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Conversations with self-35

Happiness, an inside job

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Every day as he practised his game of football, John's father would watch him. John's friends would marvel at the old man's tenacity to support his son. However, John would play poorly every time. One day his father did not show up and that day John played the game of his life, scoring most of the goals. His friends gathered around him after the game and quizzed him. Said one, "John, you normally do not play so well, how did you manage to pull off such a fantastic act today?" To this John said, "Every day my father would watch me, yet he was blind and could not say how well I played. Last night, he passed away and today, he is watching me from Heaven. I know he has eyes to see me today; I played for him."

Nobody is really watching how we play our game; it is only our inner self that judges us.

If we judge ourselves harshly, we perform poorly, for we can never satisfy our inner critic. Yet, if we cherish ourselves, celebrate our small victories, the inner voice of chastisement will abate and, instead, will be replaced by the voice of encouragement.

Remember, happiness is an inside job. It behooves us to acknowledge the gifts we have; value and savour them. In so doing, we can live a life free of limitations and shackles.

We are not bound by anyone; we bind ourselves.

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