



# Nothing Just Happen: Empowerment Is the Way Forward

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## ABSTRACT

If we activate our sub conscious state of our mind, that would give us positive outcome and good result. When our thought and emotion becomes one than at that time we can develop our strong belief. If we are firm and strong enough on our belief system then unbelievable could be done and accomplished. Our positive thinking at present would contribute for the better performance at present. Our Intention is the first step to accomplish any kinds of great outcome and achievement. We all need to understand that our reputation is in the hands of others. Thus we can't control that. The only thing we can control is our character. Employee's empowerment in any kind of corporations can positively effect on gaining sustainable competitive advantage.

**Keywords:** Desires, Intention, Succeed, Empowerment, Happiness

## INTRODUCTION

If we attempt to explain self-empowerment it is in its simplest form means taking charge of our own life, in our work place, with our colleagues, with our subordinates, with our superiors, with our body, with our illness and for us caring for ourself. Really speaking this sound obvious but how come most of us don't do it in our real day to day life. The reason for this may be that we don't have the full understanding of how to do it properly or even what it means. We seem to rely on some sort of gut instinct or thought pattern within us, that we think this is the way it should be done. When we find out through some experience that, that is not so we become confused, feel angry, feel hurt, indignant, feel rejected, feel not good enough etc. The list is endless. So what would be the solution? If we had the knowledge and understanding of what and how to do, then we would know how to do things so that they don't blow up in our face. But in order to do this, one needs knowledge of some sort. Another way of putting it is to say that self-empowered individuals do not give away their power or allow others to infantilize them, they use it appropriately. But to do this, one has to own and know our own power and be able to access it and use it appropriately. The things to know are that we

all have it, each and every one of us. The only difference between those who own and know their power and use it appropriately and those that don't is the internal belief system that they have, that they can't have that power. The thing to do for empowerment is when a situation arises that we have a reaction to – be it anything – then it is to see where is that feeling in my body, what does it feel like. Try to imagine what it feels like. Once we have that feeling of what it feels like then have a good look at it and trace it back in our life to the first time that we felt like that.

## REVIEW AND DISCUSSION

We must know the universal rule that nothing just happen, promise is mandatory, until and unless we promise to do and perform any task and event, it would not take a pace. So, I here would like to share with you all that we must put our attention in the body and listen the Sutras and keep going in, that would ultimately truly empowers us. We must know that the greater power of our intents invites the greater freedom and greater

choices and ultimately freedom and greater success and happiness. We must understand the natural phenomenon that if we have greater intent of being greater personality and if we attempt to feel the purity and fulfillment of desire, truthfulness, tranquility, sweetness in our speech than that is the point of peace and harmony and happiness. We also need to be aware of the frequent emergence of fear in our life. I am sure that fearlessness can only be attained when one can see our self in every living being and every object. This is the process of becoming oneness. We must understand the truth that there is no difference between self and others. The concept of oneness could only empower the human race and could uplift the peace, harmony and happiness among and between the human beings. Human ego and greed comes from our ignorance. When we become free from these all the ignorance, than we become one and we become fearlessness, and tranquil. Going beyond the self and ego is the liberation of self. When we are holly, than at that time we may lose the fear of death as well. As per our Vedant Philosophy it has been revealed that if our body dies than our mind can create another body, if our mind dies than our body could not create another mind. We should be aware of the fact that the Vedant ideas would be of great ideas to transform our self. We can heal ourselves in every condition as well self-repair mechanism is the process of healing. We must know the self-repair mechanism in our life time. We all are the result of the modification of our consciousness. Our life is not more than experiencing our self. So, I would like to share my thought to you all that we must attempt to and examine the self to know who we really are. It could be noticed that enlighten being, though they constantly engage in activity, they do nothing, but happen itself as per the natural rule. Hence, we must seize the opportunity to know ourselves by having the constant focus on our self-power and self-image. We all are omnipresent, that could be realized when we pronounce the following words and Mantras in our deeper sense of our heart and mind. For example if we pronounce the following words I am space, sun, direction, God, all being, God blessed, earth, than that would ultimately focus our inner power on these respective elements. Further, we can again see our real self in the following elements as well. If we repeatedly see ourselves on the following objects, example I am ocean, dust, the wind, the fire and I am omnipresent, I am the fragrance of flower, true being very essence in all things in the universe. I exist in all the existence. In this regard I would like to share with you all that we are not doing anything, but everything is done according to the natural forces and hence, we can feel these all the real forces in us. That is what the oneness of the humanity and human being and natural forces. We must know about what is the life span of our eternity? Since eternity stretches and so does our life. In this regard it could be said that everything need some effort

to happen, nothing just happen. Whether we want to be omnipotent and or omnipresent, every object needs rigorous effort and action, our power of intention would determine who we are going to be. If we have strong intent to be strong person than we can be strong, this requires uninterrupted effort and dedication. Otherwise we would be ended up where we are right now. Hence, I would like to take this opportunity to request you all to expand our intellectual horizon and expand our real self to know who we really, really are.

It is the natural phenomenon that what we plant that we get, for example land does not care what we plant. If we plant poison, we would be getting poison if we plant corn will get corn. So same is the case of our mind too. If we plant positive thought that would be resulted into positive outcome and success followed by pleasure, peace of mind and ultimately happiness. If we plant negativity than our mind would produce the negative outcome, failure, fatigue, which ultimately resulted into increased level of stress, anxiety, despair and series of unhappiness. So, what I would like to promote here is we all can seek and empower our prospective bliss on the following attributes by having the positive attitude and strong belief system, for example, sound health, peace of mind, freedom from fear and worry, decisiveness, positive and peaceful mental attitude. In contrary to the above, we could be ended on the following state of lack of bliss if we promote and follow the negativity in our mind, for example ill health, anxiety, despair, in decision and doubt, frustration and discouragement, greed, jealousy etc. So, I would like to emphasis here that if we activate our sub conscious state of our mind or expediting the habitual way of our thinking that would give us positive outcome and good result. The focus of sub conscious state of our mind should be on always thinking about our goal and be relaxed and positive, so we can get our goal one day. It would be better to write our desire, goal and again write what you intend to accomplish and what you want to give to get earlier. Constant focus on our intended object and goal would ultimately ensure the timely accomplishment of that object and or goal.

When our thought and emotion becomes one than at that time we would be developing our strong belief. If we are firm and strong enough on our belief system then unbelievable could be done and accomplished. If we are able to maximize the use of the following natural variable than we could optimize our performance for example our mind, body, intelligence, air, water, sun light are free of cost. We need not to pay for any of them. We all can improve either personal or our professional performance through the maximum use of the above list of natural gift. As per the biological science we are using 10 percent of our ability, so think from today onwards and work steadily and realize our goal by using more than our current use of our mind power and ability.

We all are the spiritual being experiencing human being not the human being experiencing spiritual being. So, this reveals the secret fact that we could experience higher level of awareness and happiness in our life time if we could feel the true state of our mind. We all want to be able to live our lives with high awareness and we want to get beyond just knowing our self. Meaning is that our capacity to know is not limited to self, which is beyond the self, if we are so focused to understand our innate ability we all could recognize our eternal self which is powerful lesson for all of us. It is proven fact that the energy that is available in the universe that can be explored by all of us. So, I would like to put greater focus here is to allow our energy to see and feel what we want rather than what we don't want. If we focus our energy on what we don't want than that would ultimately deviate our focus. We would not be so focused and our energy and strength would remain so weak. Hence, that would ultimately negatively impact on what we want and what we could have accomplished in our life time.

Each and every one of us has this universal strength and power to explore our own dream which should be realized at any point in our life time. I would like to explain in simplest term possible about what our mind can attain. Lack of education, lack of finance may not be the lack of success. The hidden power which is greater than lack of education and lack of finance may still be directing towards lack of resources, which is the power of mind, which has uncontrollable capability. So, I would like to put emphasis on exploring our power of mind by having constant meditation and focus. Using our power of intention we can accomplish the unaccomplishable. So I would like to urge to all of you be very optimistic about your mind power and focus your entire and whole effort towards your dream goal than your every hidden goal would have been accomplished with greater joys and happiness. I would like to conclude here that happiness is a state of our mind which we can feel and realize at every point of time. If we are able to maximize such happy point of time, than happiness is not so far from our day to day life.

We all individuals are responsible and ultimately in charge of our success, and happiness, for this behavior modification of the self is mandatory. We must know that we have the alternatives for every kind of misery, bad happenings, sufferings, failure, fatigues and depression. It is we who can really and really change our own destiny and scope of life and scope of our happiness and success as well. It is our positive thinking at present that would contribute for the better performance at present. If we are able to turn our positive brain than only we can turn our performance and success and hence our happiness could be empowered. For this, we may need real life Guru and he and it may be you, books, and or any other human being who really poses the true knowledge of this world and universe who can really and

really guide us towards our true action and true state of our success and happiness. Let's find for this kind of Guru, he/she may be available here and there. Such Guru could and should act like a cloud, because guru is pure and take the relevant ideas from the scripture and would inspire the disciples. Constant attempt of Guru for constant upliftment of the disciples should be the main agenda for any kind of the guru. It is only through the unceasing effort of the guru the society can be transformed. For that the all kind of guru should spend their significant time to explore the unexplored. Ancient treasure of Guru Tradition needs to be preserved by every awakened person. We can cite here an example of late Raman Maharshi, of Arunachal Pradesh India. He had truly inspired the common people to accomplish their goals and hence empowered the people for their betterment, success and happiness. If we talk to Nepalese context our vice chancellors, dean, professors and all the faculties of each Universities and schools could and should, behave and act like a Adi Shankaracharya Jagadguru to enlighten the common people, and empower all the academic and non-academic community of the nation, this is the basic requirement of the blend of ancient and contemporary philosophy, that will only empower our society rather than seeking discriminating the people and seeking the undue advantage of the given authority. I humbly and truly request to all kinds of Gurus from within the country and outside the country they can really and really make a huge difference in terms of changing the common people and transforming them as enlightened being so that they can work for the betterment of self and betterment of greater human society. In this regard, I would like to add here the advantages of worship and meditation culture as well. We can instill the concepts of worship i.e. Pooja which is essential for the liberation of the entire human kind. So constant personal Pooja, constant meditation and constant learning keep oneself with higher power. Personal connection is the significant aspect to establish the quantum relationship across the entire living being. We human must have the quality of gratitude and should attempt to seek and speak truth. Let's check the benefits of these all the selfless task and effort. We can find a huge difference within a very short span of time and can find a changed culture and tradition i.e. the culture of peace, love, self-empowerment, support, commitment, focus, enlightenment and hence ultimate happiness.

If we examine the teachings of all great spiritual masters they all are teaching what we generally talk in our day to day affairs. Where ever we observe they are talking and teaching about forgiveness, kindness and love. We could not observe anywhere that they are teaching wanting and they are also not teaching greed.

So the notion of seeking what we want, or think we need, is not what the power of intention is all about. In many ways we are learning and promoting our ego and

main mantra is 'What's in it for me? How can I get more? According to Dyer (2005), the process of allowing, just being and embracing this heightened level of consciousness, goes back not to attracting what you want, but attracting what you are. "You have to just be. You have to let go. You have to allow. You have to be free and make this your consciousness." He continues, "Basically, what you would see is a frequency (of energy) that manifests itself through the process of giving, of allowing, of offering and of serving. It asks nothing back." Dyer illustrates the concept of giving without expectations by quoting the great poet Hafiz: "Even after all this time, the sun never says to the earth 'you owe me.'" Our Intention is the starting point of our every dream. It is the creative power that fulfills all of our needs, whether for money, relationships, spiritual awakening, or love. Everything that begins and happens in the universe is with our intention. When we decide to buy a vehicle, house, marry with beautiful girl/boy, or call a friend, it all starts with our intention. The sages of India observed thousands of years ago that our destiny is ultimately shaped by our deepest intentions and desires. Vivekananda (1902) declares, "You are what your deepest desire is. As your desire is, so is your intention. As your intention is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny."

There are many ways to harness the power of intention to create anything we desire.

We all know that in most of the cases our mind is caught up in thoughts, emotions, and memories. As Upanishad explains beyond this noisy internal dialogue is a state of pure awareness that is sometimes referred to as "the gap." It is well known and tested truth that meditation is one of the most effective tools we have for entering the gap. Meditation takes us beyond the ego-mind into the silence and stillness of pure consciousness. This is the ideal state in which to plant our seeds of intention, once we are established in a state of restful awareness, and are able to release our intentions and desires. The best time to plant our intentions is during the period immediately after our deep meditation, while our awareness remains centered in the quiet field of all possibilities. If we are able to set our intention, let it go simply stop thinking about it. We can continue this process for a few minutes after our meditation period each day.

Our intention would be of much more powerful if it comes from a place of our contentment than if it arises from a sense of lack or need. So I would like to share with you all that we must stay centered and refuse to be influenced by other people's doubts or criticisms.

We need to relinquish our rigid attachment to a specific result and live in the wisdom of uncertainty. Basically, our attachment is due to our fear and insecurity, while our detachment is due to unquestioning belief in the power of our true Self. Our focused intentions

attempt to set the infinite power of the universe in motion. We need to trust that infinite organizing power to orchestrate the complete fulfillment of our desires. Thus, we can release our intentions into the fertile ground of pure potentiality, and they will bloom when the season is right.

We all must know that how people treat us is their karma; how we react is ours. Dyer (2005) has stated that "change the way you look at things and the things you look at change." This is the power of intention. He further emphasized that "You are not stuck where you are unless you decide to be." in this regard we need to understand the universal truth that all blame is a waste of time. No matter how much fault we find with another, and regardless of how much we blame him, it will not change us. The only thing blame does is to keep the focus off when we are looking for external reasons to explain our unhappiness or frustration. We may succeed in making another feel guilty about something by blaming him, but we won't succeed in changing whatever it is about us that is making us unhappy. Dyer further highlights that "Your reputation is in the hands of others. That's what the reputation is. You can't control that. The only thing you can control is your character." Dyer added that "When the choice is to be right or to be kind, always make the choice that brings peace". He asserts us that "You have everything you need for complete peace and total happiness right now." I would like to add some more insights from Dyer's opinion that "the more you see yourself as what you'd like to become, and act as if what you want is already there, the more you'll activate those dormant forces that will collaborate to transform your dream into your reality." We all need to understand his message that Heaven on Earth is a choice we must make, not a place we must find. We don't need to be better than anyone else we just need to be better than we used to be. The natural phenomenon we all must understand that we cannot always control what goes on outside. But we can always control what goes on inside us. Dyer again inspires us through his words that loving people live in a loving world and hostile people live in a hostile world. But, ultimately they both live in a same world. I would like to request you all that it is a right time to change the way we think and speak about our dreams. We all always need to think to have in our mind a purpose or plan, to direct our mind, to aim. I have developed my intention to transform my fear and doubt, to hope and possibility, followed by action and results. We must ask some questions to our self that when should I set my intention? We can set our intention every day. Let say some one's intention is to work less and make more, or to find a new career that they are passionate about. Many others' intention could be to get healthy and physically fit, or to spend more quality time with loved ones or alone. It can be specific and about

something in particular or more like a quality, such as to be more relaxed or involved with life. We all can see that many people set intentions on all kinds of dreams; to get married or have children, to get a job or make a career change, to write a book, lose weight, or move to a foreign country. If we set our intention and then really attempt to act on it to demonstrate our commitment, than amazing things begins to occur.

My intention is to live my life as a Narayan Maharsee. I am tested daily with this regard. It's often not easy, but this intention has helped me maintain sanity, and on a good day, a sense of humor as well. I am thinking all the time how I could be able to expand my intention of empowering the less privileged people of my country. Our intention can be used for empowering our less privileged community or social issues, global events like caring from Ebola virus and providing basic amenities to the sufferers from the natural disasters. In this regard, the Secretary of State for Health (2010) has rightly pointed out its remarks to empower the health professionals. He added that "we will empower health professionals. Doctors and nurses must to be able to use their professional judgment about what is right for patients".

I would like to share with you all some of the examples of how we can construct our intentions in our day to day basis. Before get out of our bed we can intend to have a fun or productive day. Before we leave our apartment we can intend to have quality time with our family or roommate. Before we start our vehicle, we can intend to have a safe ride to work. Simuyemba (2012) believes that every human being is endowed with immense potential and ability to succeed at anything they want to achieve, as summed up in his motto he advised that "You are all you can be. Go on and be it". If we talk about the power of empowerment, Kahreh, Ahmadi, and Hashemi (2011) conducted an empirical study on achieving competitive advantage through empowering employees and they have concluded that the dimensions of employee's empowerment are positively affected on gaining sustainable competitive advantage for organizations.

### **The Real Life Findings**

I would like to take this opportunity to share with you all few of the examples of Nepalese power of intention. Let us talk about the power of intention of Prof. Suresh Raj Sharma the founding vice chancellor of KU. It was only of his power of intention he succeeded to build the great institution KU with excellent academic quality and good working culture. It is the only university in Nepal which is globally recognized and has its world class infrastructure, world class faculty and not less than world class students. Hence, it is contributing to the nation in the field of quality and reliable higher education in Nepal, where

the Nepalese people has put their highest level of trust and respect. It was the power of intention of Dr. Arjun Karki, who was able to create Patan Academy of health Sciences in Lalitpur Patan. It is the power of intention of the Chief Secretary of Government of Nepal Mr. Lillamani Paudel who is successful in accomplishing the mission of clean Bagmati River with the participation of thousands of other Nepalese volunteers. If we talk about the expansion and development of KU Dhulikhel hospital, it has accomplished its growth and expansion with international quality service in many dimension of medicine. It was all accomplished through the visionary and selfless leadership of Professor Ramkantha Makaju along with his passionate and committed team members and insightful professionals. If we talk about the Mid-western University Surkhet, it was the power of intention of this author including many other academicians and politicians who were jointly able to create the environment of establishing Mid-western University at Surkhet district. There are many more other domestic examples of power of intentions which can be discussed in later period.

If we talk about the global phenomenon it was the power of intent of Bill Gates who was able to create his empire of wealth through his Microsoft business. It was the power of intention of Einstein who was able to discover the theory of relativity i.e.  $E$  equals to  $MC$  square. Similarly Swami Ram Dev is also contributing to the humanity with his constant focus on Yoga Training to the general people and recently he has innovated new concepts of Acharya Kulam for quality higher education in India. It was all accomplished with his power of intention. So, every great and historical concept is created through the power of intention of many outstanding persons during the various time period of world's history. Hence, I urge to you all to recognize our own power of intention and accomplish our dream through our power of intent. This is the way forward to our true success, true empowerment and true happiness and ultimately true liberation.

### **SUMMARY AND CONCLUSIONS**

Everything is possible with our power of intentions either in our individual level, group level or in a national level. Thus, we need that level of experts to envision the intention and subsequently follow that intention with greater perseverance, focus, dedication and commitment. Yes, we really can empower our citizens and peoples, we can create hope, prosperity, peace, love and success and happiness in the eyes of our common people and citizens through the power of group thinking attitude. Everything is possible to happen when we understand the power of our intention so let's work together to construct the individual as well as group power of intention for the promotion of divine personality in us and

others and further, for the betterment, peace, prosperity and happiness of the wider human community. Before we enter our workplace, we can intend to learn something new or be helpful. Before our meeting begins we can intend to be brilliant or calm or helpful. Hindu Scriptures and Upanishads have made some of the following beautiful remarks on the intention. You are what your deepest desire is. Our Intention is the starting point of our every spiritual path. It is the force that fulfills all of our needs, whether for money, relationships, spiritual awakening, or love. Intention generates all the activities in the universe. As the ancient Indian sages observed thousands of years ago, our destiny is shaped by the deepest level of our intention and desire. Once we plant the seed of an intention in the fertile ground of pure potentiality, our soul's journey unfolds automatically, as naturally as a bulb becomes a tulip or an embryo becomes a child. I would like to focus that we human being are endowed with immense potential and ability to succeed at anything we want to achieve. If we talk about the effect of corporate empowerment it is apparent that the dimensions of employee's empowerment are positively affected on gaining sustainable competitive advantage for every kind of organizations.

We can create many things and many innovations with the power of our intention. Intention is the first step to accomplish any kinds of great outcome and achievement. Once we intend to do and accomplish

something great that requires persistent preparation and focus on the said matter that further would pave the way forward to make a difference in our life and hence ensure success and happiness. If we talk about the power of group intention and intention of our institutions and nation, they can do plenty of new things and can provide quality and reliable services and products to their respective citizens through their power of intention. So I urge to every human being and every kind of institutions to identify their true intention then identify their strategic goal, vision, mission and roles to accomplish their intended goals and dreams.

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