After landing in America, this land of opportunities, many Afghans, including myself, chose to build our own businesses. Not only we offer services and products to our community but this decision was more for the pursuit of making a better life for ourselves and our families.

Undoubtedly, America is the land of opportunities and if one chooses - could reach to anything and anywhere he or she desires.

However, most of us business owners have forgotten the delicate balance of our own inner and outer desires chasing our wishes of having more stuff.

When I envisioned myself achieving all the things I wanted, I realized all my efforts reaching there were meaningless and empty. I noticed that I didn’t have a balance between what I am doing and what I really wished for as my inner desires. I wanted to spend time with my kids, but instead I was at work so I could buy them expensive stuff or pay for the babysitter to do my job.

Of course, reaching to this point is not easy as it is not taught in any school or university. In fact, our fast paced society today does not give us the TIME to think about this fact.
Ladies and Gentlemen,

This land of opportunity revolves on materialism. Then, how could we have peace of mind and act more like a human instead of a production robot?

We really have to think that how we could save ourselves from the unwanted stress of blaming ourselves for what we did yesterday and anxiety over what’s going to happen tomorrow.

We can answers these questions only if we give a little time to ourselves to figure it out before it’s too late. We have lots of resources here to live a balanced life.

Today, our communities of Afghans and Iranians are in a great need for reaching this equilibrium; and, fulfilling this need is only our own personal responsibility.

A key missing ingredient in keeping our lives unbalanced is the power of our own spirituality and faith. I mean, we have forgotten that God is great and will guide us through difficult times. Instead we think we are all alone in this up hill battle.

Through my own research, I have come to the conclusion that no matter what we do, where we are and how much we have, we must have God’s greatness in our hearts and use it as a guiding light to succeed. Otherwise, we have wasted a life time living here in the United States or anywhere else in the world.
At the end, I like your attention on some important points that can bring balance in life.

Of course, in no particular order:

- Pray sincerely – pray not because you have to, but because you want to
- مثلی که بیدل میگوید: ترک آرزو کردم رنج هستی آسان شد
- Live with less expenses –
- Read - Because we have all the knowledge and wisdom of ages at our fingertips
- Ask for help – People are always willing to help
- وقتی عقل ما یک چیز میگوید و احساس ما چیزی دیگری – با احساس تان همراه شوید
- Follow your heart –
- Take risks & trust God.
- هیچگاه خوشی نزدیکان تانرا به کار و یا پول برابر نکنید
- Put family first –
- – Value time Because time is the ONLY scarcity in our life
- نا که بهانه ای برای عدم توازن نداشته باشی
- Own your own business -
- & Lastly: Listen: listen to your kids, listen to your family, listen to your community, and listen to your own heart.

And, thank you for listening to me!
Farima Wassel Joya, October 22, 2009, Global Knowledge Conf., Cal State East Bay