

# What is Life about...

---

*"Spread love everywhere you go. Let no one ever come to you without leaving happier." -Mother Teresa*

---

Article by

**Mr. Chirag R. Patel**

Assistant Prof, Computer Engineering Dept.  
C. U. Shah College of Engineering & Technology  
C. U. Shah University.



## **Love People**

We're all humans. We see, feel, analyses stuff/feelings. We love different people for different reasons.

We love our parents because we've seen them sacrifice their whole life in the process of bringing us up.

We love our elder siblings because they help us and understand us when no one else does.

One of the best ways to find the meaning of life through love is to practice connecting with our families. From parents and siblings to a spouse and children, loving our family is a powerful way to grow in our knowledge and appreciation of what life has to offer.

## **Detox from Technology and Gain Perspective**

Next up, we have the extremely important need to detox from time to time. Modern life is fraught with dangerously addicting distractions like social media, that can take up gobs of time without our ever even realizing it. And the effects can go beyond simply frittering away time.

Once you've managed to disconnect from those devices and social profiles, it's important to take that time and energy and redirect it towards a healthier mindset. Spend time meditating, praying, and even simply dwelling on an attitude of gratefulness. Find things that you're thankful for and make an effort to express appreciation for what you have on a regular basis.

### **Never Stop Learning**

Learning should be a lifelong process. Healthy humans are always in a state of learning. They see what's around them and want to learn more, understand more, and see why everything is the way it is.

This doesn't mean you need to build a strong desire to start reading textbooks on calculus in order to see what life is about. It's simply an encouragement to start to take an interest in the world around you.

### **Go Minimalist**

If you take small steps like avoiding purchasing unnecessary new things, storing seasonal items, and generally decluttering, you can ease into a minimalist mindset without much trouble.

### **Travel**

If you take the time to travel, make sure to do so with the specific purpose of seeing the world outside of your own comfort zone. How are other cultures different from your own? How do other geographic areas affect the way people live? What does a developing or war-torn country truly look like?

If you set out with this perspective, you're much more likely to have your heart and mind opened in ways you never could have expected.

### **Try to Be More Aware**

If a person can truly foster the ability to pay attention to everything around them, they develop the ability to break free from the self-centered mindset that all humans naturally slip into when we're not paying attention.

### **Be Actor (Play your role in best way)**

In whole life we have been playing our different roles in life from our birth to death. There are several stages and mode in life where we have to act as per the situation.

|| Life is all about how you live, not what you live ||

---