

**ESSAYS**

**CHALLENGES OF  
LIFE**

*By*  
*Dr Ram Lakhan Prasad*

## **ESSAYS**

Essays are non-fiction compositions that describe, clarify, argue, or analyse a subject. People write essays from a personal experience to a complex analysis of a scientific process. Components of essays include an introduction, a thesis statement, a body and a conclusion.

Essays are extended piece of writing that present and support a thesis or proposition. When we write essays we are making a case for the validity of a particular point of view, analysis, interpretation, or set of facts or procedures.

There are many types of essays: argumentative, descriptive, synoptic, analytical, exploratory, review, and so on but they all have the common objective of presenting and defending a topic and a stance to the reader.

Consequently, essays all rely not only on the validity of the facts they communicate but also on the selection, critical evaluation, organisation, and presentation of these facts. I have tried to create this Slice Of Life that feels good on the inside as well as the outside.

**CHALLENGES  
OF  
LIFE**

**ESSAYS  
BY  
Dr Ram Lakhan Prasad**

**Published**

**10<sup>TH</sup> JUNE, 2018**

# CHALLENGES OF LIFE

© Dr Ram Lakhan Prasad

June, 2018

76 Ghost Gum Street

Bellbowrie Qld 4070

[srlprasad40@hotmail.com](mailto:srlprasad40@hotmail.com)

Self Published

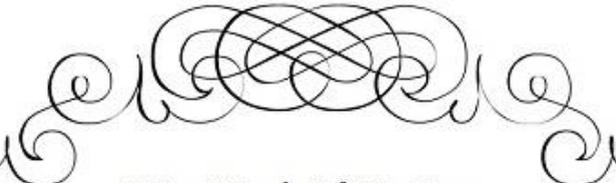
Prasad Family Publication

# CONTENTS

Prologue	
Foreword – Dr Naveen C Sharma	
Introduction- Shadows of My Life	
Chapter One – Life as I’ve Known	
Chapter Two – Life Experiences	
Chapter Three – Achievements	
Chapter Four – Family Life	
Chapter Five – Work Life	
Chapter Six – Community Life	
Chapter Seven – National & International Life	
Chapter Eight- Towards the End	
Chapter Nine – I Changed	
Chapter Ten – Humanity & Passion	
Chapter Eleven – Great Achievement	
Chapter Twelve – The Power of Expectation	
Chapter Thirteen – The Great Expectation	
Chapter Fourteen – Happiness in Life	
Chapter Fifteen – Hidden Treasury of Life	
Chapter Sixteen – Patience Is A Virtue	
Chapter Seventeen – Realization	
Chapter Eighteen – Silence is Golden	
Chapter Nineteen – Survival of the Fittest	
Chapter Twenty – My Ways My Highways	
Chapter Twenty-One- The Future	
Chapter Twenty- Two – My Views of Humanity	
Chapter Twenty-Three – Looking For Happiness	
Chapter 24 – How to Get Out of Doubting Castle	
Chapter 25 – Self Doubt	

Chapter 26 – My Strengths & Weaknesses  
Chapter 27 – Attitude Makes Us Move Well in Life  
Chapter 28 – Sources of My Inspiration  
Chapter 29 - My Repentance  
Chapter 30 – Days of Our Life  
Chapter 31 – My Simple Life & Living  
Chapter 32 - Thoughts & Anecdotes  
Chapter 33 – Need To Be Right  
Chapter 34 – Things Fall Apart  
Chapter 35 – Words of Wisdom  
Chapter 36 - Change  
Epilogue – Bipin Patel  
Dedication to Ancestors  
Autobiography  
Acknowledgement





**Wise Words Of My Guru**

When I was in primary school  
one of my teachers advised  
me to

- Be strong but not rude,
- Be kind but not weak,
- Be bold but not bully,
- Be humble but not timid,
- Be proud but not arrogant,
- Be helpful but not careless.

**RLP-05.05.17- D**



# PROLOGUE

**The** strongest people aren't always the people who win, but the real winners are the people who don't give up when they lose. That happens to be people like me. This creative presentation is developed all because I needed to heal the wounds of my past and express some of the episodes of my life for prosperity.

If I did not do this I was going to bleed and may have needed to bandage the bleeding with more food, alcohol, drugs, work, smoke or even sex but eventually it has all oozed through the stains of my life. The readers must find the strength to open the wounds, stick their hands inside, pull out the core of all the pleasure and pain that I have held in the past which have become my memories to get all my feelings.

By expressing these here I have made peace with my inner self. Every single expression of the event in my life - shadows, achievements, family life, work life as well as the social and civic life have made me smarter, stronger and wiser than I was yesterday. My readers deserve my hearty and sincere appreciation.

Life is not always fair because some people are born into better environments, some have better genetics and some are in the right place at the right time. I wanted to express it all, relevant as well as irrelevant. All that mattered to me was my acceptance as to where I was and figure out where I wanted to be and then do whatever I can today and every day, to hold my head high and keep moving forward.

My life has been a pretty interesting story as you can read and visualize in this collection of essays titled “Challenges of Life”. Sometimes you as the reader can tell that my life itself is such a story that the story has to come to my life. Probably I was made an idealist first and then I was surrounded with unidealistic circumstances all round that became my shadows of life, eventually ‘Challenges of Life’.

The bundle of life situations that I have expressed and exposed could be classed as ecstatic as well as weirdness of life. These together with some contradictions of life often make great stories. I have tried to do just that. So my plea is that you enjoy reading this.



# FOREWORD

**By Dr Naveen C Sharma**



Every person or individual should be guided by a set of personal ideals passed down by our grandparents, parents, families, friends and discovery from various stages of our journey in life. Dr Ram Lakhan Prasad born on a remote farm of Fiji and the beneficiary of the vision of his elders, who were so loving but put great emphasis on ensuring he received a good education, setting the foundation for his future.

Dr Prasad has so eloquently embodied his thoughts and words, learnt at different stages of his life as a student, educator, administrator, writer and many travels, into this book aptly titled ‘A Collection of Essays – Challenges of Life’.

I also believe every individual must be dedicated to recreating and recasting their journey but this cannot be done without resources. Dr Ram Lakhan Prasad has skilfully used various authors, readings,

poems, his own very varied experiences and applied these to his lifelong learning and he has done it all very eloquently.

Here I am reminded of a quote from the famous poem *The Dash*, by Linda Ellis: *“So think about this long and hard. Are there things you’d like to change? For you never know how much time is left, That can still be rearranged”* and *“If we treat each other with respect, And more often wear a smile, Remembering that this special dash, Might only last a little while”*.

Even if one lived to hundred lives, it is still too short in comparison to time. During our life journey we have not come across many living Saints, but we all have done both right and wrong, done things we should and shouldn’t have done, but did we realise and learn? These can raise many questions and regrets, in how we perceive others. Importantly, does this initiate or lead to change in one’s life?

More notably, Dr Prasad has been able to relearn and reset the compass guiding his journey in life towards philosophy, love, forgiveness and peace. He has done this remarkably for the reader, who once started, has no choice but to keep on reading this book because it is very interesting and draws many parallels in our own journeys of life.

I recommend this book for anyone seeking to understand our past, present and future and why do things in a certain way and that it is never too late to change, reset our guiding principles and the compass in life to achieve fulfilment and a peaceful end.

I wish Ram all the very best and congratulate him for presenting his creativity for the readers.

*Dr Naveen Sharma, PhD,  
Griffith University, Qld, Australia.*



# INTRODUCTION



**Someone** had told me at school to always keep my face toward the sunshine and the shadows will fall behind me but I did not ever worry or have any fear about my or anyone else's shadows. I loved shadows and gradually I found out that my thoughts have always been the shadows of my feelings that were sometimes brighter, darker, simpler or even complicated. However, I never hesitated to express them whenever I had the chance to do so. This is my opportunity to let you visualize my shadows which have now become the Challenges of My Life.

I have never been one of those people who woke up in the morning and begged the day to work for me but I always got up and went to do something for a change. I took every day as it unfolded whether bright, cloudy or muggy. Regular and continuous adjustments to the day ahead had been my nature and habit. Of course, my yesterday propelled my today and all my today led me to my tomorrow. Each of these vital links of my living preached me a variety of lessons that I treasured and moved on.

Then I loved to keep myself occupied either in rewarding or leisure activities but my favourite period of the day was the golden hour in the evening just as the sun was about to set and we get those lovely shadows to make everything look gold and yellow. The love of the evening shadows was inculcated into me by my grandparents and parents while we lived on the mixed farm in the panoramic village of Fiji known as Botini in Sabeto, Nadi.

I was compelled to believe that there were infinite passageways of the shadows with a variety of vehicles to transport everyone into the light. However, there seemed something special about the shadows of my life because I could make my own mind up about whatever was lurking in them. While most people think that shadows follow, precede or surround us or objects but for me the truth was that they surrounded all my words, ideas, desires, deeds, impulses and even memories.

Thus, it was by the shadows of my life and the hoary past and their fantastic silhouettes on the external screen of every way of life and philosophy that I could by experience, visualize, read and hear to check them as I went along. Comparing them to finally trace out how the people had intelligently or with any selfish motives transcribed the scriptures.

All the shadows of the past have been fictitious for me and I have tried to build my life on real solid foundations. Now I say what I do and I do what I say. I win or I lose but I have learnt to accept and tolerate them all. The shadows have given me room for reality.

For many of us who think differently from the traditionalists, the big priority for us is to get out from the prescribed shadows and make our own way of life rather than dwelling in the stories of the past that are no longer credible but full of obsolete activities to connect with nature and God. It is crucial as well as vital that every personality of the new generation have a revised view of their own ways of life and have a humanistic stake in the welfare of humanity.

Like the moral test of any sound government is to treat everyone equally so is my feelings for all. Those who are in the dawn of life, the children; those who are in the twilight of life, the elderly; and those who are in the shadows of life, the sick, the needy and the handicapped. I have developed similar dictates and conducts for all these members of the society and the community.

Despite this firm belief, how many people make themselves abstract to appear profound? I feel that the most useful part of

abstract terms are the shadows they keep creating to hide a vacuum. I know that in faith there is enough light for those who want to believe and enough shadows to blind those who do not.

When we talk of human, religious, social or economic rights, they are not the privilege granted by the few but they remain the liberty entitlement for all. These rights by definition include the rights of all humans whether those in the dawn of life, the dusk of life or the shadows of life.

In the name of various religions we have tried to divide this world into fragments that are hiding in various kinds of shadows. We need immediate liberation and begin to treat everyone as human beings and equal.

Now that my introductory remarks have given me a way forward I shall proceed. Let me place one disclaimer here. I never counted myself as a saint or a wealthy being or a celebrity but a simple person who was happy and had adequate contentment with the achievements and successes that came to him upon appropriate efforts. There is no element of boasting, bragging or self-praise but letting my readers appreciate that life is worth living well and enjoying that short period on earth.

## Chapter One

### CHALLENGES IN LIFE AS I HAVE KNOWN



**The** readers should not make any mistake between my personality and my attitude to life because my personality is who I am but my attitude largely depends on who I am confronting, conversing or interacting with.

Life as many of us have known, is definitely a series of ordinary but natural and spontaneous changes which should not be resisted because this resistance will ultimately create and cause sadness and sorrow. Therefore, the people who wish to lead a good and real life let reality be reality by letting things flow naturally forward in whatever way they like; up, down or sideways.

One of my main objectives in life has been to find happiness and I knew that happiness would not come to anyone who did not learn to appreciate whatever they already have. Often I tried to evaluate things in life and the best thing I assessed and could do was not to think too much, not to wonder a lot, not to let loose my imagination or even not to obsess but just keep breathing and developing strong

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

