

Rajwani

Adulthood - Maturity

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Four stages of human life:

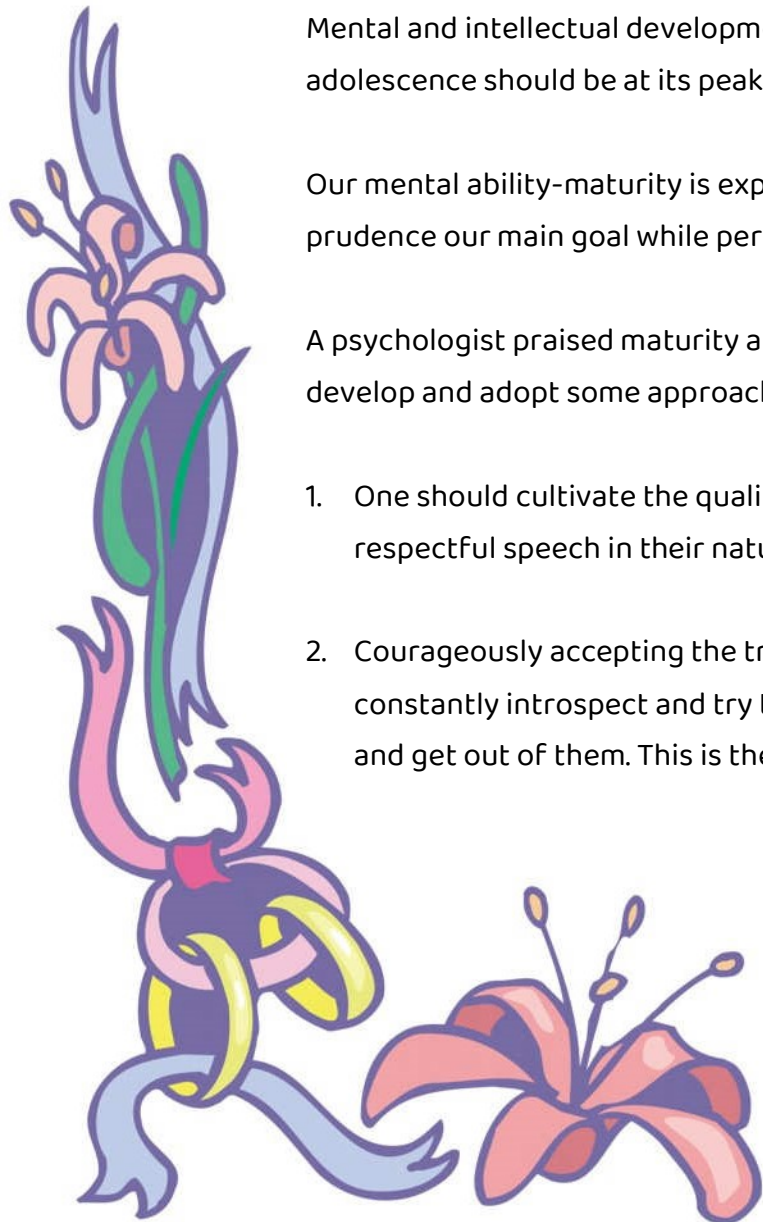
Childhood, adolescence - youth, old age. Along with physical development, mental, intellectual and spiritual development continues to take place according to the environmental situation and culture as well as education.

Mental and intellectual development in a human being at the stage of adolescence should be at its peak.

Our mental ability-maturity is experienced in youth. We should make maturity, prudence our main goal while performing our big or small responsibilities.

A psychologist praised maturity and said that to cultivate maturity we must develop and adopt some approach.

1. One should cultivate the qualities of prudence, modesty, simplicity and respectful speech in their nature.
2. Courageously accepting the truth makes us more mature. We should constantly introspect and try to find our flaws, shortcomings, prejudices and get out of them. This is the first step to adulthood.



3. Cultivate the value of giving rather than taking. Our vision should direct towards happiness, benefit and joy of others. One can become important only by giving importance to others.
4. Always be positive. Observe and applaud (appreciate) positive side of every person around you. Be optimistic, loving and cultivate friendly spirit.
5. Always extend a hand of cooperation. Being within the boundary of your principles, always be enthusiastic to help and willing to fulfil your duties / responsibilities.
6. By developing adaptability and being adaptable, one can come to harmony with people, things, or situations. Problems can be solved naturally and easily.
7. Demonstrate magnanimity. Learn to love. Do not allow petty emotions like jealousy, slander, hatred to enter the mind. Cultivate Respect(intimacy) for all.
8. Be self-sufficient. As far as possible, do your work yourself. By becoming independent and not dependent, we can show our mastery in our decisions, thoughts, practices.

Only when we acquire the qualities of adulthood - maturity and put them to practice, only then will our personality be beneficial to our family, society and nation.

Aum Ma Aum

- **Rajyogi Narendraji**

