

# An interim called slow downing

As I am embarked in theatre, I seemed to find so much joy in the lights, the sense of space of the auditorium, the high rush of euphoria listening to the claps I never wanted the pace to slow down. One year became five years in theatre which slowly even before I could realise it became a good 34 years. However as age progressed my legs weakened and so did the actors attitude towards their craft. The guru shishya parampara that I was used to had dissolved to quick theatre quick rewards and to become rusted into another group no sooner that they had rusted into mine.

I must admit that some theatre directors are used to this rusting but unfortunately I could not understand nor find how to cope with it. I found myself falling into a trap of not knowing how to deal with them into anger towards myself and others. I did not realise how badly the rush of 34 years had affected my mental space until I decided to take an interim of 8 months. My son's class twelve exams gave me good reason to go on this interim.

Imagine you are on a roller coaster ride and you have to slow down. There is great value in slowing down as it gives you perspective to look at everything carefully and deeply. You put your mind in each activity, do a digital detox, lessen on talking aimlessly and pick up skills and hobbies like playing the piano or simply basking in the sun. I wish to restart also not like a fast racing car but like an elegant ambassador of the past. There is simply no need to be the quick rabbit but being like the elegant elephant walking in deep contemplation seems much more to be my guide today. Yes this interim of slow downing will surely help my next few years that will come ahead. I am only looking forward to that simple slow and steady life.