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Arousing the giant within

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THE great philosopher Orison Swett Marden said: "Deep within man dwell those slumbering powers; powers that would astonish him, that he never dreamed of possessing; forces that would revolutionise his life if aroused and put into action."

Yes, we must arouse the slumbering giant within us into action in the game of life. True mastering is not money, market, mansion and material pursuits alone, which are often wrongly encouraged and emphasised in most cultures.

True mastery is consistency in thinking, feeling and doing. It's mastering the use of our time, talents and thoughts for worthwhile achievements and to make others and us happy.

We may not be blessed with the best family, perfect genes, or a silver spoon in our mouth. But we are all born with one right, the right to choose, the right to become what we want to be. The equal right to be unequal to others.

The world is full of stories of people who have sprung up to greatness from adversity. There are thousands of winners in the game of life who refused to accept their genetic handicaps and have awakened the giant within.

These people have transformed their situations and have become great. Helen Keller, born dumb, deaf and blind, became one of the greatest handicapped winners of our time for mastering her life and contributing so much to society.

Our Prime Minister Datuk Seri Dr Mahathir Mohamad had a very humble beginning, but today he is one of the world's great and renowned statesmen, nation-builders and achievers. Sir Winston Churchill was a poor student who became Britain's greatest statesman.

I could go on and on with names of people past and present who became great not because they were born rich or their parents were somebody, but because they took mastery over themselves by awakening the slumbering powers within.

They mastered winning attitudes that carved stumbling blocks into stepping stones, turning them into a blessing not only to themselves but also to others who came into contact with them.

We will inevitably meet with stumbling blocks but it's how we react that makes the difference between a winner and a loser. As Aldous Huxley said: "Experience is not what happens to a man; it is what a man does with what happens to him."

In mastering a winning personality you must not forget the most important aspect of living, and that is being balanced in all areas of your existence.

There are eight areas or values you should master in order to be a winner. They are as follows:

1. Family values
2. Financial values
3. Spiritual values
4. Social values
5. Physical values
6. Mental values
7. Recreational values
8. Vocational values

A true winner is one who values all areas of his life. Not just money and material pursuits but also his social, spiritual, physical, recreational, mental, vocational and family lives.

Achieving material gains is not wrong. It is only so when we think and value them as the only measurement of a winning personality, when we forget that there are many great achievers who went down in history as great men and women without material possessions.

What is the point of earning a million dollars when your family breaks up because your sole pursuance was that million dollars?

Mahatma Gandhi was a winner, a committed worker whose struggle freed millions of people. Yet his entire life savings and assets after his death amounted to less than 1,000 rupees or RM100. Truly he was a great achiever even though he ended up without material possessions. He practised what he preached. It was he who said: "The world has enough for a man's need, not for his greed."

How do you then ensure that you are leading a balanced life? It's attitude! You must master that winning attitude, just as it is said: "It's not aptitude which determines your altitude in life but your attitude."