

Honoring the Gods Within Me

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I have been thinking about the Trimurti in Hinduism lately. If you are unfamiliar, the Trimurti are three major gods who represent the forces that shape the world. Brahma is the creator who brings things into existence. Vishnu is the preserver who protects and sustains what has been created. Shiva is the destroyer who ends what no longer serves so that something new can grow in its place. They are not three separate forces in conflict but three movements of the same eternal rhythm.

Shiva is the emotional part of me. He is generous and trusting and believes in the potential of people. He rewards loyalty and dedication. He represents the part of me that acts from devotion and hope even when there is no guarantee it will be returned.

Vishnu is the logical part of me. He is strategic and protective. He guards me from the choices that emotion might make too quickly. He thinks ahead and wants to preserve what matters and protect me from harm.

Brahma is the imaginative part of me. He is the spark of new beginnings. He creates ideas and possibilities out of nothing. He dreams beyond what already exists and gives me the courage to wonder what if.

Seeing them this way changed something for me. I realized that every time I felt ashamed for being emotional I was disrespecting Shiva. Every time I called myself cold or selfish for using logic I was disrespecting Vishnu. Every time I dismissed my ideas as unrealistic I was disrespecting Brahma. I was dishonoring the gods within me. Emotion without logic can be reckless. Logic without emotion can be hollow. Creation without either can be rootless. But together they make something whole.

*I honor the gods within me.
I honor Shiva in my feelings,
Vishnu in my reason,
Brahma in my dreams.
I give them space, and I walk in balance.*