

# Choice – Why Worry?

*An article by Vicimisvarri Inderan*

It was another day for me. I was preparing slides for my lecture which scheduled at 3 pm, while Whatsapp notification ringtone was kept buzzing. I was so lazy to check my phone, so decided to open the Whatsapp in my pc, and not surprised to see a number of forwarded Whatsapp messages from my dad. I'm usually not interested in forwarded messages. But that day a particular message with the title "Choice- Why Worry?" a message from Prem Rawat drew my attention. The moment I clicked the link on the message a short video of his speech began to play with a big question "How many of you worry?" and followed by another question "Now please explain to me how worrying is going to take away your problem? Those questions made me stay a little bit longer on the video stream, after all it was just a 3 mins short video. Here are some points to ponder from his message that I would like to share.

The definition given for the word "worry" or "worrying" in oxford dictionary is anxious or trouble. In a simple word something that makes us unhappy. We can vouch for that. And yet every time we faced with problems, we worry. "Why we choose to be unhappy?"

Some people say worry is a part of life and it is natural to worry because it is not in our control. Some even blame others for their worry. I recalled back a line of quote by Dr. Debasish Mridha, a philosopher "By blaming others you never win, but you do lose to your conscience again and again."

So can we stop worry? "YES" said Prem Rawat. We can stop worry. Even in that moment, with all conscience you have a possibility not to be unhappy. It is taking a more proactive and a positive approach to find the solution to the problem. When we are in worry, we tend to see only one potential outcome. But when we are in clarity, we can see other possibilities and we are no longer feel certain about other negative outcome. As simple as that!

*Remember, worrying will never solve the problem! Stop worry and stay happy!*