



# Life Without a Mission is Omission

By Dr. Manish Maladkar

Life is not a mystery to be solved, but a mystery to be lived.

Yet life poses many problems and the right way to live is to tackle the problems when small. Postponement of a problem is actually the problem. We often postpone a problem to such an extent that it becomes larger than us. People do not trip on mountains, but on molehills. It helps to remember that in the winter, beneath the heavy snow, lies the seed, that with the coming of spring will become the rose. Have a positive attitude.

Nothing will last forever, not even your problems. So while you have them, bear them gracefully. Make problems into your teachers. Problems are nothing but opportunities in disguise. It opens the eyes of a person to limitations. In life you sometimes have to take a step back to be able to gain the momentum to leap further. Michel Quoist has said, "Tomorrow God isn't going to ask, what did you dream? what did you think? what did you plan? He's going to ask, what did you do?" Only action bears fruit. Today we live in a moment where change is so fast that we begin to see the present only when it is already disappearing. Also what is the guarantee that your decision regarding a problem is right? Then how to take rational decisions in life? And are there any right decisions, for often in life you will understand that the wisdom and the effect of any decision can change with time and context.

Hence always try to take a decision in a detached and witnessing manner. Also in our life we often neglect and miss so many beautiful moments. We spend the first half of our lives wasting our health to gain wealth. And the second half of our lives spending our wealth to regain our health! Experience life as it comes to you. The intoxication of alcohol is not to be had by repeating the word alcohol even a thousand times! Coming back to the problems we face in day to day life. Well, they will always be there. There could be many falls to begin with. Anyways, no child has walked in the first attempt. You don't necessarily have to be great to solve problems, but you have to solve them to be great. Ultimately what you get by solving your problem isn't nearly as important as what you become by solving them. We all make our own roads and whether we enjoy the journey or suffer is up to us.

Life takes the direction of our thought process. Your inner world can change the outer world. All the

knowledge in the world would do you no good until you put it into action. And keep in mind, success in life is not about becoming rich. Einstein has said, "The value of a man should be seen in what he gives to the society and not in what he is able to receive from society." Life is too precious a gift and it is made of, yes, time. Whoever squanders time, squanders life. To recall a small anecdote can bring out the importance of time. Once a beggar approached Yudhishtir for alms. Yudhishtir, not a generous person, pondered for a while and said, "Come tomorrow." On hearing this, Bhima, the not so intelligent brother went laughing to the town, saying, "My brother has conquered Time. He has promised a beggar, a Tomorrow. Then Yudhishtir realized his folly, for tomorrow never comes, either he may not be there or the beggar may not come again.

Don't leave things pending to destiny. Those who believe in stars are doomed to suffer their indifference. Someone has wisely observed that, "All work happens only through intention. You intend to go somewhere, then only can you go. All life moves with intentions. If you don't have an intention to raise your hand, it will not raise." G. B. Shaw in one of his plays has mentioned, "People are always blaming their circumstances for what they are.

The people who get on in this world are the people who get up and look for the circumstances they want and if they can't find them, make them. Or then one has to learn to adjust, for in life we cannot change the direction of the wind. But we can always adjust the direction of our sails. Also in life try to be an optimist. Optimism is like a vitamin to all your attempts at success. Make sure of your daily dose. When a situation around is bad, think that it could have been worse. And if the situation is really bad, think that since it is already so bad, it can only get better. Sometimes even your best efforts can fail, then accept it, for it is nothing but the raw material for future success. The beautiful rainbow needs both the rain and the sunshine.

Finally, the manner of your living will dictate the manner of your dying. How you die will show how you have lived. A bow too tensely strung breaks easily under pressure. It is the same with humans. Be relaxed and flexible.

— Excerpts from "Life - An Odyssey"  
(published by Unicorn Books Pvt. Ltd.)

□