

When Usha called and asked me if I would like to share lessons I have learnt from Dr. Athreya, it took me 30 years back. It was sometime in November 1990, when I was treading through difficult time in my carrier. I was wondering who can be contacted for a sincere advice or help. I called my good friend Usha, explained the situation (literally cried on her shoulder) and she advised me to come home and have a chat with Dr. Athreya. That Sunday evening, over a cup of filter coffee, I literally unloaded my mental burden and problems. Dr. Athreya, a patient listener, listened to me till the end with a little smile and full concentration. With a few counter questions like 'what do you have with you today?' My answer was the goodwill with the customers, he said **'Cash in on the Goodwill' - that is the present- forget the money owed to you . In your mind accept that it is not going to be yours.** That answer changed my mindset. I came home that evening as a man with a much lighter weight weighing on me and with a lot of determination and self-confidence. Treading this path, I set up my own business. I have been successful in my carrier. I owe my success to that few minutes spent with Dr. Athreya on that evening. Thank you Sir.

Hearing him on one of his lectures, in the Rotract club, he said 'count your blessings'...as a young boy I was wondering what to count, ...I started counting I could not go beyond my three fingers... he said the people around you, the small act of yours which makes the other man smile and show a relief in their face is a blessing. This advice always comes to my mind every day. I feel happy to hold an old women's hand when she steps down the stairs....stop my car for an old man to cross the road and see his appreciation on the face....small acts but great satisfaction. Today looking back on the long journey, I had tried to practice small acts in life which he advocated and this has always brought lot of happiness to me. I am counting my blessings..

Dr. Athreya... is a Maha Atma who lived his life practicing what he advised others and Maha Atma never dies.....he lives on and on through the thoughts and actions of others.... MY PRANAMS TO THE MAHA ATMA.