

“Knock and the door will open”

Self-worth



Seventy-year old Savitri visited Renooji and asked, ‘Please, can you teach me how to live life?’ Behind this surprising question was a history of long-standing sacrificing behaviour and a servile attitude.

Savitri had lived with her husband in Patiala while her three children had grown up and had successful careers in law and business. She took great pains to create a comfortable home environment for her husband, and the more painstaking she was, the more things he found needing correction at home and in Savitri’s management of household affairs.

‘One day, our servant broke half a dozen new glasses while cleaning them,’ Savitri recalled. ‘Accidents happen, I know ... I didn’t say anything to him beyond asking him whether he got hurt (he hadn’t) and I asked him to be more careful. On seeing this, my husband was furious. He accused me of having an affair with the servant and threw me out of the house then and there.

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‘For a night and a day I was on the doorstep of our home in my nightdress. My husband refused to let me into the house or even speak to me. Completely shattered, I thought I would go to Delhi and stay with my sons. I had no money—nothing, except two gold bangles that I was wearing. I sold one, and with the money bought some clothes, a pair of chappals and a ticket to Delhi.

‘Fortunately for me, my children are supportive of me. My mother had left me a small flat in which I now live by myself. All these years I did what my parents wanted me to do. After I got married I did what my husband and children wanted. I wore the clothes they thought were appropriate. The food was cooked according to what my husband and the others liked; if someone wanted tea, I would also take some tea—if no one was there for tea I would generally not order some. If the family wanted to see a movie, I would go, otherwise not. Whatever I did, it was when others wanted it, and not if and when I wanted it.

‘So, Renooji, now, living by myself I don’t know when I should have tea, when I

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may go anywhere, what I should cook and what clothes I should wear because I have not done any of these for myself my whole life. Can you teach me how to live life for myself?’

Savitri at seventy undertook to rediscover her self-worth and re-evaluate her life. For her, this happened only after her one-sided giving and serving attitude generated the ultimate extreme dominance and control response from her husband. She tolerated all the years of control and abuse, having the false idea that it was her duty to do so, that she needed to submit in this way to be ‘worthy’, a ‘good’ person.

In some ways we all experience the lack of self-worth as Savitri did. Many walk the path as Savitri, but few are fortunate enough to revitalize their lives as she did. This lady discovered depths of courage within herself that changed her perceptions about herself radically, once she understood that other alternatives meant sinking into a morass of self-pity and sad lamentation.

Renooji helped her to see that true self-worth means how we respect and value ourselves, and not living a life where one is

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constantly assessing one’s own self-worth according to others’ selfish and manipulative judgments. During her healing counselling, she understood also that there is a built-in ‘higher self’ or Divine aspect within the life of each individual, and that the Divine considers each individual worthy of being with, and it is this that gives each one a worth. It is how much we connect with this aspect of our consciousness that develops compassionate self-worth, not arrogant false ego.

These affirmations take you on the road of kindness towards yourself. They bestow upon you a sense of confidence, an expectation of success and ability to love yourself and then—the ability to love others. Decide on clear boundaries and firmly decline to let others step over you or manipulate you. When you value and respect yourself you become open and friendly, slow to take offence and quick to forgive.

Remind yourself that you are likable and lovable and radiate the golden light from your aura, which enfolds others and makes them feel good too. Affirm that your whole

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being is healthy and filled with the energy of love. Remember that the source of true health is your inner dignity, the loving energy that nourishes, stimulates and transforms with love.



***Stay with each thought a while,
reflecting, reviewing, affirming, and
expanding this into your life.***

§ The healing hand on a broken body or on a broken soul generates compassion and strength. This exchange generates power from the human energy field to create a new purpose for living life once again.

§ United we always win under the umbrella of love and healing and divided we all get blown away in the wind of hate.

§ Broken hearts always mend with a touch of the Divine spirit and they respond

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with gratitude and respect – so go out and touch them with love. Healing yourself or chanting the name of the Divine gives positive health and spiritual progress.

- § It is not always who you are or what you speak that impresses others, but your gracious generosity of love that strikes the chord of other hearts and connects you to them.
- § The future of mankind is dependent on his karmic resonance and the receptive aspect of human balance: everyone should open up to receive. Giving without receiving and receiving without giving creates an imbalance and disharmony.
- § To know who or what is the problem is the final knowing that leads to healing; your generosity of act and spirit allows others to realize their faults without your having to point it out to them.

