

Our problems are like an annoying sound



I don't have to remind you how annoying it is when you forget to put on your seat belt and that loud constant beeping sound comes on disturbing your peace. It's 6 a.m. and your alarm goes on, buzzing bells pushing you out of your sheets.

It always seems like our human minds can not stand a constant repetition of the same sound. Constant repetition of sound waves of the same sound moves from sound to noise. Sadly to say, so is a problem in our lives. As humans, we have a lot of basic needs which are so essential to our lives that when missing they are like a constant annoying sound that our minds can not stop but notice and place all our attention on that particular thing that seems to be missing.

What's your annoying sound?

We all have different annoying sounds in our lives, some louder than others. Let's start with the low vibrating sounds like "I need faster internet coverage, a bigger tv, a new car, a raise or promotion." Then let's move on to louder annoying sounds with high pitch and noise decibels that skyrocket to the moon! For

example, “I lost my family in a car crash, we do not know where our next meal will come from, I don’t have legs or me and my family have become homeless.”

As you may notice our problems are like an annoying sound when you are faced with a particular situation in life all your mind focuses on is what is going wrong and what we do not have or lack. It could consume most of our time, leave us daydreaming or wondering how life would be if that particular annoying sound was taken away.



Lets exchange sounds

How many times have you wondered to yourself “life would be so better if I had his family, her job, his car, or that house next door.” The human mind loves to play around with different scenarios of how life would be if we were other people daily. When we compare other peoples' sound problems to ours we feel that we could be much happier if we were in their shoes. Well is that the truth or that's just wishful thinking?



Tough pill to swallow

Would life be easy if we had other people's problems? Well, I guess we will never know...

Here is what I know, life is like a game of Poker (P.S I don't play Poker) we are all dealt a hand of cards sadly since Poker is not fair so is life some hands of cards are better than others. What's more interesting is that having a good hand does not necessarily mean you automatically win the game. Winning the game depends on what type of risks you are willing to take with your given cards whether bad or good. **Yes!** you work with what you have and accompany that with **calculated** risk-taking that makes you a victor in life.

Daydreaming about what you don't have or how others have more or less or an upper hand than you will only draw you back in this life. Start taking action and use your resources, whatever is available to you, that will be the main ingredient in turning your life around and help you deal with that beeping sound...

Mmmmmmm...ahh...peace at last.

