



Entrepreneur Saundarya believes that one's relationship with God evolves over time

## 'Faith in God is a habit'



### Understanding of God

Like every habit that is ingrained in individuals, faith in god is a habit too — something that has its moorings in the happenings around you, beginning with childhood. And just like how a habit gets reinforced with positive evidence of its occurrence, several times over, the conviction that there is a supreme force, which sets the world in operation, too gets strengthened with

repeated proof of its existence. When you see faith and spirituality around you as a child, you start building a relationship with god. I grew up in a joint family where godliness was suffused in the atmosphere, including the presence of two temples within our home compound. Our days began and ended with connecting with god. Faith was the prime subject of a lot of conversations around me. Hence, it was inevitable that I grew to think

deeply about what god meant to me.

### Religious practices

I am a very fervent devotee of goddess Abhirami of Thirukadaiyur. To me, this goddess, is the embodiment of perfection. I attribute every decision of mine to her divine intervention. Prayer is the single most important practice that I consciously follow. Other religious customs, which are common in a South Indian Iyer family, are part of routine.

### Spiritual beliefs

I believe that one's relationship with god is a very personal one. It is something that has to evolve over time, like coming to understand your parents or your spouse or someone whom you trust implicitly — a path fraught with a lot of tests. It helps if you have a mentor or guru, someone who reinforces your belief and helps you discover your own hidden cache of faith.

### Pilgrimage spots

The temples in and around Kumbakonam are a great source of vigour and energy. The temples at Thirukadiyur, Thiruvengadu and Thirubhuvanam are aesthetically and spiritually elevating.

(Saundarya Rajesh is the founder of AVTAR Career Creators that provides flexible career opportunities to women. For details, visit [www.avtarcc.com](http://www.avtarcc.com))

—As told to Ashok Kumar Shaw

