

Ye 'Caro Na'

The whole world is captivated with uncertainty and fear and we can easily relate with the term corona. The virus like a true hindi movie don must be feeling proud saying “सारी दुनिया मुझे Carona के नाम से जानता है.” All nations stand in solidarity with each other as the virus travels far and wide across borders.

As the whole world talks about a lot of ‘ye mat caro na’, I will focus and say ‘ye caro na’. I will encourage you all to stay positive and look at this situation from a different angle altogether as a core ingredient to the recipe; of successfully dealing with the crisis.

Take the time out and Ye 'Caro na'...

I think we can use this time to be proactive in creating small moments of happiness that generate positive emotions. This will help us to undo the negative effects of stress. Let us ‘isolate’ ourselves from hatred, egos, jealousy, cunningness, being judgmental and all negativity that takes away our peace of mind.

Every dark cloud has a silver lining. So instead of focusing on the clouds, let us focus on the silver lining. Here are the silver linings we can look for. There are certain things and situations we cannot change but we can correct them. Learn to savour the small moments; appreciate the people who truly care for us rather than things. Practice gratitude, say ‘thank you’, ‘sorry’ and ‘please’ more often. We don’t appreciate what we have until it is lost, why regret later? It is our human nature to often take people and good things for granted. Let our focus to look for the good in others, do good deeds that help elevate our mood and help us remain calm.

Strengthen your bonds by spending quality time with your loved ones, talking to friends, reading, taking out time for your hobbies and doing the things you love besides working from home. Being a Vipassi, I am personally going to use this time to meditate as this will keep me calm to stay in solitude and tranquility.

Crises bring out both the worst and the best in us. Friends & family from across the globe reaching out to each other enquiring of well-being. Why wait and only do so during crisis and not otherwise. When we tune into these positive aspects of the crisis, we stand united with hope and overcome fear.

Take charge of yourself, stay positive as this is your chance to thicken that silver lining and take charge of your mental health so that you come out of this experience stronger.

Technology is a blessing in disguise. It helped us curtail our travel thus giving us opportunity to work from home and have virtual meetings, etc.

I would like to leave you with a thought – a time for reflection - are we really free-moral beings or actually puppets in God’s hands?

In these testing times, I would urge you to stay calm as this too shall pass . Stay happy stay blessed.

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