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Living a passionate life

T. T. SRINATH

One can go to the beach, go to the water, and merely wet their feet and say, "I am enjoying the sea." Or they could go to the water, fall in, embrace the waves and say, to this too, "I am enjoying the sea." Both the attempts are fair. Yet in the first, enjoyment is with restraint, in the second, with abandon. What will you choose?

Nietzsche, the famous existentialist, is purported to have said, "Be an artist of life." What he meant apparently was to explore life in full; more life, more failures, more successes, more trials and tribulations and a greater appreciation of our weakness and possibilities.

People often say that they deplore their mistakes; they are immobilised by imperfection, laden with regret. But the person who lives a passionate life is not concerned with the so-called failures; they savour the challenges that come, for each time they can rise like a phoenix.

Acknowledging my grief, my losses are a part of life's process. However, when sorrows become the very being of my existence, instead of engaging with life in full measure, it behoves us to wake up to the opportunities, to tap into our potential and consummate our involvement with life in self-enabling ways.

(The writer is an organisational and behavioural consultant. He can be contacted at ttsrinath@vsnl.net)