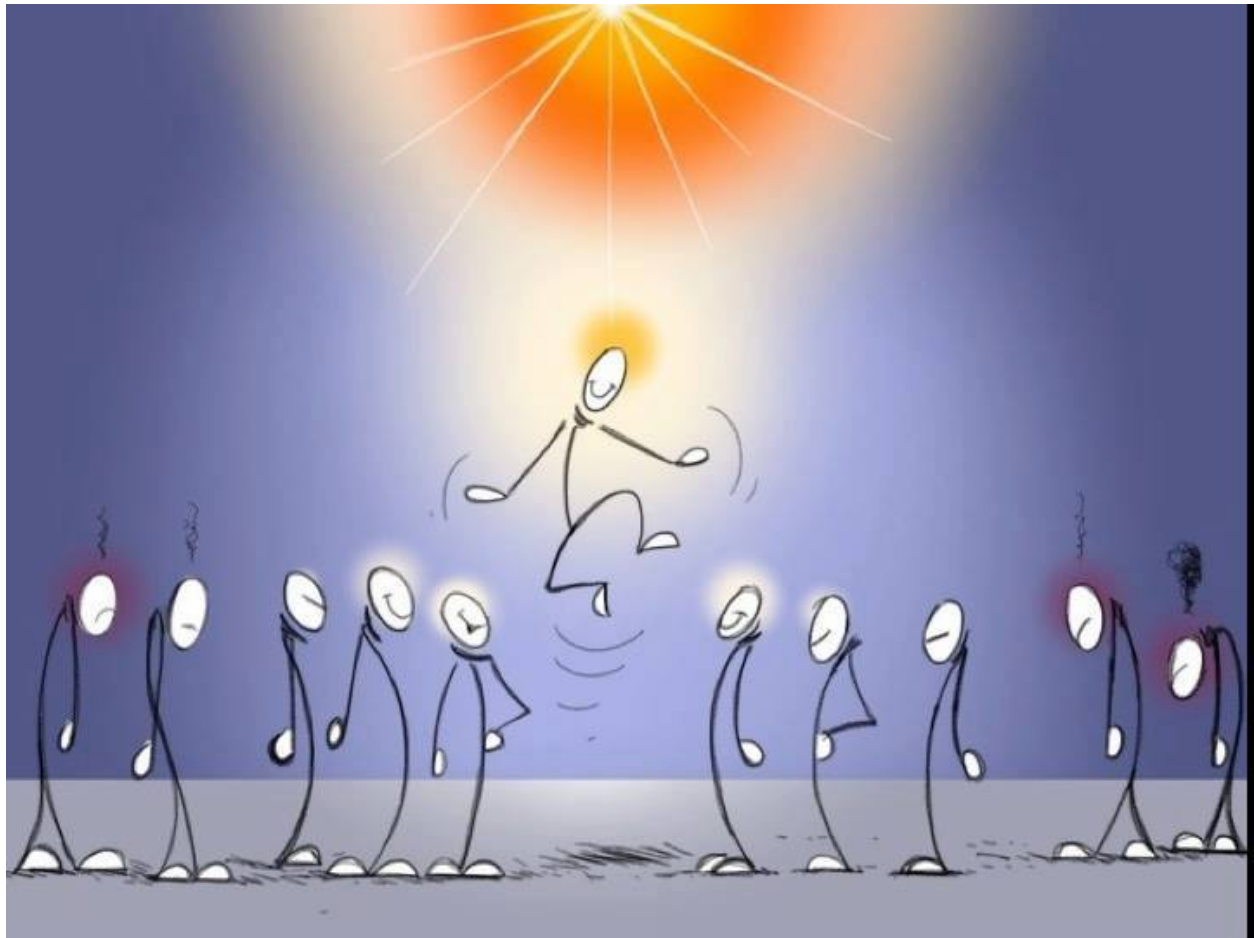


Today's Thoughts: September 24, 2020: Bring Light



Lighten Up

## Bring Light

There is some darkness in most human minds today, so there is a darkness component in most scenes and situations. Why else is there so much unhappiness and sorrow in the world? So how much value can be given to someone who is able to bring light and lightness to a place or a moment, where others have brought their dark? Like a crown of sparkling jewels, their presence and their words are priceless. It may only be a gentle smile of comfort, an attitude of genuine interest, some words which diffuse an awkward moment. Those who stay light in spirit while others weave their dark are both illuminated and illuminators. Watch out for such a moment today where you may illuminate. Make that moment momentous!

## **Role Induced Stress (Part 1)**

A very common form of stress which has raised its head in recent years is stress induced due to one's role. There was once a famous movie actor, well known as one of the best of all time and he was obviously very much aware of the same. One day as he was shooting for his new film; his director, a very prominent figure in the film-making arena, mentioned to him that there was a general perception spreading in the film industry as well as in the film going audiences that the actor was getting older with time and his performance was dropping and he needed to spruce up his performances if he had to compete with the younger actors. As soon as he heard this, he started taking his acting role and everything related to it over seriously and lost his happiness completely because he had been used to listening only to praises regarding his performances and reputation all his life. He also forgot all that the world had given him all his life, all the love, respect and adulation and became angry, bitter and resentful towards everyone he met, believing that they no longer held those feelings for him as much as before. Also a general sense of fear and nervousness started developed inside him regarding his next performance.

One piece of information had changed him altogether. What had gripped him – **Role Induced Stress**. His emotion of stress was made of three sub emotions - sorrow, anger and fear (or worry). What was the cause – he over identified with his role. He believed he was an extremely famous hero actor. But was hero actor what he was? It's what he did. But he learned to believe it is what he is. **Even we need to remind ourself that we get to play various roles on the world stage of action and that if we over-identify with any of the roles, which a lot of us do, then just like the actor, our creativity, spontaneity and lightness is reduced and we start to take things far too seriously, more than necessary, and as a result get stressed.**

(To be continued tomorrow ...)

**"Hell is other people," so said Sartre.**

What a way to start the day! If this is our perception of others, even if it is just one other, then we can expect both the people and the day to be hell. We all know how fast expectations can become self-fulfilling prophecies. We seem to forget that other people are always in two places at once - out there and in our heads. And if we decide others are hell we therefore create hell for ourselves in our own heads. So let's do a little work, not too much, and transform our own vision. What do you prefer hell or heaven? When heaven is other people we will know our transformation is complete. Remember, everyone has a little piece of heaven inside their heart. Have you found yours? If not then start in your head, practice perceiving heaven in other people and let the day be heavenly. You will be amazed what comes out of your heart when you make this little effort with your head.

**Message for the day**

**The biggest service is to rectify that which has gone wrong.**

**Thought to Ponder:** When we see that something goes wrong, instead of getting affected with it, we need to find a way to make the situation better. If we are affected and colored by the negativity, we can do nothing to change it. But if we watch with detachment, we will be able to get the right solution for the problem at hand. In this way, we can help the other person to make the situation better.

**Point to Practice:** Today I will see every scene that comes my way with detachment. Even if something goes wrong, I will make sure I will first check my state of mind if I am able to remain unaffected. I will then find the best possible solution for it.