

## Through me

My name is Sister Shanthi , I am a clinical psychologist by profession.

What made me to become a sister is from childhood, I studied in a convent school. So, I used to see the sisters very much interested in children, the students, and I used to see them very much united and so pleasant.

So, that attracted me - why not I become like one of them and to do these kind of services?

So, from the childhood itself, I had this desire.

When I finished my high school studies, I told my parents, but they were not much for it.

So, they sent me to do college studies thinking that I will change my mind, but this desire was growing in me.

So, when I finished my college studies also, I told them I like to join the convent, but they were not for it.

Without their permission, I went for a camp where I met the sisters.

When they were sharing about their life and the life of the founders, I was so much attracted by them, the way they do and the missionary sisters were working in India and Africa and all and so many country.

So, I left this congregation and joined the other.

People come to me with various problems like family clash or some misunderstanding between parents or within couple or about identity crisis of oneself. Nowadays, people have lot of resources like wealth and all the other possibilities, but no one has time to listen to other person.

So, I found that dedicating my time for others is the best thing I can do for the other person because nowadays, if someone asks 10 rupees or 100 rupees, people have, they give voluntarily, but if you ask "Can you wait? Can you listen to me?", they have no time because they have so many other activities.

They have job, they have other commitments. They have no time. But being a sister, I have lot of time to listen to people and I think that is the best thing I can do for others because all of us

know what is the solution to the problem, but the thing is that somebody to listen to and to know that somebody is there for us, that is something very great, and that is what all search right now.

The major problems of the people are that they feel they are not loved and accepted. Most of them feel that they are not capable of doing so many things.

We are more selfish nowadays.

We concentrate more on ourselves – “I don’t have this. I don’t have that” than thinking of what I have and be happy what I have.

Most of the time, we feel like that. We always look at “What is lacking for me? I don’t have this. So, how to get that?”

So, we are always searching for something what we don’t have.

So, we are still unhappy.

The problem is that most of the time we are not that sure of who I am, what I am, all that. Sometimes, we need somebody to enlighten us.

First of all, they have to get their confidence.

So, first time, I just talk to them and maybe just sit with them and not even talk to them because they may not be able to talk with you.

So, they will be shocked in their sorrow.

So, they will be just sitting in front of me. I sit with them to show that I am present and I am with them. Then, first day, I may not be able to do something much with them.

So, I will tell them “Come another day.”

Then, slowly, slowly, we build a confidence between both of us.

Slowly, they start to open up their problems .

At the beginning, I will not give any solutions to their problems.

They themselves will find the solutions for their problems.

In between, we just help them to elaborate their sorrow and how to come out of that. I allow them to cry.

Then, once they are able to listen to me, then teach some of the techniques .

They will be helped like that. Some of the people have lots of anxiety. - I teach them breathing exercise and relaxation techniques, Shavaasana.

They feel nice and feel relaxed. Some of the exercises are really tough.

Those who have no difficulty, they skip off and they will not appear.

People who suffer mentally are very punctual.

They call me and ask "Sister, when I can come next day?"

I am just waiting to do that relaxation technique and breathing exercise."

They get relieved of it. We feel so nice that we are able to do something for somebody.

I feel so happy. The little what I am able to do to bring happiness to other person, I feel so happy about it.

God has given me this special chance.

Through me, somebody is able to be helped.

I feel happy that my existence has some meaning.

When I was speaking to the youth and teaching yoga to the nursing students, I used to just tell them "Be helpful to your classmates who are less privileged.

Whatever small way, you can do, you do, and everyday you should do some act of goodness to somebody.

So, at the end of the day, your life will have some meaning and it is worth living like that." Some of them used to practice.

They used to tell "Sister, we tried. We did it and we feel so happy about it.

" Always, I had a love for poor people.

So, when the sisters were speaking about activities what they are doing in different parts of the world and they were speaking about Africa and other parts who are more poorer than us, then I thought "Why not I go there and do something for them?" That is what attracted.