

Don't react, Respond the situation....

This small story is extracted from life incidents of the Lord Buddha, a famous Indian prince and spiritual leader, founder of Buddhism- teaching all of us a life learnt lessons.

Once upon a time, Lord Buddha was addressing life lessons, to a group of followers. A mid aged man who was sitting aside and somehow was very much angry and disturbed, started shouting and disturbing the whole group by unwanted and abused words. He kept on for a while but Lord Buddha was very much calm and composed, he continued his speech as if nothing is disturbing him. But for some young followers this was a rough experience. They started losing their patience as that man still continued to do the nuisance to the learning atmosphere. Buddha could figure out from their faces that these followers are reacting to the situation created by the angry & disturbed man.

Buddha stood up and asked the question to the group of followers “If someone wants to give a gift to someone, who can choose to accept or reject that gift, the giver or the receiver?”

All followers replied: ‘The Receiver, as only he has right to choose to decline the gift.’

Suddenly the angry man, who was listening this conversation replied, any fool can understand that.’

Lord Buddha smiled and said “Well! That’s it. Is it not the answer to the query to all your worries? Whenever someone tries to disturb or anger us by the intentionally uploading their anger on us, it’s we who have the power to choose to either decline it or accept the abuse. We can make a choice to make it ours or not.

Situations arise or sometimes they are caused to disturb us, it’s we who have the power to react or respond. By our personal response we can choose which ones own and which ones to leave. Situations are powerless without your reaction.