

A Little Bit of Sanity Goes a Long Way



As a theatre artist and performer I always was led to believe that insanity or eccentricity is a part of being more aesthetic. However, I always seemed to think the other way. While being a little irregular always helps in creativity, as being mundane and everyday seems to find an overload in our creative work. We all are entertainers after all and its within the discords of the humdrum, we all seem to find our harmonious chords, that enthrall our audiences. However what if I claim that its in the regularity, in the moments of sanity I have found my true peace would I be mocked by my fellow thespians?

I would like to urge you to look at the value of sanity, the value of being together in the disjointedness of our careers. When I for instance talk to my friends who are lawyers, teachers, heads of academic institutions or doctors, I get insight into the value of lives that see beyond the stage. They help me focus back into my world and help me launch into

the painful yet happy insanity of my vocation, yes they are my pillars! They help me sharpen my tools as they help me realise what it means to be living real in the world. They assist me in reaping the fruits of my labour.

I know that many times I am not a expected guest at a party and I find myself socially awkward many times. I am capable of making a wrong move or saying something innocuous like, "don't you think this bright blue does not suit the vibe here?" I can hear myself sitting quietly in a corner and if I do get attention I get flustered and wanting to move away from the spotlight. My conventional friends teach me the value of me being at ease and the value of soundness in my disjointedness. I suggest strongly for all of us who are artists to find a few friends who are regular and talk to them, take their suggestions and even if you don't want to you will only gain a 2 am friend who will be willing to hear you as much as you will want to hear them. Take out your phone, scroll and find your lost companions to sing along a new song mindlessly, mindful!