

WHEN YOUR SPEECH HAS THE FRAGRANCE OF INNER PEACE

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She was an acclaimed orator. Institutions around the country and even abroad invited her to deliver speeches on a wide range of topics. If her counselor were inexperienced, he would have been surprised to learn that she, this famous speaker, was not at all happy with either her work or with her life itself on the whole!

We can attend workshops on effective communication or graceful manners, and can certainly succeed at places, winning friends and influencing people. Such self-improvement is considered betterment of 'personality ethic'. There is a deeper change of greater value called betterment of 'character ethic'. This change, which matters more, is brought about by reduction of selfish motives within us. That is indeed spiritual growth.

Spirituality is not about going to heaven; nor is it about doing something superhuman like walking on water. What are the marks of spiritual evolution?

We feel lighter, answers an ancient text. Pride, hurt and certain negative emotions are an unnecessary weight that we carry in our bosom. They are side products of egoism. When we drop them, we feel lighter.

Our overall health improves for sure. A whole lot of ailments are caused by disorder in our mind, and this disorder ends through having and living 'spiritual insights'.

Mindless seeking ends when we grow inwardly. Anchored in the spirit, and not in the body, we feel more complete. Why would we seek this or that?

Inner peace can result in better (skin) complexion, says the *mantra*.

And, now coming to communication, our voice, delivery, tonal quality and their overall effect get so much better when we have inner peace. When much of the fear that had earlier ruled us is a matter of the past, many benefits like clear and effective speaking take place as the natural outcome of inner harmony.

"Lightness, good health, contentment, better complexion and neatness of speech are among the early benefits of yoga, spiritual growth." – Shwetashvatara Upanishad