

Tough People last tough Times Don't

By K. Vijay Raghavan

Source: 4th Dec 2006, The Economic Times

It is common observation that while some people allow themselves to be damaged by the unfavourable occurrences in life, some take these in their stride and are sometimes, even empowered by apparent disasters. It was indeed rightly said that hammer forges steel but shatters glass!

In a similar manner, good tidings and onset of fortune bring euphoria and often also a sense of supercilious contempt in some, while enlightened and evolved persons are hardly carried away by such fleeting events.

The acid test which distinguishes the mentally weak from the strong is the capacity to be equanimous in both adversity and prosperity., which is more often and not, even themselves out in the final analysis. This aspect is summed up in the reply of Yudhishtira (Dharmaputra) to the question of the celestial being (Yaksha) as it finds place in the Mahabharata. To the question, "Which is the greatest endurance?" Yudhishtira replies, the capacity to be patient and be balanced in situation of both pain and pleasure."

Rudyard Kipling terms both triumph and disaster as 'imposters' poem IF) . Imposters truly they are and the wise see through these to recognize them for what they actually are- mere illusions! Apparent success could also prove to be one's undoing finally, while certain failures could ultimately prove to be blessings in disguise.

Reactions of despondency or unregulated ecstasy to different situations in life merely serve to damage the body-mind mechanism. Recognizing thus, that these verily are sins, the Bhagwad Gita urges (2, 38) upon the need to join the battle of life with equanimity whereupon one will not incur any sins. This equilibrium, the Gita declares (2, 48) is verily yoga . In another remarkable verse (6,7) , the matured is depicted as one who is 'uniform in cold and in heat, pleasure and pain, honour and dishonour'

Balance poise and precision beside courage tolerance, resilience and forbearance- these virtues indeed are the manifestation of an evolved personality, rooted in equanimity and consistency. This verily is also a measure of one's toughness within, which would brave inflictions and aberrations from without too. Ultimately these resistances, stubborn though they may be , have to give way to this inner power and authenticity. Indeed tough times don't last but tough people do.