

**Published: Monday January 1, 2018**

## Learn to look less at faults

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***Try focussing less on your flaws and dwell, instead, on all that is good about you***

A gardener tending to his garden looked at the collection of rose plants and said to them, "If you did not have thorns, you would be so much more beautiful to look at." He looked at the grass growing on the ground and sorrowfully said to the grass, "If weeds did not limit you, this garden would be lush." The rose bushes and the grass responded in unison, "If you, my dear gardener, saw less of your own faults, you would be happy."

Very often, I tend to look at what is going wrong in my life, the corrections I need to make, and the faults that I have. In so doing, I constantly feel unhappy, dissatisfied, frustrated and unfulfilled. A teacher of mine once suggested that I redirect my thoughts to look at all which is good about me, that I can be proud of, and that I value in myself. If I focus my attention on such aspects, he said, I would be more at peace and receptive, rejoice in small gains and not fret as much. He sang an old song for me, that continues to ring in my ears. The song was, 'Que sera sera, whatever will be will be,' a song originally made popular by Connie Francis.

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