



# CRUSADE

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**"PATIENCE IS NOT ABOUT WAITING, BUT THE ABILITY TO  
KEEP A GOOD ATTITUDE WHILE WAITING."**



# CRUSADE

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## CAN HUMANS BE DORMANT?

Dormancy is regarded as the 'hibernation' period in the life cycle of any living organism in which the living being retreats into a stage of rest and rejuvenation. It is often believed to have been associated with the environmental conditions. Do humans also have such a period of dormancy? One might certainly end up answering a 'no'. To one's dismay, the answer happens to be yes. Each and every being born into this amazing yet challenging world gets to go through a phase of 'emotional dormancy', a term which could be often referred as 'patience' or 'resilience'.

*"Patience is never a stage of inactivity,  
It is a stage of acceptance of difficulties."*

Patience is a blissful stage of emotional stability where one is more inclined to be acceptably calm and composed at times of stress. It comes with maturity and mental strength. The more the patience in a man, the stronger will be his will to sail across the turbulent tides of life.

### SIGNIFICANCE OF BEING PATIENT

Every seed, that is being planted in the soil, plunges itself into a period of dormancy, where all its biological functions are suspended temporarily, before it germinates ripping out of the soil. Such is the life cycle of a plant. So is the emotional cycle of a man. Life is unfathomable as that of an ocean. One has to overcome a world of odds and staggering dilemmas and mentally intimidating situations before clinching success in one's life. This can be accomplished only by an inexplicable degree of patience. Problems in life might seem remorseful and stressful. However, the slogan to decipher the door of dilemma is placed right in front of your eyes.



## CAN HUMANS BE DORMANT?

People often fall prey to the habit of reacting to every adversity that hinders their progress, unmindful of the consequences that await them. They get frustrated over every trivial issue they come across and regard yelling out as a means of venting out frustration. Unfortunately, the so-called 'living beings with the power of the sixth sense' remain oblivious of the fact that lack of patience at situations of stress only escalates the complexity of the situation.

However, one has to have a clear-cut picture of what patience could mean and what possibly could be its positive repercussions. Patience is certainly not to be confused with self-degradation and devastation of one's self-respect. Patience is only all about waiting for the propitious situation to react. It is not about never reacting. Extreme patience can undeniably lead to unexpected misconceptions. One has to be very cautious of his choice to remain silent at situations of adversity.



People are often found to be very impatient when they fail to accomplish what they wanted to achieve which in turn inculcates in them a very poor decision-making capacity. People at work are more likely to make improper decisions due to lack of prudential thoughts which arises from impatience. An intensified impatience can also cost them the compassion and affection of their beloveds alienating them

from the rest of the world. Such happens to be the power of frustration. The power of such an evil can only be negated through an act of patience

If people, in this seemingly annoying planet, grew on to realise that streamlining emotions, thoughts and actions into a single entity and reacting to a desperate situation at the most appropriate time is the true essence of patience, they would savour the fruit of a highly successful and satisfied living.

**"If you are patient in a moment of anger,  
You will escape a hundred days of sorrow."**



## CAN HUMANS BE DORMANT?

### ART OF LEARNING PATIENCE

To call patience a virtue of life would seem absurd, owing to kind of dilemmas that we bump into, these days. It is more of a skill or an art that has the ability to make things fall in place. Learning patience is as simple as being impatient. To get started, you would have to comprehend that things take their own time to happen and welcome the process of waiting with all your heart and soul. Once you master this art of acceptance, you would find yourself so happy and satisfied with your way of living. Analysing the cause of impatience and unravelling the mystery of the repercussions it can lead to can be regarded as one of the most remarkable remedies to the emotional stigma of impatience.

*“Patience is the key which solves all the problems.”*

Looking into a problem, in the process of seeking its solution, from the opponent’s perspective leads to an effective interpretation of the problem and consequently a

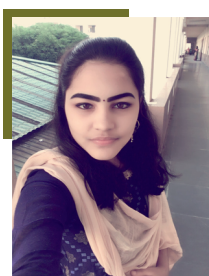


better solution. When you find yourself being dragged into a situation that arouses impatience, try taking deep breaths and relaxing your nerves before you participate. This can mentally equip you with the vital skill of patience that the condition demands. It is, therefore, crucial to understand the significance

of patience, accept the procedure of waiting and move on in your life with tremendous degree of satisfaction....

### CONCLUSION

Life is a challenging battle that can be fought and won over only with the powerful weapon of patience. With patience come optimistic thoughts. With optimism comes a state of blissful peacefulness. Storms and cyclones may topple your boat over. But you can always gain control of the boat with the rows of patience. Keep awaiting the right moment to pursue your dreams. Be happy about waiting. Be patient. Be persistent. The best things in life come with patience

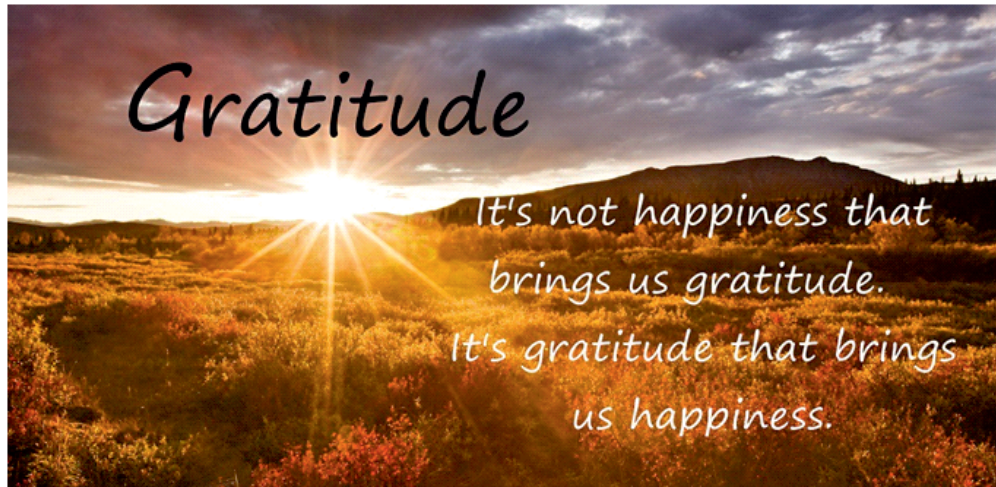


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## GRATITUDE...



Gratitude is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for people and God for what we have. Gratitude is the result of a deep introspection taking a moment to take stock of our blessings and appreciate the things we often take for granted. We can use lots of words to describe feelings of gratitude. The art of gratitude is not just feeling good but bringing a state of peace and happiness within. Cultivating the habit of gratitude is good for mental health and for a meaningful living. Neurological research shows that positive emotions are good for our body, mind and brain. Positive emotions pave way for more possibilities. It boosts our ability to learn and make good decisions. Positive emotions balance our negative emotions.

One positive emotion often leads to another. Gratitude results in positive actions. When we feel grateful for someone's kindness towards us, we may be more likely to do kindness in return. And thus gratitude begets gratitude. Gratitude helps us build better relationships. When we feel and express heart-felt gratitude and appreciation to people in our lives, it creates loving bonds, builds trust and helps you feel closer. Nurture a habit of gratitude by being attentive to the positive things life brings each day.

***"Be grateful for all you have but  
never settle for less than you can be".***

It's easy to recognize things that sustain our lives on earth such as family, college, teachers, friends, food, health etc...I am grateful for my family, kin and kith. It gives me a sense of relief knowing that there is always a comforting haven to come back. Feel grateful for being alive at all. Avoid the trap of comparison for something that is better than what others have. Instead, be grateful for what you have. "Comparison is the thief of joy". It's foolish to compare yourself with others. You have no idea what their lives are

## GRATITUDE...

really like beyond the glitz and glam. Outward appearances can mask an incredible amount of pain, debt, sorrow, loss and who knows what else.

One of the reasons of you feeling down and miserable about your life is perhaps, you haven't put all of your skills and talents to use. Think about all the people you care about like your parents, your friends. Also think how they make you feel comfortable. This helps you to appreciate and see only the good in them. This can be difficult as we don't really appreciate people we don't like but it can be very morally uplifting. There is good in everyone until we realize. There are always situations that made us happy. Be nice and kind to everyone around you. Believe it or not, this can be the first step to feel your own power. The all abiding Truth is no matter who you are, you have the power to positively or negatively impact the world.

Research shows that doing something kind for someone else increases the chemicals in our brain known as serotonin. So, even when you are not feeling too great, try to be nice to others. You will feel better in the process. Take a moment to make an eye contact, ask others how they are doing, and offer a sincere complement. You don't know what's happening in their lives. You might be the one and the only person to treat them like a human being on that day. You may not realize how just one kind word or smile even from a stranger can lift your confidence and the positive spirit in you.



Going through the motions of feeling happy can actually lead to healthier life. When you go out into the world and when others ask you how you are doing, always answer in the positive as if it's the best day of your life. Say things like the day just keeps getting better and better. Self-fulfilling prophecy is the result of projecting happiness. Positive self-talk brings confidence, moves our lives in a positive manner. On contrary, negative self-talk results in a vicious cycle of depression and poor self-esteem. Be conscious of your thoughts.

*"Be Grateful to your parents who guide you as you grow up inculcating valuable lessons while loving you unconditionally all the way."*

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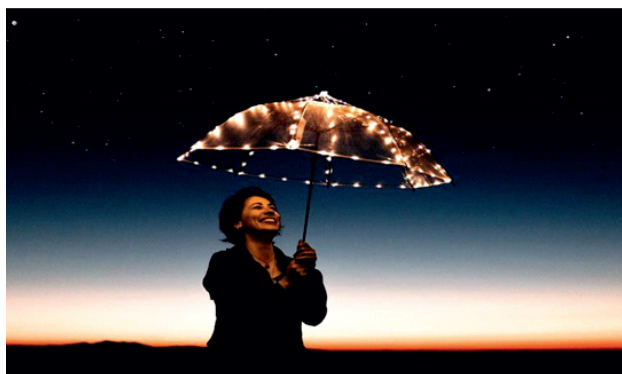


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## Symphony of 'Life' and 'Living'

Everything in this universe, both living and non- living things are in harmony with each other. Anything that detangles from this grand scheme of existence is bound to decay and perish. This simple premise holds good and is the life-line for progenerating and proliferation of fauna and flora on this planet that we inhabit. For example, our subsistence of food as sustenance come from the food crops and vegetation that are cultivated by farmers.

The plants germinate from seeds which in turn draws its sustenance from the mother earth for its nutrients like minerals which are released during microbial activity for photosynthesis. Thus the food we eat comes out of perfect harmony found in animate and inanimate organisms of the earth. When this harmony is lost due to human negligence anti-social activities there would be chaos.



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The above claim is beautiful and deep in meaning but many of us don't even understand what 'ecological responsibility' is all about. The word itself connotes that, 'It is the ability to respond'. You might wonder, what is special in that word which we used to hear more often in school, college, family and society. When one confronts the question, 'who are all he/she is held responsible to?' One might answer that he/she is responsible to his/her family, friends, studies, career, etc., such that limiting his/her responsibility to his/her small circle. Speaking of responsibility can never be circumscribed to a small circle, it is larger than the term possibly denotes long lasting commitment and conviction journeying from cradle to graveyard. When 'responsibility' entails a long-lasting commitment then why should it be confined into petty thinking and momentary obtainments? When responsibility is believed to be restricted to carrying out certain





## Symphony of 'Life' and 'Living'

conventionalities of society, it should be in harmony with collective consciousness of society and individual self. Thus, when we only understand the philosophy of responsibility can we lead a life of harmony with society and individual self.



Now, let me conclude that responsibility may also be equated with LOVE. In fact, responsibility should and ought to stem out of love and harmony with oneself. Love should manifest itself through our words and deeds. A mother's love is referred to as 'agape love'-unconditional love, a mother always loves her children unconditionally without expecting anything in return. In other words, she constantly gives out love and concern rather than expecting the same from her children. Just as a mango tree that bears sweet succulent mangoes to all and sundry regardless of people pelting stone at it or watering, nurturing it, in the same way a mother acts as a source and gushing fountain of unconditional love from which all her children quench their thirst for love and care. Thus, a mother's responsibility as a caretaker springs out of a deep and innate quality and nature of love. Not as a painful activity of duty-bound, socially obliged individual. This profound insight of responsibility brings peace in harmony in our lives which is a state of bliss.



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“Always wear your invisible crown”



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