



Life is Long Journey Between Human Being and Being Human

"You have to grow from the inside out. None can teach you; none can make you spiritual. There is no other teacher but your own soul."

Swami Vivekananda

As we embark on the **journey of life**, we **traverse a path** filled with **diverse experiences, encounters, and challenges**. Each step we take, every decision we make, and every interaction we have contributes to the shade of our existence. This journey serves as an **opportunity for profound self-discovery, growth, and understanding**.

Throughout our lives, we encounter various situations that **shape our identity and perspective**. We may face **triumphs and successes** that **boost our confidence** and **provide a sense of accomplishment**. Simultaneously, we **encounter failures and setbacks** that **test our resilience** and offer **valuable lessons for personal development**. These experiences collectively contribute to our growth as individuals and shape the unique fabric of our being.

The concept of **being human** extends beyond **mere existence** as a member of the **Homo sapiens species**. It encompasses the **ideals of compassion, empathy, self-awareness, and moral consciousness**. To **be human** is to embrace our capacity for **reason, creativity**, and the pursuit of **truth and justice**. It is a lifelong endeavor to cultivate our **humanity** and **foster a harmonious coexistence** with others and the world around us.

However, the path towards **being human** is not a **straightforward one**. It is a **complex and often arduous journey** that requires **introspection, self-reflection, and growth**. The process of **self-evaluation, free from bias and unaffected by personal preferences**, is an essential aspect of personal growth regarding **being human**. Typically, humans have a tendency to prioritize their own **ideologies and preferences**.

Individuals often strive to justify their **thoughts and actions**, even if they may not align with **reality**. It is the **ego** that prevents individuals from **acknowledging their shortcomings and falsehoods**, hindering their ability to **truly accept their weaknesses and lack of understanding**. However, the journey towards **being human** involves **acknowledging these limitations and rejecting false notions of self-importance**. By embracing **humility** and recognizing the need for improvement, individuals can transition from **human being to being truly human**. Generally, an individual spends a significant portion of their lives simply **being human**, going through the motions without truly understanding or embodying the essence of their **humanity**. They may be driven by **primal instincts, societal expectations, or personal ambitions**, losing **sight of the fundamental values** that define our **shared humanity**.

To embark on the **transformative journey** from **human being to being human**, the development of **profound self-awareness** is paramount. **Self-awareness** is the inherent ability of the mind to integrate both the **external and internal worlds**. However, the **inclination of the mind** is often to align itself with the side that is more convenient for the individual. Nevertheless, an **aware mind** always takes the side of **righteousness**, regardless of convenience. Examining our **thoughts, emotions, and actions** becomes crucial in this process. We must question the **motives and consequences** behind them. By

gaining a better **understanding of ourselves**, we can **effectively identify our strengths** and **weaknesses, biases** and **prejudices**. This **self-examination** empowers us to actively **personal inner growth and enlightenment**.

Human beings have the **capacity for reason** and **logical thinking**. We can **analyze information, solve problems, make decisions** based on **evidence and critical thinking**, and pursue **knowledge and understanding**.

Furthermore, being human requires us to **cultivate empathy** and **compassion** towards others. It involves recognizing the **inherent dignity** and **worth of every individual**, regardless of their **background, beliefs, or circumstances**. Through **empathy**, we can **transcend our own perspectives** and connect with the **experiences** and **emotions** of others, fostering understanding and fostering a more inclusive and compassionate society. **True humans** possess the ability to understand and share the **feelings of others**. They demonstrate **empathy** by showing **kindness, compassion**, and a **genuine concern** for the **well-being of others**. They strive to **alleviate suffering** and **promote the welfare** of those around them.

Integrity and **honesty** are fundamental characteristics of **being human**, as true humans uphold **moral** and **ethical principles**. They **exhibit truthfulness, trustworthiness, and dependability** in both their **words** and **actions**. They prioritize doing what is **right**, even when it conflicts with **personal gain** or **convenience**. **Being human** entails a deep respect for the **dignity, autonomy, and rights of all individuals**. True human value **diversity** and treat others with **fairness, openness, and tolerance**, irrespective of differences in **race, gender, religion, or any other attribute**. They **actively cultivate an inclusive and accepting environment**.

A key characteristic of true humans is **assuming responsibility** for their **actions** and **decisions**. They take **accountability** for the outcomes resulting from their choices and readily acknowledge their mistakes or shortcomings to learn from them. They possess an awareness of how their behavior impacts themselves, others, and the world at large. These individuals exhibit **humility** by recognizing their **limitations, being open-minded to diverse ideas, perspectives, and feedback**. They foster a mindset of lifelong learning and willingly challenge their own beliefs and biases. They demonstrate courage in the face of **challenges, adversity, and fear, displaying resilience and determination to overcome obstacles**. They embrace **personal growth, viewing setbacks** as opportunities for **learning and development**.

Individuals willingly dedicate their **time, resources, and abilities** to assist others without expecting anything in return. They actively contribute to enhancing their communities and strive to positively impact the lives of those around them. These individuals seek wisdom through **introspection, self-reflection, and continuous personal growth**. They draw lessons from their **experiences, develop a deeper understanding of themselves** and others, and make thoughtful decisions based on **insight and discernment**. True humans embrace **love** as a fundamental aspect of their existence, fostering meaningful connections with **family, friends, and the broader human community**. They express **love, care, and support, nurturing a sense of belonging and interconnectedness**.

Becoming a true human is an ongoing journey that extends throughout a lifetime, acknowledging that perfection is unattainable. These characteristics serve as a **guiding framework** for **personal growth** and **ethical conduct**, but it's crucial to approach them with **humility, empathy**, and a dedication to constant **self-improvement**.

“The moment I have realized God sitting in the temple of every human body, the moment I stand in reverence before every human being and see God in him - that moment I am free from bondage, everything that binds vanishes, and I am free.”

Swami Vivekananda

