The value of a rest

Life can be best described as a story within many lines, with commas and with full stops. The punctuations of life has its own significance and sometimes a full stop leads to an exclamation mark of joy in the very next moment. I am now in the period of a full stop not really knowing where the next few lines of my own story will lead. I think that each line will be a an great exclamation but that in reality does not happen. Some can be merely slow days with a semicolon or just three phased dots.

I must admit with all honesty, I wish for something exciting to happen soon. However I am getting used to this slow paratheses that my life is holding me in. I knew I was getting into a journey of long eased three stops which might lead to a lull so I have nothing much to complain. I have nothing to complain as this was done by me with great amount of thinking and fortitude.

What really scares me is that it is in this spaced out paragraph that maybe I will find my inner story is rejecting me. It maybe rejects that stand that I have taken in a full stop just for few more emerging lines to come. My soul is scared, ” what if they never come at all?” Will I then need to lead my life in that rejected phase for ever? The phase of being denied in totality is what no one really wants. That lull if becomes permanent can be totally damaging to both the heart, soul and living.

I then realise that rejection is a part of the process of an actor and also a theatre director, scriptwriter or director. I stop and see that it is so much a part of many paragraphs of his/her life of a theatre person that a few exclamations of joy are enough to carry on further. That is why there is a value in a rest, as allows you to look only ahead. I hope that the next time I allow my inner journey to be written in a few lines I will be able to share lots of punctuations of ecstasy, of delight and of happiness. So stay still my lined life, the value of a rest will turn into a new page soon, very soon.