

Waiting for love and Cheers to letting it go

She said 'No' to me. After being in love with her for so many months I finally took the courage of professing my feelings to her and what I got was a simple 'No'. It was the time when I was in the first year of my college. I was just out of school, rather out of the egg shell and into the big bad world. I guess sudden freedom did not agree with me and I ended up in being in a one sided love affair. Feelings not being reciprocated by the person you feel so much for, they really hurt. I spiraled towards the thin line of depression and even got urges to contemplate suicide. But I have a fighter's spirit and have a strong belief in the idea of reincarnation and I also believe I am an old soldier reincarnated over and over again which led me to get over the depressive feeling and move on in my life.

One valuable lesson I learnt in this ordeal is to letting it go and moving on and believe it's the best thing to do. I know few people feel that holding on and hanging in there are a sign of great strength, but there are times when it takes much more strength to know when to let go and then actually do it. I know letting go is not easy especially someone you love with all your heart, but knowing it won't matter to that person much helps a lot in that process of moving on.

I would like to share this incident in regards to a friend who had recently faced a break up of an affair of more than seven years. I was cajoling him with a bit of a pep talk to lift up his spirits. I asked him, "So, you are not going to be in love again?" He replied with a weak sob, "No, I cannot think of anyone else besides her." I confronted him, "Just because something was right for you in the past doesn't mean it still is and you being alone for whole of your life is not going to affect her much." I think he is one of those few people who believe in holding on and hanging in as he is still caressing his broken heart.

I always wondered why it is so hard to 'let it go'. I had gone through it, have seen friends gone through it and feel it's easier said than done. All suffering is caused due to the attachment to a positive outcome or avoidance to a negative one. When we fall in love, we raise expectations and build dreams with that person, we also anticipate few negative feelings such as 'What if we don't end up together?' an anticipation of future happenings which leads to worry. These feelings reverberate when things don't go as planned and in the end we tend to suffer an internal turmoil which makes it hard to 'let go'.

There are ways to overcome these sufferings. We have to strongly believe that we have to be strong for ourselves, even if there is no one who asks us if we are 'OK'. We have to believe that we are a good person and a good friend and believe that what's meant to be will be and what's not, won't. Yes, love is worth fighting for, but sometimes you cannot be the only one fighting. At times people whom you love need to fight for you. If they don't then you just have to move on and realize what you gave them was much more than they were ever willing to give you.

We have to accept the fact, the reality of the situation, then probably take some 'lone time' where we can analyze the situation and build the pros and cons. Focus only on things which can be really changed, especially

the things within us which probably led to the situation and take full control of your life, focus inward and take another chance at living your life.

Above all, we have to believe in the power of humor. They do not call Laughter as the best medicine for no reason. Find some time to return to humor and light heartedness. The letting go process can be heavy and tends to make you feel melodramatic. Try to find the situation when you feel really dejected and serious and give yourself a good dose of humor. Laugh at yourself once in a while for it will give you a better perspective and help you feel much lighter.

Recently, I saw a picture on the internet, where 'God' was asking a child to give him her tattered teddy bear, to which the child sadly replies, "But I love him soo much." to which God replies, "Just trust me". The beauty of the picture was, God holding a much better, bigger and beautiful teddy bear at his back, away from the child's view. This is the same scenario we face in our life, we end up asking for things we desire and not the things we deserve, at times our desires may be few but we deserve a lot, so go with the flow of events in our life and anticipate a much better and deserving happening.

I am an agnostic, I don't believe much in the concept of a supreme being overlooking our benefit. But yes, I believe in a higher power, some cosmic force which intervenes in our wishes to work them in our favor if we really wish with all our heart. I was discussing the concept of 'Destiny' with a loved one who is quite spiritual but doesn't believe in the concept of God like me. She strongly believes that we are the makers of our destiny for which I countered with my belief that the universe works on an 80-20 rule. 80 % of our life is destined to be, the remaining 20% is 'as you wish'. We have to see ahead if she is destined to be or not or lies in the rest 20% of 'As I wish'. The reason of sharing this anecdote is to build a belief that, either the person you love is destined to be or not to be in your life's master plan or lies in your wish which comes from your heart. So the crux of the matter is, do not worry too much about the future and enjoy and appreciate your loved ones company and just trust the higher power.

I believe love will happen after letting go. It will take time, maybe a long time, but the wait will be worth it to meet the right person, a person who loves you the way you loved the person whom you had to 'let go'.