

Why them why me...NO, YES THEM YES ME!!!!

Its the first day of the new year, 2025, the time is almost 9 30 in the night and one can say that the day is over. The second day to the year is to come but it somehow always never has the same anticipatory joy like the first day. For me the second day is always " Why them why me". I always seem to feel helpless and out of sorts and always (can I add here in the past) feel out of action, and energy. Having realised that I decided on the reverse to say " YES THEM YES ME" for this whole year! Over the years I was getting increasingly negative and becoming almost a loner. I felt that the validation I give myself was more than enough than to even give a thank you to others. Forget a thank you I started avoiding family, friends, neighbours leading a life of a self created hermitage and be almost like a saint. I realised thankfully I am no saint neither are all others sinners. The feelings are just a dooming cycle which I go through within. I call myself a saint and others as sinners or simply call others as saints and myself as a sinner.

It requires a balanced mind, a quiet mind of contemplation, so do yoga, meditation, talk to a counsellor anything to break that cycle of saint and sinner created humanity. Look at being humane in humanity. Life is short, life holds more meanings that what we think or even imagine. If an person can go through these cycles of waxing and waning like the moon cant he cut across the black hues of his mind. I want every second day of the new year of 2025 to be a canvas of calmness. A loners life is no joy, gives little peace and holds no triumphant winner. A hermit is an hermit who others might not understand. The loner will get no solace in me now for I am sure that all my second days are a big yes to them and me!