

“Life is a series of pulls back and forth... A tension of opposites, like a pull on a rubber band. Most of us live somewhere in the middle. A wrestling match...Which side wins?” I remember when I read this in ‘Tuesdays with Morrie’, and no, I am not quoting this because it changed my life, I mean, not at least when I read it.

What I could relate to, was the ‘most of us live somewhere in the middle’ part, because for the longest time, I was under the impression that I was the only one living chasing things that were running further away for me, being untrue to myself, always somewhere in the middle, why couldn’t I just get what I had worked for? Well, that wish certainly backfired when I started living life in extremes, okay, if I didn’t get something, I won’t even try working for it anymore. Is that how everyone else is just so oblivious and happy, let me try that too? Have I been happy then? Most definitely not.

We are mostly driven by the belief that we tend to become the things we believe are important. When Mitch asked ‘Which side wins?’ — I used that logic to answer this question for myself, instead of his ‘Love wins.’ Whether we are being ‘pulled back’ when we have gone ahead, or we are being ‘pushed forth’ when held back, it is all about how you learn to deal with it. Do you live in extremes, is there no going back when you have been pulled back, or do you want to win this wrestling match?

Like monkeys are attracted to most natural fruits, we, as human beings, are attracted to a life of ups and not many downs. Much like monkeys, if we don’t get to eat the pineapples, we believe in maybe destroying them, no matter how hard it is to even do that. Why not invest that energy in looking for something better? Let monkeys destroy their favorite fruits, let’s try not to obsess over getting what you want, but maybe what you should want. Ever thought how different life would be if we just wanted the right things?