



THE ART OF PERSEVERANCE



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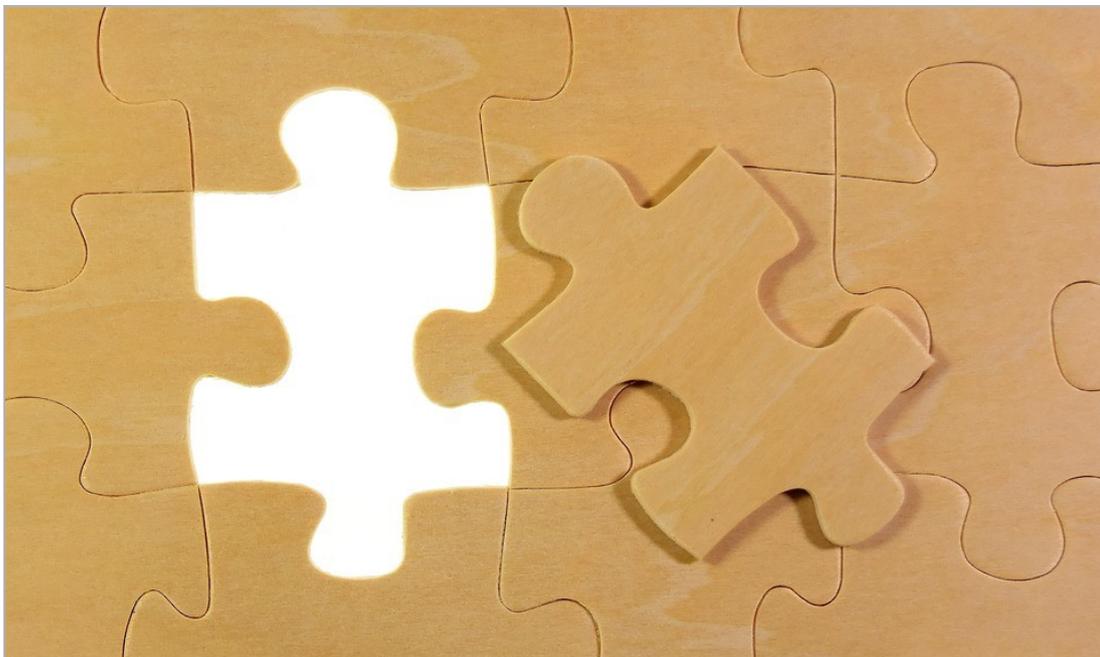
Perseverance: An Introduction

Perseverance is Steadfastness. Perseverance is right efforts in the right direction. The beginning point is definiteness of purpose. There is no turning back once life's purpose is established. We must persist on the attainment of the life purpose. Perseverance is the secret behind success, prosperity and abundance. The quality of persistence is in resonance with the universal law of action. We reap what we have sown.



Diligence and Patience

Values of Patience and Diligence Leads to the Art of Perseverance . Perseverance is the ability to focus all of our energy in the right direction continuously and patiently until desired results are obtained. The values of patience and diligence are the building blocks of the art of perseverance. Perseverance or persistence is also called ‘bulldog tenacity’, a fundamental success habit. Persistence can only be achieved by will power. When we have ‘perfection’ as our life’s purpose and we aim for its achievement through a definite plan, then persistence becomes the key to success. Persistence is a quality which is based on definiteness of purpose, desire for its attainment, self sufficiency (independence), specialized knowledge, and the power of diligence and patience.



Focus and Concentration

Perseverance is the Art of Focus and Concentration. Perseverance is the life skill that enables us to focus all our energy on our life purpose. Focus means concentrating our full force on a single purpose with the intent to realize it, i.e. focus is concentrated energy which is powerful. When we focus our concentration on a single purpose, our mind is fully present with that purpose. All scattered energy, both physical and mental, is brought together to the point of focus which accelerates action in the right direction. That is, single-minded focus on a purpose is necessary for its successful attainment.



The Art of Unitasking

Unitasking is the result of increased focus and concentration. Unitasking is the ability to concentrate at a single task at hand without any distractions and mental conflicts. There is holiness in unitasking because in unitasking we completely merge ourselves with the task by giving all our attention and focus essential for its quick completion. It is a kind of meditation, a spiritual practice. For that matter, every task becomes a spiritual practice when we do it consciously with all our focus and devotion. The essence of a spiritual practice is that it lays emphasis on being present in the moment, paying close attention to what is happening in the moment, and growing in awareness with the moment.

The opposite of unitasking is multitasking. It is believed that a human mind can hold only a single thought at a time. Hence it is considered that unitasking is more productive than multitasking as multitasking reduces a person's productivity by creating mental conflicts and distractions between two or more tasks.

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