

Mind O Mind

by [Bharat Thakur](#) May 02, 2011

Mind o mind, why do I believe you so much, why do I live with you so much, why do I love you so much what is that you want from me. All my life I have given you all my time & energy and at the end you have taken me to a point of loneliness.

I have heard loneliness further leads to depression. So this is what I get at the end of our friendship of 40, 50, 60 years. How can you do this to me? Today I question you - why have you lead me to such a loser trip of life? Today I'm at the point of breaking down. Complete disturbance...

Today I want to know what is my mind... Oh god, see the phone is ringing for some work. Some calls from my girlfriend, whom I once loved so much that I felt happy for at least 6 months and then you invaded... telling me what am I doing... I told you simply don't bother me. I'm just happy but you said to name this relationship and do you remember I was so creative then... I had written a poem that day just to tell you how happy I was and what is my relationship with her.

Yes it was like this...

Some relationships are pity on part of god that if you name it, it simply goes away and I remembered u said but it will not last for long. You got me insecure. I simply married her and then started your trip of ruling her. What did you do to me? I miss those days when I used to love watching her what did you do to my blissful moments? Where is it? I know why she is calling me. She wants to see if I'm ok but you created indifference in my heart. I remember when we were dating I never had complaints with her. You made me feel sick if she was talking to someone... how she is behaving... what dress she is wearing... where are all the friends and people looking at her body... Earlier I used to talk to you about how beautiful she is. Everyone in the party was just staring at her and I used to enjoy the trip then. You cheated me by saying you own her, she is yours. How can she be like this and like that and so I started controlling her. More I did, more she lost respect for me. She was the same, you changed me. I feel miserable today and lonely. Gosh, I wish I never knew you. See even when I am writing you are telling me to get this edited by of my students before putting up on my site. It's so sad... well, I will think twice before listening to you any more...

At the work front I always believed in doing the right things even if people took me to be stupid. Getting least attention from my boss I used to just do work to indulge. It was a high for me... I had shifted my focus from love to work... you remember I used to work continuously nonstop without sleeping for three days, and then Jeevan fell ill and you said, see this will happen to you and so I stopped working that way. I focused on my health and I started to do regular workout. I loved it so much that I used to run for three hour every day and that time you told me see your friend Mr. X who came home to see me as he had spoilt his knee and back as she used to enjoy running. You put that fear in me that I will become like her and that very day I had a severe attack of back pain. You took one more thing I loved doing.

I had so many lovely friends around me... I would cook for them, drink with them, have loads of

fun and I had again told you one line that today I feel love is all around. This was a year back and one incidence happened... someone told to the other that he spends so much on people as he loves to show off his wealth. I had told you forget it, it's just people I'm happy. I was sleeping that day and you said, how can anyone take you for a ride... stop all this. And I stopped. All who used to love me went away and today I feel lonely without work, friends, family. I don't know why you did this to me I wish I should not have heard you.

I don't know which is my home today you wanted me to make just money and money. You made me shift cities, countries one after the other. Today you for sure made me rich but a complete loner... I used to be proud of my country and used to advice people to never shift their base from their motherland and here I am an NRI non- resident Indian, non-realistic individual, is this your trip housed so many that I don't know where my lovely blue shirt was, where I left the most precious gold chain given by my love, which servant food to connect to as my home food as all changes every week.

And I must tell you I have lots to complain from my life to this point...

This is what I felt talking to one of my rich acquaintances... so I thought to publish an article that what we call mind is none but oneself. The one thing that is a mess in this is your the mind. You own the mind now either you take him as your servant or a master... if you take him as a master it can do this to u.

Now let us see where and how one went wrong to condemn loneliness. It's life that makes you go through all this and you feel little wise and lost in life but the truth is – it's not that bad as you think it is and basically nothing has gone for this man. Only one thing has to change and that is -

- 1.He has to get carefree once again.
- 2.He has to not try to understand too much from life.
- 3.He has to now redo it.
- 4.He has to learn to hear his heart again and start getting ruled by it.
- 5.He has to understand nothing is lost, all is still there with him.
- 6.He needs to sit and unwind, may be go for a holiday with his love and fight and resolve his issues. Maybe just become a good listener for the first 3 days, then share what he feels. For sometime he has to become her to understand her.
- 7.Or for few days try to live this loneliness and go backward and forgive all whom he is hurt with. Stop giving yourself that importance that you have to forgive others. It's a bad trip. It's just another ego trip. Help yourself first then others.
- 8.Call few friends and start all over again.

9. Start doing things with not madness and indulgence but with awareness that exercise is good for the body but exercise is bad if overdone and it's not a means to get away from personal unhappiness but a means to heal oneself physically.

10. Start praying, as prayer is the easiest means to get rid of the mind and function from heart.

11. Learn to introspect and not just do things.