As a conversation with TVK Desakkar

**Joga: What is your message to those who are seeking to find their path in life?**

**Paul:** I’ve been speaking to people, many of them from different walks of life. I’ve been saying that you have to uncover your true self, your essence. You have to know who you are. You have to really understand yourself because, as I mentioned, everyone has a different path to follow. You need to listen to your intuition, to your inner voice. It’s like a compass. It tells you where to go. It tells you what you need to do.

**Joga:** What is your advice for those who are struggling with their identity?**

**Paul:** I think it’s important to reflect on who you are, what you want, and what you value. It’s about finding your purpose. It’s about discovering your passion. It’s about connecting with your inner self. And once you’ve done that, you can start making decisions that are right for you. You can start living your life on your own terms.

**Joga:** How can we cultivate a sense of self-compassion?**

**Paul:** I think it’s important to be kind to ourselves. To accept ourselves for who we are. To celebrate our uniqueness. To forgive ourselves for our mistakes. To love ourselves unconditionally. It’s about understanding that we’re all human and that we all make mistakes. It’s about being gentle with ourselves and giving ourselves grace.

**Joga:** What is the role of meditation in the process of self-discovery?**

**Paul:** Meditation is an essential part of the journey. It helps us to quiet our minds and connect with our inner selves. It allows us to become more present and aware of ourselves. It helps us to release our attachment to our thoughts and emotions. And it helps us to develop a deeper sense of compassion and empathy for ourselves and others.

**Joga:** What is the connection between yoga and the search for meaning?**

**Paul:** Yoga is a powerful tool for self-discovery. It helps us to connect with our body and our breath, which can calm our minds and help us to become more aware of our true selves. It’s about finding balance and harmony in our lives. It’s about finding peace and calmness.

**Joga:** How can we apply the principles of yoga to our daily lives?**

**Paul:** I think it’s important to incorporate yoga into our daily routines. Whether it’s through a daily practice or through small actions throughout the day, like taking a few deep breaths or being mindful of our thoughts and actions. It’s about making yoga a part of our daily lives, not just something we do in a studio or on the mat. It’s about living a yogic lifestyle.

**Joga:** What is the role of the teacher in the process of self-discovery?**

**Paul:** The teacher can play a powerful role in the process of self-discovery. They can help us to see things from a different perspective. They can challenge us to step out of our comfort zones. They can help us to uncover our true selves. And they can help us to stay on our path.

**Joga:** What advice do you have for those who are just starting their journey of self-discovery?**

**Paul:** I think it’s important to be patient and to trust the process. It’s a journey, not a destination. It’s about learning and growing and evolving. And it’s about connecting with others on the same journey. It’s about being open and receptive to new experiences.

**Joga:** What is the most important thing you’ve learned on your own journey of self-discovery?**

**Paul:** I think the most important thing I’ve learned is that we are all connected. We are all part of something bigger than ourselves. And that we are capable of great things. We are capable of creating a positive impact in the world. We can make a difference. And we can change the world for the better.

**Joga:** Thank you, Paul, for your insights and your wisdom. I think your message is very powerful and inspiring. I hope others can find the courage to embrace their own journey of self-discovery.