

Freedom from Fear.....

By [admin](#) Jun 8, 2013

Hello friends,

Women as a gender are considered weak, feeble, naive & powerless possessions by many. These are not only the views of Men in the society but to much extent even a woman believes herself to be the same! Few days back, a woman shared with me that its not possible to make an achievement or succeed in career because she was married. She thinks & fears that she being a woman is a hurdle itself for some quality work & on top of that if she is a bachelorette then only she can progress. Well, here, I would like to ask her as well as all of you, what do you think about the astronaut Sunita Williams, who is married to Michael J Williams, or was it possible for Mrs. Sonia Gandhi to make a powerful representation of Indian Women in Politics if she was not married to Mr. Rajiv Gandhi? Where will you put Shobha De, the most successful novelist of modern English, who is a mother of 6 children?!

Above all this let me introduce you all to the powerless, if you say so, merely because she is a woman, a Burmese, 67 years old, mother of two, a true activist who chose Mahatma Gandhi's philosophy of Non-Violence & philosophy of Theravada Buddhist religion for her movement of democratization of Burma against the brutal dictatorship of U Ne Win. Anug San Suu Kyi won Noble Peace Prize in 1991, but could only receive it in 2010 after her release from 15 years house arrest for her movement to get freedom of speech, expression & thought for her Burmese people!

During her house arrest years, she was hardly allowed to meet anybody except a few like her Doctor. She would spend her time listening to BBC News, playing piano, meditation etc..... When her husband was on death bed & wanted to meet her as he had not seen her since many years, she was permitted to visit him for the last time, but she chose to stay back in Burma for she knew that if she will leave the country, she won't be allowed to enter Burma for some or the other excuse. She was one of those mothers who had never seen her sons growing. She sacrificed her & her family life for human rights of Burmese people. Instead of dying, she survived in house arrest for one single noble cause. NLD party won 59% of votes & more than 80% of the parliamentary seats in Burma under her the leadership.

Her efforts were not only appreciated world over but even recognized. According to wiki answers, she has won 120 awards , of which, Nobel Peace Prize, Congressional Gold Medal, Presidential Medal of Freedom, Sakharov Prize, International Simón Bolívar Prize, Jawaharlal Nehru Award for International Understanding, Thorolf Rafto Memorial Prize, Bhagwan Mahavir World Peace, Olof Palme Prize, Wallenberg Medal, Freedom of Dublin City are few of her most important recognitions.

So dear ladies, Life is never a bed of rose for anyone, it should never be, otherwise we surely lose the charm to of this journey....Being married or unmarried does not matter when you are focused & motivated to work. So ladies, it's the attitude towards life that will design your further path & lead you to success or failure.

Letters from Burma, Voice of Hope, Freedom from Fear, In the footsteps of Gandhi are few of her most popular books which one must read to understand what power a powerless house arrested woman had which changed the political scenario of a whole country!

An extract from Aung San Suu Kyi Speech - Freedom From Fear

It is not power that corrupts but fear. Fear of losing power corrupts those who wield it and fear of the scourge of power corrupts those who are subject to it. Most Burmese are familiar with the four a-gati, the four kinds of corruption. Chanda-gati, corruption induced by desire, is deviation from the right path in pursuit of bribes or for the sake of those one loves. Dosa-gati is taking the wrong path to spite those against whom one bears ill will, and moga-gati is aberration due to ignorance. But perhaps the worst of the four is bhaya-gati, for not only does bhaya, fear, stifle and slowly destroy all sense of right and wrong, it so often lies at the root of the other three kinds of corruption. Just as chanda-gati, when not the result of sheer avarice, can be caused by fear of want or fear of losing the goodwill of those one loves, so fear of being surpassed, humiliated or injured in some way can provide the impetus for ill will. And it would be difficult to dispel ignorance unless there is freedom to pursue the truth unfettered by fear. With so close a relationship between fear and corruption it is little wonder that in any society where fear is rife corruption in all forms becomes deeply entrenched.

Here I am pasting few of the inspiration quotes & thoughts of Suu Kyi, I am sure you will be inspired for better life & work.....

(1) If you're feeling helpless, help someone."

(2) "The four basic ingredients for success are: you must have the will to want something; you must have the right kind of attitude; you must have perseverance, and then you must have wisdom. Then you combine these four and then you get to where you want to get to."

(3) "You should never let your fears prevent you from doing what you know is right."

(4) "To view the opposition as dangerous is to misunderstand the basic concepts of democracy. To oppress the opposition is to assault the very foundation of democracy."

(5) "I always think challenges are interesting and help you to become a better person."

(6) "The only real prison is fear, and the only real freedom is freedom from fear"

(7) "My top priority is for people to understand that they have the power to change things themselves."