

## FOOD FOR THE SOUL

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Warren Buffett had said, the first and the foremost thing one should value in life is the personal integrity without which how so high a person's intelligence is or how so high his energy level is, they are a waste as they would be misguided, misused and eventually will become detrimental for his own self. If we perceive ourselves as a tree, integrity is the root, the foundation, which has a lot to do with the building up of a strong character, imbibing of all the most sought virtues in us and ultimately turning us into refined human beings. Although it is hidden within but is an absolute necessity to nourish, strengthen and stabilize our firm hold on ourselves.

We very often see people with enormous capabilities but their indulgence in dishonest and corrupt practices turn them into living monsters who not only became a threat to the entire society but are a threat to human race.

Hence to value and build integrity in ourselves, we must learn to keep promises. Have you ever had friends who seldom fulfill their promise? They say they'll call you but they don't? They promise to pick you for the match but they forget. The result, is after a while you don't trust them. The same happens when continually we make and break self promises. We must treat the commitments we make to ourselves as seriously as to others. As Albert Einstein, had said; "Whosoever is careless with the truth in small matters cannot be trusted with important tasks". Another stepping stone to integrity is to be honest. One should always be a first rate version of oneself instead of a second rate version of somebody else. True it is that it takes a lot of courage to be honest when people around you are getting away with cheating on tests, lying to their parents and teachers. But believe me children, every act of honesty is a great deposit in your personal account of virtue. What you gain by honesty is the eternal peace and happiness which no amount of money, power or success can every buy. As the saying "My strength is as the strength of ten because my heart is pure." So cultivate the habit of fulfilling the commitments and develop the courage to remain honest and humble as they are the true gateways to serving humanity.

