDHI given by Henrik Edberg

1. Change yourself.

“You must be the change you want to see in the world.”

“As human beings, our greatness lies not so much in being able to remake the world – that is the myth of the atomic age – as in being able to remake ourselves.”

If we change ourself we will change our world. If we change how we think then we will change how we feel and what actions we take. And so the world around us will change. Not only because we are now viewing our world through new ideas of thoughts and emotions but also because the change within can allow us to take action in ways we wouldn't have – or maybe even have thought about – while stuck in our old thought patterns.

2. You are in control.

“Nobody can hurt me without my permission.”

What we feel and how we react to something is always up to us. There may be a “ordinary” or a common way to react to distinct things. But that's mostly just all it is.

3. Forgive and let it go.

“The weak can never forgive. Forgiveness is the attribute of the strong.”

“An eye for eye only ends up making the whole world blind.”

Fighting evil with evil won't help anyone. And as said in the previous tip, we always choose how to react to something. When we can incorporate such a thought habit more and more into our life then we can react in a way that is more useful to us and others.

We realize that forgiving and letting go of the past will do us and the people in our world a great service. And spending our time in some negative memory won't help us after we have learned the lessons we can learn from that experience. we will probably just cause ourself more suffering and paralyze ourself from taking action in this present moment.

4. Without action you aren't going anywhere.

“An ounce of practice is worth more than tons of preaching.”

Without taking action very little will be done. However, taking action can be hard and difficult. There can be much inner resistance.

And so we may resort to preaching, as Gandhi says. Or reading and studying limitless. And feeling like we are moving forward. But getting little or no feasible results in real life.

5. Take care of this moment.

“I do not want to foresee the future. I am concerned with taking care of the present. God has given me no control over the moment following.”

The best way that we have found to overcome the inner resistance that often stops us from taking action is to stay in the present as much as possible and to be accepting.

Why? Well, when we are in the present moment we don't worry about the next moment that we can't control anyway. And the resistance to action that comes from us imagining negative future consequences – or reflecting on past failures – of our actions loses its power. And so it becomes easier to both take action and to keep our focus on this moment and perform better.

6. Be congruent, be authentic, be your true self.

“Happiness is when what you think, what you say, and what you do are in harmony.”
“Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well.”

we think that one of the best tips for improving our social skills is to behave in a congruent manner and communicate in an authentic way. People seem to really like authentic communication. And there is much inner enjoyment to be found when our thoughts, words and actions are aligned. we feel powerful and good about ourself.

7. Continue to grow and evolve.

“Constant development is the law of life, and a man who always tries to maintain his dogmas in order to appear consistent drives himself into a false position.”

we can pretty much always improve your skills, habits or re-evaluate your evaluations. We can gain deeper understanding of ourself and the world.

Sure, we may look inconsistent or like we don't know what we are doing from time to time. We may have trouble to act congruently or to communicate authentically. But if we don't then we will, as Gandhi says, drive yourself into a false position. A place where we try to sustain or clutch to our old views to appear consistent while we realise within that something is wrong. It's not a fun place to be. To choose to grow and evolve is a happier and more useful path to take.

THEREFORE, By taking Personal Responsibility for our impact upon the world we can elicit, create and *become* change.