



## A Journey Through Sight and Insight

A life with vision is a life with direction, purpose, and boundless potential." ~ Dr Gayatri Narasimhan

A few days ago, I had the opportunity to truly understand the power of vision. Vision is not just about what we see with our eyes; it encompasses both the external and the internal. This realization came to me during a major event when I suddenly lost vision in one of my eyes. A vein had burst, causing an eye hemorrhage and blocking my sight. It was a terrifying moment, and though doctors are working on it and medical interventions are ongoing, I want to share some reflections inspired by this incident.

Vision is an essential part of our lives. Physically, our eyes allow us to move around the world, recognize faces, read, and perform countless daily tasks. When my vision was blocked, I faced significant challenges even in simple activities like walking or moving around my house. The experience was a stark reminder of how much we rely on our physical sight for independence and functionality.

Without physical vision, our ability to interact with our environment diminishes drastically. It becomes harder to perform tasks, recognize dangers, and enjoy the beauty around us. This loss can lead to frustration, dependency, and a feeling of helplessness. Thus, taking care of our eyes through regular check-ups, a healthy diet, and protecting them from harm is crucial.

Just as physical vision is vital, so is our internal vision. Internal vision refers to our ability to see beyond the present moment, to dream, plan, and set goals. It is about having a clear sense of direction and purpose in life. Without this internal vision, we can feel lost, unmotivated, and uncertain about our future.

Internal vision guides our actions, decisions, and overall life path. It helps us stay focused and resilient in the face of challenges. When we have a clear internal vision, we are more likely to achieve our goals and fulfill our potential.

When we lack physical vision, our independence and quality of life can suffer. Similarly, without internal vision, we may drift aimlessly through life, lacking direction and purpose. This can lead to a sense of dissatisfaction and unfulfillment. Without vision, both physical and internal, we face greater obstacles and are less equipped to overcome them.

Maintaining good physical vision requires regular eye care, protection from injuries, and a healthy lifestyle. It is essential to visit an eye specialist regularly, especially if experiencing any changes in vision. Wearing protective eyewear, eating a diet rich in vitamins and minerals, and managing chronic health conditions can also support eye health.

For internal vision, the key is self-reflection and goal-setting. Here are some steps to develop and maintain a strong internal vision:

- 👍 **Self-Assessment:** Understand your strengths, weaknesses, passions, and values. This helps in setting realistic and meaningful goals. Nourish your strengths as you work on your weaknesses.
- 👍 **Goal Setting:** Set clear, achievable goals for different aspects of your life. Break them down into smaller, manageable tasks. Always move one step at a time. You may have a big picture but always focus on achieving those small steps that leads to the big picture.
- 👍 **Planning:** Develop a plan to achieve your goals. Include timelines, resources needed, and potential obstacles. Check your plan every single day and motivate yourself to achieve your plan. Use positive affirmations to keep you on the track.
- 👍 **Flexibility:** Be prepared to adapt your plans as circumstances change. Flexibility is crucial in handling life's uncertainties. Always have Plan B ready to keep moving towards your goal.
- 👍 **Persistence:** Stay committed to your vision, even when faced with challenges. Persistence and resilience are key to achieving long-term goals. We need to understand that failures are learning opportunities. Failures must never demotivate us rather we need to introspect and work on improvisation.
- 👍 **Support System:** Surround yourself with supportive people who encourage and help you stay focused on your vision. It is very important to have a good environment, and people who can say, 'Yes, you can do it' with you.

Vision, both physical and internal, is a powerful force in our lives. My recent experience with a sudden loss of physical vision has underscored the importance of taking care of our eyes and the profound impact vision has on our daily functioning. Equally important is our internal vision, which gives our lives direction and purpose. By nurturing both, we can live our lives with clarity, confidence, and resilience. Let us cherish and protect our vision, for it is the light that guides us through the journey of life.

"Protect your vision, for it is the beacon that illuminates the path to your goals."

By

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