

How to live long

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Abstract

Going to a new place can't be safe all the time, rather it is better for us to stay safe in one place. If we want to live long then it is good for us to stay in a place for a long time. When we stay in a place for a long time then all the natural elements surrounding us are known by us and the relationship among the elements and us become very compact day by day.

Key Words: safe; relationship; natural elements

Going to a new place can't be safe all the time, rather it is better for us to stay safe in one place. If we want to live long then it is good for us to stay in a place for a long time. When we stay in a place for a long time then all the natural elements surrounding us are known by us and the relationship among the elements and us become very compact day by day. It helps us to protect ourselves from outer danger. If we go outside then we need protection and we get more knowledge of outside but if we connect ourselves with outside then there is a possibility of hampering ourselves by outer elements. So it is more effective to live long to keep ourselves in a safe zone without going to other places. So in old age when we can't go everywhere then if we can observe our little surroundings and keep ourselves mentally fit then by doing normal physical work we can live long. So the "sadhu" who lives in a cave can live longer than a person who goes to many places and gets a lot of knowledge from outside. So people who are self centred and close themselves and think much can have more possibility to live long. Here self centred means those who are keeping themselves in a close area by thinking about his own happiness of soul can live long.

The people who go here and there are very much in a risky area and for that they need protection but if you stay safe in a particular place then you don't need much protection to live and you can think better of being in a safe place. So for our body also the change of nature in different places can hamper us. If we are in a single place then we can protect ourselves from the outer world

as we can think better for we don't have to think about other things in a different nature. If you place a thing in a place then it acquires a gourd-like system by its surrounding nature. The more it stays in a place the more it gets stronger by the surrounding objects of nature and itself.

If you want to live long then you must know your surroundings very well and if you go far away from your place the possibility of being in danger becomes high. We live in a place and if we can observe our place very well and keep ourselves safe from our nearer obstacles then we can keep our life safe. To live long the observation around yourself is crucial. If you observe carefully about everything around you then you can live long.

Most of the time when you are in a dangerous position when you are not in observation of yourself and by that time bad things happen. The person who always thinks about his life and keeps himself in a room and never goes outside may be mentally ill but physically strong. Mental health can be cured by the person himself and for that reason when we see some "sadhu" in our region then we can say that they are mad. All people have different mental health and for that each of us can get pleasure from different things but we want to keep ourselves safe by putting ourselves in a safe zone.

Conclusion: we can protect ourselves in a safe zone rather than going to different places. Our body favors a single place where it is suitable.



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