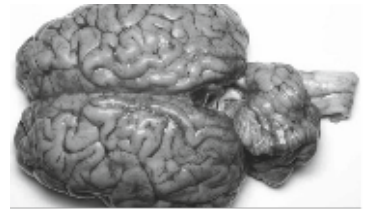


Black Box of Flight Human LL100*

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The black box of an aeroplane is actually two separate boxes. One of them is a flight data recorder and the other is a cockpit voice recorder. The flight data recorder records everything that happens on the plane from an operational standpoint, collecting data from sensors that are wired throughout the plane. The cockpit voice recorder, records all conversations of the flight crew, unusual noises, such as knocks or thuds. The Black Box is the life line of a plane. Similarly, the Black Box of a human being is the brain and if the brain is dead, nothing can be retrieved from the human body.

The brain has two hemispheres – left and right like the separate boxes in a Black Box. The left hemisphere is dominant in language and when you need to retrieve a fact, your left brain pulls it from your memory. The right hemisphere is mainly in charge of spatial abilities, face recognition, mathematical ability and processing music and helps us to comprehend visual imagery and make sense of what we see. in interpreting context and a person's tone.



Some people think that the mind is the brain or some other part or function of the body, but this is incorrect. The brain is a physical object that can be seen with the eyes and that can be photographed or operated on in surgery. The mind, on the other hand, is not a physical object. It cannot be seen with the eyes, nor can it be photographed or repaired by surgery. If the mind is not the brain, nor any other part of the body, what is it? It is a formless continuum that functions to perceive and understand objects. Because the mind is formless, or non-physical, by nature, it is not obstructed by physical objects. If we want to become free from problems and attain lasting peace and happiness, we need to increase our knowledge and understanding of the mind.

Black Box is a physical object which records all happenings of a flight travel which helps the Airlines understand the cause for a disaster and it cannot be destroyed by any disasters and hence brain is compared to a Black Box. Just as a Black box helps us understand the happenings during a flight travel, the brain helps us through the mind perceive and understand the objects thereby brings lasting peace and tranquility in a human being.

What does the mind do? The mind thinks. It cannot be seen but felt. Every human being performs only three functions in life – THINKING, TALKING & DOING. If one talks the way he thinks and performs an act, he has high integrity – the most essential of a human being.

H.H Vedantri Maharishi puts it.... *"Thinking is the root cause for all happenings in life. Without thinking no human life exists. Thinking starts as a dot in the mind but spreads to the entire world. Nobody knows the depth and height of thinking and no one can say that I can't think. There is no limit beyond thinking and nothing is beyond thinking...."*

When mind helps you free of your problems and helps to attain lasting peace, what is required from your side? Look at that side of mind that helps you to think positively. If you want to be happy think positively. How to do that? The following examples help you understand better.

Every day, looking through the window of her house, a lady would complain to her husband about the dirty clothes and linens being dried by her neighbour. One day when the lady got up in the morning and watched through the window, she was stunned to see pure unstained clothes of the neighbor and immediately she showed her husband and commented that finally the neighbours had realized what cleanliness is.

The husband coolly commented...*"My Dear, it is not neighbours were drying dirty linens and clothes, only your window had full of dust and dirt which I cleaned yesterday night. Clean your eyes first, then you can clean others..."*The lady was clean bowled. **This is +ve thinking.**

A five rupee note when questioned by its friend saying after all it was a paper, pat came the reply from the five rupee note...*"but nobody puts me inside a dust bin"...* **This is +ve thinking.**

A waiter while serving a guest slipped causing breakage of a costly plate. The Manager of the hotel who was disturbed of the event understood through the Accountant that the broken plate costed € 5000 and fined the waiter for the entire amount to be paid in full from that month's salary. The waiter, a sincere, honest and senior person serving for a decade in that hotel, pleaded his ignorance and finally, the Manager changed his verdict and ordered his Accountant to collect @ € 50 per month till the entire sum is recovered. The waiter returned home and narrated his wife the full episode. Furious was that lady of his carelessness who noticed him carry a bouquet and cheerful after narrating the event. Her anger reached the peak. He said.*"My Dear, why do you shout? Be happy and let us enjoy a drink. My Manager confirmed my job for 8 years and 4 months..."* **This is +ve thinking.**

In a hotel, a cockroach fell on Lady customer who became histrionic and started screaming resulting in the cockroach jumping on other lady creating further chaos. A waiter watching in silence was the next victim. He didn't get perturbed. Watching carefully the movement of the cockroach, he grabbed it and through it out of the window. Is the cockroach responsible for such hysterical behaviour of the lady? It is not the cockroach but the inability of the ladies to handle the disturbance caused by the cockroach that disturbed the ladies. It is not shouting of my boss or my wife that disturbs me but my inability to handle the disturbance caused by their shouting that disturbs me. It is not the traffic jam that disturbs me but my inability to handle the disturbance caused by the traffic jam that disturbs me. **More than the problem, it is my reaction to the problem that creates chaos in my life.**

Understand, one should **not react** in life. Rather **respond**. The lady reacted but the waiter responded. Reactions are instantaneous whereas responses are well thought of. The lesson to be learnt...*Person who is HAPPY is not because everything is right in his life. He is HAPPY because his ATTITUDE towards everything in his life is right...*

Having understood, what should one do in life?

- Develop passion to work as passion does what passion is.
- Don't worry about results. Think about the process that leads you to get good results
- Work to live not to die.
- Never worry on others' criticism as they others have no choice to criticize you.
- Don't compare yourself with others as you do not know what the other man's destiny is.
- Believe in yourself; if you can't believe you, who else will?
- Think twice before you talk.

Do not worry. Do your duty. As the Chinese proverb puts it...*"You can allow the birds of worries to fly over your head but you should not allow them to build a nest..."*

Think
Eat
Sleep
Talk
Watch &
Walk

POSITIVE

