# Being Content in a Day / Gouri Nilakantan

When one more year has finished in your life span and your birthday marks that celebratory day we realise many things. We come to see that life is neither too long nor it is too short, its just enough to be content in a day. The meaning of life should be seen within that day, the steps taken on that day

should be enough to be carried forward. There is hence value in one, singular step.

When we live day to day we come to realise that we are not slighted in the least and words of today might echo the past ones. The last breaths of yesterday has given only new meanings today. When you realise how to contain yourself within one day without looking too far ahead you are only and only able to see the rays of the rising sun of tomorrow.

I must say that I have learnt to live day to day without creating too many plans for the future. This has given me the wings that I need to fly higher as I do not fear the future nor feel sorry for the past. I simply give myself just one task to perform per day. I give vale in the singular without the wanting of the plural.

There is value in slow downing to a simple one task. I make sure that I only do one only chore and I define that to my passion, hobby and profession. That one task is always related to theatre, it could be reading a book, watching a play, talking to a student, writing a blog or a paper, or finding a grant. I do not try and push myself beyond that singular task as it makes me content and happy to have finished it in time. This makes me look forward only to the next few days to come.

I know my singular voice of today will turn into a multitude of voices tomorrow. This will help me leap into the golden rainbow to bring back dusts of diamond, gold and silver that will adorn not only me but all. Lets all slow dance. Lets try and be content in one, only to sing and raise our voices to the future sun, to dream that one common dream and share the common glories that are thus sure to come.