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ਚਿੰਤਾ ਤਾ ਕੀ ਕੀਜੀਐ ਜੋ ਅਣਹੋਨੀ ਹੋਇ

**Some Fundamentals
to
Stop Worrying**

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Hurry and Worry shorten life

There is usually some sort of anxiety behind every hurried action. It is very often due to shortage of time for the disposal of work in hand but if the matter is of serious nature one feels worried and there is every likelihood of the work being miscarried. Not only that. Hurry adversely affects one mentally as well as physically. High blood pressure and heart patients have to be very cautious in this respect to avoid sudden collapse.

Hurry and worry cause nervous tension and emotional breakdown and their frequency shortens human life. One should therefore be very careful not to do anything in hurry.

Patience and feelings of contentment help a lot in such situations. These should accordingly be cultivated in one's day to day dealings to avoid a mishap.

The matter discussed herein is almost a re-production of Dale Carnegie's views and mostly in his very words as given in his book 'How to stop worrying and start living'. Readers may refer to this book for a detailed study of the subject.

Secretary

Some Fundamentals to stop Worrying

‘Our main business is not to see what lies dimly at a distance, but to do what lies clear at hand’—Thomas Carlyle. Shut out the Past, the dead yesterday and the Future, the unborn tomorrow. The load of tomorrow, added to that of yesterday, carried today, makes the strongest falter. Waste of energy, mental distress, nervous worries dog the steps of man who is anxious about the future. The best possible way to prepare for tomorrow is to concentrate, with all your intelligence all your enthusiasm, on doing today’s work superbly today.

By all means take thought for the tomorrow, yes, careful thought and planning and preparation. But have no anxiety about the morrow. ‘Live in day-tight compartment.’

Every day is a new life to a wise man. One of the most tragic things about human nature is that we tend to put off living. We all dream of some magical rose garden over the horizon, instead of enjoying the roses that are blooming outside our windows today. The rule is jam tomorrow jam yesterday, but never jam today. Dante said ‘Think that this day will never dawn again.’ Life is slipping



away with incredible speed. Today is our most precious possession :

Yesterday is but a dream
And Tomorrow is only a vision

But Today well-lived makes every yesterday a dream of happiness and every tomorrow a vision of hope.

Look well therefore to this day. 'Shut the iron doors on the past & the Future. Live in Day-tight compartment'
W. Osler

One of the worst features about worrying is that it destroys our ability to concentrate. When we worry, our minds jump here and there and everywhere; and we lose all power of decision. Worry results from some misfortune. 'Acceptance of what has happened is the first step in overcoming the consequences of any misfortune'.

ਜਿਨੀ ਪਛਾਤਾ ਹੁਕਮੁ ਤਿਨ ਕਦੇ ਨ ਰੋਵਣਾ

True peace of mind 'comes from accepting the worst.'
When we have done that, we have nothing more to lose ;

'ਜੋ ਹੋਆ ਹੋਵਤ ਸੋ ਜਾਨੈ-ਪ੍ਰਭ ਅਪਨੇ ਕਾ ਹੁਕਮੁ ਪਛਾਨੈ'

Plato said, 'The greatest mistake physicians make is that they attempt to cure the body without attempting to cure the mind. Yet the mind and body are one and should not be treated separately.'

We destroy our body and mind by anxiety, frustration, hatred resentment, rebellion and fear.

The most relaxing recreating forces are a healthy religion, sleep, music and laughter. Have faith in God

sleep well, love good music and see funny side of life and all health and happiness will be yours. A cheerful mental attitude helps the body fight disease. Face the facts and quit worrying.

How to break worry habit : It is difficult to worry while you are busy doing something, that requires planning and thinking. It is utterly impossible for any human mind, no matter how brilliant, to think of more than one thing at any given time. One kind of emotion drives out the other. Keeping busy is one of the best anesthetics ever known for sick nerves. Tennyson declared, when he lost his intimate friend, 'I must lose myself in action, lest I wither in despair'.

The remedy for worry is to get completely occupied doing something constructive. One has to be busy both mentally and physically every hour of the day. There must be some purpose behind your keeping occupied. Get busy, keep busy-it is best cheapast medicine on earth. The worried person must lose himself in action, lest he wither in despair.

Nearly all the worries and unhappiness come from our imagination and not from reality. Ninety-nine percent of the things we worry about never happen. We should not be un-necessarily brooding over what might never happen.

‘ਚਿੰਤਾ ਤਾ ਕੀ ਕੀਜੀਐ ਜੋ ਅਨਹੋਨੀ ਹੋਇ’

hence cooperate with the inevitable The only way to happiness is to cease worrying about things, which are beyond the power of our will. 'I never worry about the future, because no man living can possible figure out what is going to happen in future. There are so many forces that will affect

the future. When one cannot handle events, let these handle themselves. As long as there is chance that we can save a situation, let us fight. But when common sense tells us that, we are up against something, that is so and cannot be otherwise, let us not pine for what is not :

'For every ailment under the sun
There is a remedy or there is none
If there be one, try to find it
But if there is none, never mind it'
'Try to bear lightly what needs must be'

God grant me the serenity to accept the things I cannot change, and the courage to change the things I can, and the wisdom to know the difference.

Wipe the loss out of your mind so completely that you never mention it again. The Moving Finger writes and having writ, moves on, nor all your Piety nor Will shall lure it back to cancel half a line, nor all your tears wash out a word of it.

Let the Past bury its dead.

A man is what he thinks all day long. Marcus Aurilius summed it up in eight words. Our life is what our thoughts make it'.

If we think happy thoughts we will be happy.
If we think miserable thoughts we will be miserable.
If we think of fear we will be fearful
If we have sickly thought we will be ill
If we think of failures we will fail

If we wallow in self pity everyone will shun and avoid us
Our mental attitude has an almost unbelievable effect even

on our physical powers. Thought has tremendous power. Man can banish worry, fear and various kinds of illnesses and can transform his life by changing his thoughts. No pain of body can exceed the excruciating pain of an agonized mind. All causation was mind and every effect a mental phenomanon.

As a man thinks so he is The Mind is its own place and in itself can make a heaven of hell and a hell of heaven. Nothing can bring you peace but yourself. We ought to be more concerned about removing wrong thoughts from the mind than about removing tumors and abcesses from the body.

A man is not hurt so much by what happens as by his opinion of what happens and our opinion of what happens is entirely up to us.

The sovereign voluntary path to cheerfulness, if your cheerfulness is lost is to sit up cheerfully and to act and speak as if cheerfulness was already there. Think and act cheerfully and you will be cheerful.

A man will find that as he alters his thoughts towards things and other people, things and other people will alter towards him. Let a man radically alter his thoughts and he will be astonished at the rapid transformation it will effect in the material conditions of his life.

The Divinity that shapes our ends is in ourselves. It is our very self.

All that a man achieves is the direct result of his own thoughts-the Divinity within him.

Try to adjust yourself to what is, and not to try to adjust every thing to your own desire. Take the things as they come and fit yourself to them. Let us not imitate others, let us find ourselves and be ourselves.

‘ਦੇਖਾ ਦੇਖੀ ਸਭੁ ਕਰੇ ਮਨਮੁਖਿ ਬੁਝ ਨ ਪਾਇ’

For better or for worse you must cultivate your own little garden. For better or for worse you must play your own little instrument in the orchestra of life. Envy is ignorance and imitation is suicidal. Be a bush if you can't be a tree but be the best little bush. If you cannot be a sun be a star, Be the best of whatever you are. It is not by size that you win or you fail. Find yourself and be yourself-Remember there is no one else like you.

If selfish people try to take advantage of you, cross them off your list, but don't try to get even. When you try to get even, you hurt yourself more than you hurt the other fellow. The chief personality characteristic of persons with high blood pressure is resentment. When we hate our enemies, we are giving them power over us, power over our sleep, our appetite, our blood pressure, our health and our happiness. Our hate is not hurting them at all, but our hate is turning our own days & nights into hellish turmoil.

Heat not a furnace for your foe so hot that it do singe yourself. You should forgive and forget your enemies for the sake of your own health and happiness.

ਫਰੀਦਾ ਬੁਰੇ ਦਾ ਭਲਾ ਕਰਿ ਗੁਸਾ ਮਨਿ ਨ ਹੰਦਾਇ
ਦੇਹੀ ਰੋਗੁ ਨ ਲਗਈ ਪਲੈ ਸਭੁ ਕਿਛੁ ਪਾਇ

To be wronged or robbed is nothing unless you continue to

remember it. The best of it is to cut them off once for all :

ਨਾਨਕ ਮਨਮੁਖਾਂ ਨਾਲੋਂ ਤੁਟੀ ਭਲੀ ਜਿਨ 'ਮਾਇਆ ਮੋਹ ਪਿਆਰੁ'
and 'ਓਨਾ ਪਾਸਿ ਦੁਆਸਿ ਨ ਭਿਟੀਐ ਜਿਨ-ਅੰਤਰਿ ਕ੍ਰੋਧ ਚੰਡਾਲ'

Our sure way to forgive and forget our enemies is to become absorbed in some cause infinitely bigger than ourselves. Then the insults and enmities we encounter won't matter because we will be oblivious of everything but our cause. Let us never waste a minute thinking about people we don't like.

Aristotle said 'The ideal man takes joy in doing favours for others, but he feels ashamed to have others to favour him. It is a mark of superiority to confer a kindness, but it is a mark of inferiority to receive it.' Never worry about ingratitude. Gratitude is fruit of great cultivation. You do not find it in gross people. Ingratitude is natural likew eeds, gratitude is like rose. It is to be fed, and watered and cultivated, loved and protected. So if we want our children to be grateful, we must train them to be grateful.

We are seldom grateful for what we have got but we always think of what we lack. 'The habit of looking on the best side of every event is worth more than a thousand pounds a year' (Johnson) count your blessings—not your troubles.

'ਜਿਹ ਪ੍ਰਸਾਦਿ ਧਰਉਪਰਿ ਸੁਖਿ ਬਸਹਿ'—'ਦੀਨੇ ਹਸਤ ਪਾਵ ਕਰਨ ਨੇਤ੍ਰ ਰਸਨਾ'
'ਜਿਹ ਪ੍ਰਸਾਦਿ ਆਰੋਗ ਕੰਚਨ ਦੇਹੀ'—'ਜਿਹ ਪ੍ਰਸਾਦਿ ਤੁ ਪ੍ਰਗਟ ਸੰਸਾਰਿ'

The best things are the most difficult, one has to turn a minus to a plus—

'ਬਿਖਮ ਮਾਰਗਿ ਚਲਨਾ'

The real important thing is to profit from your losses. That makes the difference between a man of sense and a fool. People who pity themselves go on pitying even when they are laid softly on a cushion ; but always in history character and happiness have come to people in all sorts of circumstances, good, bad and indifferent, when they shouldered their personal responsibility.

A good deed is one that brings a smile of joy in the face of another. Get interested in helping others. Doing good to others is not a duty. It is a joy for it increases your own health and happiness. Thinking of others will keep you from worrying about yourself, you forget yourself by becoming interested in others. When you are good to others, you are best to yourself.

The sovereign cure for worry is religious faith. Prayer and a strong religious faith will banish the worries, the anxieties, the strains and fears that cause more than half of our ills

Oh, what peace we often forfeit
Oh, what needless pains we bear
All because we do not carry
Everything to God in prayer

Remember that unjust criticism is often a disguised compliment.

‘ਨਿੰਦਾ ਜਨ ਕਉ ਖਰੀ ਪਿਆਰੀ’

Remember that no one kicks a dead dog. Never, be bothered by what people say, as long as you know in your heart, you are right—

‘ਕੋਈ ਭਲਾ ਕਹਉ ਭਾਵੈ’ ਬੁਰਾ ਕਹਉ’

The small man flies into rage over the slightest criticism, but the wise man is eager to learn from those who have censured him and reproved him. Better, let us be our own critic. Devote sometime everyday to self examination and a review of your daily work 'I devote a part of each Saturday to the appraisal of my work during the week. ...This system of self-analysis has done more for me than any other one thing I have attempted.' Since we can't hope to be perfect, let us ask for unbiased, helpful constructive criticism.

Brooding over worries alone and keeping them to ourselves, causes great nervous tension. Talk out your worries and there would be a healthy change. The problem may not be totally solved, but talking to some one, getting a little advice and a little human sympathy will cause a change. Tremendous healing value lies in words-just talk-By talking we gain a little better insight into our troubles and get a better perspective. 'Spitting it out' or 'getting it off our chests' brings almost instant relief.

How to lessen financial worries :

An increase in income accomplishes nothing but an increase in spending & an increase in headaches. If we can't improve our financial situation, we can improve our mental attitude towards it. A man should so live that his happiness shall depend as little as possible on external things. If you have what seems to you to be insufficient, then you will be miserable even if you possess the world—

‘ਬਿਨਾਂ ਸੰਤੋਖ ਨਹੀਂ ਕੋਊ ਰਾਜੈ’

If you owned the world even then you could eat only three meals a day which even a ditch digger can do.

Ninety-nine per cent of the things you worry and fret about never happen. Remember, today is the tomorrow you worried about yesterday. Ask yourself how do I know the thing I am worrying about will really come to pass. I stood yesterday, I can stand today I will not permit myself to think about what may happen tomorrow. He that sent me is within-the Father hath not left me alone.

Your emotional attitude usually has more to do with producing fatigue than has physical exertion. Fatigue comes when a person feels bored and the whole metabolism picks up immediately as soon as he begins to feel interest and pleasure in his work. Fatigue is caused not by work, but by worry, frustration and resentment. Enjoy doing whatever has to be done, Our life is what our thoughts make it. Put enthusiasm into your work.

When you face a problem, solve it then and there, if you have the facts necessary to make a decision. Don't keep putting off decisions, no procrastination, no putting off. Moreover, do not insist on doing everything yourself learn to delegate responsibility to others.

Some exercises for removing fatigue and getting relief :

- a) Lie flat on the floor whenever you feel tired, stretch as tall as you can-Roll around if you want to.
- b) Close your eyes and as Nature's child be in tune with the universe or better still-pray,

'ਵਾਹੁ ਖਸਮੁ ਤੂੰ ਵਾਹੁ ਜਿਨਿ ਰਚਿ ਰਚਨਾ ਹਮ ਕੀਏ'

- c) Slowly tense the toes, than let them relax, than tense

the muscles in your legs-relax. Do such exercises with every part of your body, and last let your head roll around.

- d) Quiet your nerves with slow steady breathing. Breathe from deep down-rhythmical breathing
- e) If you can't sleep, get up and work or read until you feel sleepy. Try prayer. Relax your body get yourself so physically tired that you can't stay awake.

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