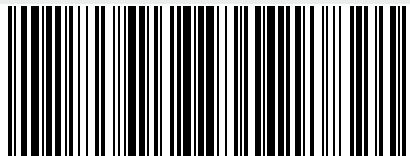


“Musings Of The Heart And Soul” is a booklet of sweet little snippets and short stories which touch your heart deeply and leave you wondering how life can amaze us or how we can amaze life. In this book you’ll find thoughts, feelings and stories from all aspects of life.

With the same propulsive writing and understanding human feelings Sabiha Gulrays is able to give proper words to feelings which easily can’t be described.

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SABIHA GULRAYS

Musings Of The Heart And Soul

**SABIHA GULRAYS**

*Musings Of*



*and Soul*

*The Newest Bestselling Book On  
The Thoughts That Minds And  
Hearts Connect With.*





This Indori girl is what  
you'll call beauty with brains.  
Excellent in Mathematics and  
brilliant in English she now  
dreams to conquer the World  
of Books with her thoughts  
inked on the papers with  
love and life.

Sabiha is one of the most  
talented and kindhearted  
person one can ever meet.

Her thoughts and  
feelings are something no  
one can deny. She can  
understand what you feel  
and like a tattoo on your  
body can ink them on the  
paper filled with your soul.





*Musings Of*



*and Soul*

**SABIHA GULRAYS**



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## **1. A DAY IN MY TECHNOLOGICALLY ENSLAVED LIFE!**

June 1<sup>st</sup>, 2017

Addiction involves craving for something intensely, loss of control over its use, and continuing involvement with it despite adverse consequences. When we begin doing something more often than not we know where we are headed. So here I was –

Listening to a certain song on repeat! Glancing at the TV screen another moment and flipping through some channels with one side of the earphone, taken off my ear and muting the idiot box, not even switching it off because I have suddenly seem to lost interest in what's playing on the 40" screen in front of me!

Earphone back on my ear and I hit the play button on my phone, scrolling through insta stories (our day is sure incomplete without that) and then eventually liking and sharing some posts on FB.

How I wish I could marvel at my ability to multi task right now, alas! Reality just hit me and I realized that in the last one hour I had just become a slave to technology. Social Media was my master and I was doing everything it wanted me to!

Tsk Tsk... Don't get dismayed at yourselves now, after all social media is what we have left with us in this gen next era to maintain relations, don't we?

And after subjecting myself to myriad guilt, I move my butt of the sofa chair, which is off a different shape now and walk towards the window, and what do I see? A mesmerizing shade of orange which is reflecting from the setting sun and I'm enthralled by its beauty.

And just when I was admiring this beautiful scene, I hear the doorbell ring; the gates of my palace open their arms to my toddler who is just back from his summer school.



My muchkin and I decide to share important aspects of our busy day (his day was busier than mine) over a bowl of cheese popcorn and reality number two strikes me again! In the last few days I have had technology take the best of me, I say so because I conveniently forgot that the next day is a Hawaiian theme day at his summer school.

So off we go to his cupboard and we rant through it and eventually settle down for a floral shirt and shorts. We also decide to buy some colorful streamers to go with his attire.

Yes we are done with shopping, dinner was fixed before I visited the sci-fi tech land (thank god for that).

So after dinner we have our routine story time and he's off to sleep sooner than I realize it, and there is still some time remaining before I shut myself from the world for the day.

Yes technology is extremely important, it helps us get through the day(online shopping for necessities, orders over phone, quick chats with family and friends, organizers, reminders and the list could be really long)However, surrendering yourself to it when you could use it to harness your individual qualities and improve on your skills through some practice is not what I would suggest.

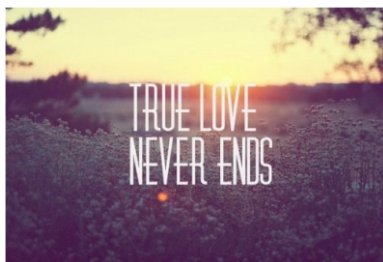
Being tech savvy is needed; it is of utmost importance to get you moving in at work, it could also be your means of livelihood but c'mon let's give our poor eyes a break and flow with emotions and life for a change.

Its time you said "Ae zindagi gale laga le" zindagi tumhe gale lagane ke liye ruki hui hain,use thoda waqt toh do!

A new energized me signing off for the day

Saby

## **2. TRUE LOVE EXISTS! BELIEVE IT OR NOT!**



June 2<sup>nd</sup>, 2017

Have you ever seen a child build a sand castle or a Lego tower, that's the excitement of building something new, something priceless? The disappointment in their eyes when someone breaks their sand castle or Lego tower is, analogous to the heart -breaking distress that one goes through when a relationship breaks.

When people say that they put their heart and soul in a relationship, it's actually true! Besides being physically involved with someone, you care, share, dream, love and hate together. That saying "jo tera hain, woh mera hain" Actually holds true, because your partners' dreams, happiness, pain, their goals, their emotions, feelings, everything gets entwined with yours.

And after you've literally become two souls, one body, BURST!! Goes the bubble! Burst! Go all your dreams, your happiness, your love and what's left after the big relationship balloon burst is only sadness, despair, hatred etc. Everything seems like a delusion, an aberration you feel you never made!!

There comes ego and grudges, fights and questions, tears and depression. You must have heard of the Newton's law, everything has an equal and opposite reaction, right, well...this is the opposite reaction after you've equally or maybe even more loved someone, more than yourself. You know what the beauty of being in love with someone is, even though you both would have known loss like the sharp edges of a knife, even though you both have scars of the past, you both have decided to give yourselves another chance to believe in the miracle and healing of love.



The world comes crashing down. No super hero is able to save it, no magic can undo the hurt, no miracle could turn back time, when two souls decide to become two souls again, when they look for existence beyond each other, when all they have left to give each other is, "Ignorance".

But being someone who has always been a die-hard fan of filmy love, for who, god has somehow made way through everything, for someone who has felt like god's favorite child, when she has conquered all odds, I still believe in the power of what pure love can do!!

Pure love can make you fall in love again and make you rise and rule over all shortcomings you believe you've had.

***Untainted love is as pure as the air in heaven, and I'm sure it exists where we are!!***

### 3. UNITED OR DIVIDED.



June 4<sup>th</sup>, 2017

**Too Big a Post!! But what the heck!! Constitution granted me the right to freedom of expression!**

HALA Madrid!! And all I could hear around me was the **UEFA CHAMPIONS LEAGUE** Anthem which goes like this –

They are the best teams They are the best teams The main event  
And then some part of the verse says –

They are the best They are the best These are the champions  
Indeed they were the best, **CR-7** was/is the man to die for and that's all that I would like to say because my knowledge for the game( **or any sport**) is limited and I'd rather not hurt the sentiments of millions of fans and land myself into a political hullabaloo ( I like this word)

Keeping talks of the hullabaloo aside, let me fast-track my band wagon to the much awaited world war, yes I'd like to call it that or at least that's how most Indians perceive it to be, I'm referring to the ICC World Champions 2017, India Vs. Pakistan Cricket Match.

That's what happens right, if an ardent sports lover genuinely appreciates the batting or bowling of the Pakistani team, we immediately change his nationality, we are willing to condemn his identity! People who have no knowledge, of the constitution, basic civic responsibilities, rights, whether educated or not, just lament him/her as Pakistani!!! Kyu Bhai!! Yes Pakistan has a huge role to play in terrorism and disrupting the humanity of the world, but there are other nations who equally add fuel to the fire of

terrorism and let's not even get there because my life is very dear to me. NO!! I'm not scared to speak/fight against terrorism, or against nationals or politicians or the elite class! I'm not even scared to fight against discrimination, racism, rape, child labor, corruption, crime and all the other things that stop us from being responsible adults!! However over the time I have realized that it's not a one man (in my case one woman) battle.

Let it be **IPL, ICC, ISL, 20 -20, World Cup** or any other **Trophy, UEFA or Europa OR Bundesliga** or any other god damn league. Let it be Olympics or the common wealth games. When it comes to sports we are true examples of “United we stand”? Then why do we portray “Divided we fall”, when it comes to religion? Yes we are divided into various states and provinces without choice, yes we belong to different religions because we were born in a particular household and we didn't really have a choice.

Imagine if a Hindu and a Muslim (Lord save me for trying to subjugate two important religions) and now this is only an example I'm giving, yes so imagine these two people decide to have a baby and if the baby had a choice to be born as a Christian, wouldn't that be amazing, Par aisa hota nahi hain, nahi hoga!! It's against the law of the universe.

So the point I'm trying to make is, that even though we are divided in various groups and sects without having much choice, why we can't make a unanimous decision to unite for cataclysms, tragedies and calamities. Yes as different individuals we are bound to have different opinions over different matters; however can't we become one when it comes to fighting Rape, Molestation, and Murder, for that matter crime of any kind!

Can't we use the same enthusiasm that sports bring to us, to beautify some one's life, to beautify the nation?

You know the way we appeal for a run out or bowled over or for a penalty or a red card, why can't we appeal for justice the same way for farmers, teachers, laborers, in short, justice against all the wrong that happens around us!

Just the way while watching football, cricket or tennis, every Indian household wants their child to be a **Sachin**, a **Ronaldo** or a **Sania**, why don't they teach their children to be good, responsible and honest human beings?

There will be umpteen number of why's and if's raised if I keep writing but what's important is how many souls would it stir, how many mindsets would be willing to change, how many people will be willing to try and how many people will not just be bystanders to the wrong!!

I don't know how are my opinions going to be perceived. I don't know If I'll be appreciated or criticized.

But I do know one thing and that is, that at the end of every day when I look at myself in the mirror, I'm able to smile at my reflection and be proud of myself!!

#### 4. GIVE IT A THOUGHT!



June 10<sup>th</sup>, 2017

Often in life, we are left wondering about a lot of things, some things we know the answers to, some we choose, not to seek answers for! A few of these thoughts have crossed my mind randomly and I never really searched for the answer to the many "whys", that did pop up. May be someday you'll find answer's to them, may be someday I shall set out to seek them!!

If scars are beautiful, why am I judged on how I gave birth?

If colors are beautiful, why is black considered ugly?

If being messy is ok, why do people leave when relationships get messy?

If higher is where you wanna go, why you are questioned on being high once in a while?

If stealing is a crime, why aren't you behind bars for stealing my heart?

If friendship is forever, why did you disappear after the love was over?

If success doesn't come easy, why did you let your child buy an educational degree instead of they earning it.

If you claim to be able to read faces, why can't you see my hurt!

If you believe your struggles are difficult, why didn't you notice your mum's cracked feet?

If you believe responsibilities make your burden heavier, why didn't you notice the hunch in your dad's back?

If you believe every day is a new beginning, why are you crying over what's gone?

Let nothing take away your happiness from you, not even for a moment, it's going to be difficult, some days you would wish ,you had never set out on this journey, but remember how the first ray from the sun brings sunshine, exactly that way, a new day will bring new beginnings and new memories...new people and new found happiness!

Some will stay and some will move on after they've completed their purpose in your life!! Stay Alive, STAY HAPPY, STAY YOU!!



## 5. MADE IN HEAVEN



June 14<sup>th</sup>, 2017

Unsought... Uncouth... Uninteresting!!

She fit the above description well. She lived in her own world, a world that she ruled and protected just like a queen. After all she was her parents' princess. Every girl is! A world where she had her own rules, a world where she dared to dream and be everything she ever wanted to be!!

A super hero to her siblings and a perfect friend to the friends she unceasingly and meticulously tried to keep in touch with.

Often the world perceives and it perceives to an extent, that you forget your reason to be on this planet sometimes. You forget that you were bought here with an aim, a goal you need to accomplish, come what may! However, we would have a dozens of witnesses that time and again, we have become prey to the much spoken and worried about statement, "log kya kahenge".

Kehne do! Logo ka kaam hain kehna was what she heard him say one afternoon. And she couldn't stop herself from turning behind to see, who this carefree person was. There he was, right behind her, talking to someone on his phone, while both of them waited in the queue at her favorite café!

Maybe the universe had it all planned, they were destined to meet and it was mandatory for their paths to cross! She had no change on her and he was happy to offer her some. She declined initially, however on his insistence she accepted the change politely, paid the guy behind the

counter and out of the door she was with her favorite hazelnut mocha in hand. He instead ordered for an extra strong espresso!

Finally at work, she was asked to write about something that wasn't her forte, Sports!! With some mumbling, she began her research. She googled for some local athletes, players and she stumbled upon a familiar face. Ah!! The guy from the coffee shop! Well that didn't interest her anyway; she just finished her task and submitted the details to her boss. After an hour came in the shock/surprise, she was asked to go interview the guy from the café.

And that was the turning point of their lives! Just like how two opposites attract, her uninteresting persona got immediately drawn to his humour. She became his reason to laugh.

Her uncouthness got covered with his gentleman etiquettes.

Her perception of the world became gentler and she learnt saying no was important sometimes!!

He had never met someone so childlike and he got swayed by her simplicity. He sought for reasons to meet her and she yearned to be with him.

Thus began a love story of a match that was long before made in heaven...

## 6. FOR SPORTNICIANS!!

June 15<sup>th</sup>, 2017



*"Experience **SPORTS** Like Never Before"*

Fun and frolic go hand in hand right? Just like hard work and dedication and team work and sharing!!

We have all studied/read about sharing, caring, helping one another, being a team player, utilizing the opportunity on hand etc. How many of us really get to apply all these qualities together. Nah, I'm not questioning anyone's character here, after all you are my comrades, and we all are to someone or the other.

What if I tell you that you do get to experience and depict these qualities? What better way to render them, than playing sports, being part of a sport not only lets you exhibit these and many more qualities but also challenges you to levels you never knew existed. Playing any sport pushes you beyond your own limit and drives you to achieve more than what you'd achieved previously. You not only set benchmarks, you also display techniques to triumph over them and set new ones every day/week/month/year and so on.

You need to be able to be, under the right guidance, your approach has to be flawless and your attitude positive. I personally know someone who could help you tread on your path to achieve something bigger and better, they are known to most of us as, Sportnicians- The Sports People.

A company, which caters to all your sports needs and lets you, experience sports like never before.

They do not limit their work to just sports; they also organize/execute events for corporates, individuals and groups. They will also organize

your dream adventure trip for you. ( Rains are here already, you know what to do)

You have a requirement; they will cater to you with everything tailored according to your needs.

The founder, Ishraque J Gulrays, is an ex international tennis player, having played the game with all his zest and winning numerous titles, makes him the sports professional to go to!! He will help you answer your queries regarding sports and will sprinkle some of his magical optimistic dust on you. I guarantee, once you have interacted and worked with this man, you'd look for no other.

For More Details, Please visit their website – [www.sportnicians.com](http://www.sportnicians.com)  
Contact: 9820802478

PS: Ishraque Gulrays, I hope, I have done justice to an attempt, of introducing your baby to world.

## 7. MOMMY WOES!!



June 16<sup>th</sup>, 2017

I love being a mom and everyone who knows me would sooner or later agree with my larger than life display of love for my son. However I too have my momzilla moments and then all hell breaks' loose.

Whether you are a stay at home mom or a working mom, making sure your child is well fed, is always the biggest worry in the world. Today after I picked my son up from school, I had to run a few errands and also make a quick trip to the supermarket and while I was making sure I mentally ticked all the items to purchase from the supermarket, I was about to hit level one of paranoia, because my son hadn't had a snack (and believe me it feels like a crime sometimes when your child is unfed for more than 2 hours)

I was about to pick a chocolate and a biscuit which had some high funda hullabaloo about it providing certain amount of energy and having a mix of nuts too (nuts are healthy by the way)!! But some good sense prevailed, maybe the angels in heaven were really watching over my son (well there is this story about disciplining my son, that involves two angels watching him all the time). There was a fruit cart nearby, I picked up an apple, got it billed at the billing counter. I was carrying an extra bottle of water, so washed it ( you get bottled water at supermarkets....tsk tsk) and since I always carry a Swiss knife, cut it into half and handed it over to my son.

Ahh!! The peace the set into my mind, that feeling of getting my son to eat something healthy, was just like the feeling of, India winning over Pakistan!!

So the next time you got to travel with your babies\toddlers, here are some quick snacks that you can carry. Also make sure you have a small knife wrapped in an aluminum foil, which will help you to cut things.

- Cut fruits, in case you worry about the fruit changing color, carry the whole fruits and cut an give small pieces later.
- Whole fruits like, banana, cherries, grapes, strawberries can be carried to, wash them, dry them and wrap them in a cling film or put it in an air tight container to carry with you.
- Cut pieces of cheese or cheese sandwiches. I'd prefer roti rolled with cheese.
- If your child is allergic to milk, then soy milk is a better option, small tetra packs of soy milk are easily available. ( My son loves it and is better than frooti n packaged drinks)
- In case you love weekend baking, bake some extra cookies with nuts and homemade butter for your child. If baking soothes your nerves, bake some finger foods too.
- Homemade snacks baked or even fried are always better than the store bought ones, because the store bought ones have preservatives.
- Fries, you can bake the readymade fries, the pack has instructions on how to-do so! Fries are always a hit with the kids.
- In case your child is still having pureed food, pureed food can be frozen and used later. Do that, it saves time and is better than those “ ready-made ,just add water” types food.
- Always carry plenty of water to ensure your child is well hydrated.
- If your child is allergic to gluten, then fruits and veggies like cucumber, boiled carrots, sweet potato and peas are always an option.



Finally, Mr. Google and Pinterest always have answers for us moms, who are seekers for treasures of health for our kids. Just ensure you avoid giving your kids too much of packaged food because no matter how healthy they claim to be, they will always have some preservative added to make sure it stays on that supermarket rack.

Mommies who can't do the above, just trust your gut for whatever you decide, because after all mommy knows best. Happy Searching, Travelling and Raising up Kids Mommies!!

## **8. STRONGER!!**

June 22<sup>nd</sup>, 2017

“ Boys don't cry, Oh! You are a strong boy, chalo don't cry, its ok”. We have all heard this at some point or the other and said this a few times too, if you are a mum to a boy!

Well I don't have any problems with asking your kid to be strong and not cry and encouraging him/her to face the problem at hand, it's the gender discrimination that worries me. However, gender discrimination is too sensitive and vast a topic for me to discuss at this point of time. Mausam toh dekho!! It's the perfect weather for hot piping coffee and plain chicken mayo sandwich.

Yeah, it's the health conscious and slightly firang in me, wanting a coffee and sandwich, instead of chai and pakoras. So while I wait to devour my little snack which is under preparation, let me tell you about something I read behind a school bus (I shall keep the school name confidential), it read, “I shall, I must and I will be a winner”.

Hmm...who doesn't want to be a winner, but is winning the only goal we are erecting in these little minds that are so absorbent and pure. Everyone wants to be a winner, but it's the path to success that is of utmost importance, it teaches you to fall and to rise up again, it teaches you to accept failures, it teaches you to try and never give up. It teaches you to believe in yourself. It makes you realize that every effort is worth it!

Pre-schools these days have such fancy, upmarket curriculums and activities, which for sure lure the parents into putting their kids into these schools. The every month offsite trips, the food chart (which I approve off) the projects( which are made by parents and grandparents off course) and a few more activities which could end up making me or my child feeling pressurized.

Thoughtfully, I didn't enroll my toddler into any of these (read - competing amongst whose kid is the best or whose mommy is better dressed) schools.

I enrolled him into a school that is being run for over 20 years because that gives me the assurance of the faculty being experienced.

The school still gives written notices, so that takes care of my child not being introduced to any gadgets, which gives him a break from his gadget craving time.

The school doesn't force you or your child to enter the class on time, in case your child is crying, which they are bound to, they let your child enter at his/her own will.

In case the parent doesn't arrive early, the school doesn't make frantic calls to the parents reminding them that they haven't arrived yet to pick their child, instead they engage the child in play which helps them get used to the school atmosphere.

Their main focus is to get a child accustomed to the atmosphere of school. They also make sure that your little one is able to write, grasp and understand what is being told to them and execute instructions if needed.

Our children leave their protected shelters to be with unknown strangers, to build experiences that will hopefully last for a lifetime. An experience that will teach them to accept and overcome their shortcomings. To be non-judgmental, build friendships and accept changes that come along your way.

The school may not be modern in its approach, but they have an approach that has connected with my child's heart and I think that's what is more important. After all, they are little angels (in some case little demons too) who need to learn to love and care, share and give. They need to learn to be good humans.

...And that's what will make them stronger!!

## 9. CLOSURE

*Closure. We all seek it. We seek the end of things and also the beginning of new things. Those things we can't find closure on, they haunt us. They pop up in our dreams, and creep into our thoughts in idle moments, like a mind-bender that's beyond our mental capacity, a mystery that just won't be solved.*

June 29<sup>th</sup>, 2017

As I was nearing the end of a murder mystery novel which was extremely gripping...I was hoping that the murderer get's sentenced to death but the book ended with the murderer going scott free and I sat there feeling hollow. I had a dull feeling sink into me because the book hadn't ended the way I had expected it too!!

Through the day, my hubby, sensing my displeasure over the book and knowing how I love books, asked me to let it go...he said may be that's how the author wanted it to be and that made me wonder!!

Have you ever wondered how we all want an ending to everything...like a closure to every chapter in our lives...we feel incomplete, disoriented rather if we don't attain closures on situations and relationships.

How we want everything connected....like dancing with a partner, like rains with long drives...summers with cool breeze ...love stories with happy endings!! We try and be a living example of newton's law, "every action has an equal and opposite reaction". We however, don't realize or contemplate that somethings are meant to have different endings. Some paths just cross each other and go different ways. Somethings/people just have a purpose in our life. Once their purpose is over, they move on! We just have to inculcate the learnings from our experiences with them in our lives and move on to the next chapter written for us.

We all wish for the usual, why can't our wishes be unusual, why can't our wishes be "no strings attached" wishes.

Like for example... why can't we wish to be the cloudy sky... for the world its dark but the sky knows that it has the moon/sun around it.

We wish to be someone's light at the end of the tunnel, why can't we wish to be the road leading them to the light?

We wish to have no failures at all but without failures success has no meaning. The celebration would be meaningless.

It's about acceptance... about learning to let go! It's about being who you want to be!

The creator, created you to be Sui Generis (inimitable)... Be it  
Explore, Think, Challenge Yourself.

Be surprised at your vigor!!

Read this somewhere,

## 10. BE THERE!



June 30<sup>th</sup>, 2017

She lay there on her side of the bed (one of the few things that was hers, only hers), tossing and turning, hoping as always that sleep would favour her tonight.

She went back and forth her memories, something she did every night since the last few months, trying to figure out where she went wrong, trying to judge the circumstances and ending up judging herself. Why me?, a question she tried pushing away umpteen number of times.

What about the promises, the vows, the commitments, the responsibilities, what about the house? What about the finances?

What about the kids, what about him? They all love her, she is their world. Her world however had collapsed when he first told her, what it was!

She knew she had no choice left, she knew this was it. She had to take the decision. A decision that would benefit her, only her and may be others too!

She had the right to do it only for herself, after all in the last few years and more she had only given, it was time for her to receive. Hopefully this will be her light at the end of the tunnel. She had heard others talk about it, it's so painful they had often said.

She didn't realise when she fall asleep last night. For the first time in months she didn't require the sleeping pills. The yelling between the kids



is what woke her up, she saw 10 missed calls from him. She somehow had made up her mind.

Hesitantly she picked up the phone, his number was on speed dial now, she called him. His first words were, “are you ready?” She finally said, “Yes”. He asked her to meet him at 3pm to discuss it in detail. She agreed. Thus began her treatment of chemotherapy!!


Illness can strike anyone, anytime.

The person going through it needs your emotional support along with the financial support.

Be there!! You can't take away the pain, but can be a part of their journey.

## 11. HAPPINESS IS .....

happiness

/ˈhæpɪnəs/ 

noun

the state of being happy.

"she struggled to find happiness in her life"

synonyms: **contentment**, **pleasure**, contentedness, satisfaction, cheerfulness, cheeriness, merriment, merriness, **gaiety**, joy, joyfulness, joyousness, joviality, jollity, jolliness, **glee**, blitheness, carefreeness, gladness, **delight**, good spirits, **high spirits**, light-heartedness, good cheer, well-being, enjoyment, felicity. [More](#)

July 3<sup>rd</sup>, 2017

Happiness is... seeing my toddler happy.

Happiness is... watching your child grow into a wonderful human being.

Happiness is... being able to fulfil your parents wishes.

Happiness is... time spent with your siblings.

Happiness is... reliving nostalgic memories with your buds.

Happiness is... a hug from someone you love and care.

Happiness is... a phone call from a long lost friend.

Happiness is... revisiting your school campus.

Happiness is... an unexpected "Thank You".

Happiness is... a home cooked meal being served after a tiring day.

Happiness is... a pat on the back from your boss.

Happiness is... someone telling you, they look up to you!

Happiness is... your first pay cheque!

Happiness is... finding money from the most unexpected places when you are broke.

Happiness is... being able to fit into your old( thinner) clothes



Happiness is... your crush liking your picture on Instagram!



Happiness is... an umpteen number of things that can't always be listed!!

Happiness needs to be felt and experienced but unfortunately zooming in and out of our busy lives we forget to remind ourselves to be happy, sometimes maintaining sanity is also difficult (ask a mum with a toddler about being same) 😊

issues, some have emotional break downs, some lack sleep...some are hungry!! Some are lonely!

Some are just getting bogged down with various things that the roller coaster called "Life", brings with it!!

When they say, "Time and Tide, wait for none", it's true! A dear friend lost someone close to her in a fraction of a second, another friend, he has marital issues. A friend from school is coping with work pressures and is beginning to have identity crisis because he left his passion to cope with financial demands. Uff!! Ya Khuda...life isn't fair,haina!!

But it's not life, its the circumstances the situations that demand a lot from you sometimes. We do need to realize that everything that is happening to us, or is going to happen to us, is all pre-written. We are just mere actors chosen to play our part. Yes, what will make a difference is, how you play the part?

I think, your smile is what people will notice first! So take a moment and tell yourself, whatever is happening around you, will get better!! Not everyday is the same and your experiences will eventually be like, star points on your book of life!! 🙌

That's happiness defined for you!! Pick your favorite meaning and let everything and everyone know, you were made for something better. Let yourself know, "You are the best".

Ps: Talking to yourself ( in reclusion off course) helps.

Double PS: Thodi pagalpanti toh zaroori hain ( my sincere apologies to Mirinda)

## 12. HIM VS ME



July 9<sup>th</sup>, 2017

Fuming and exhausted I sat on the sofa chair, after my face off with him... something that became our regular routine.

I didn't know what made me more angry, that he didn't listen to me or that I failed to attract his attention!!

The next moment he was there in my arms, saying sorry! These were his exact words, "I'm sorry mumma, don't be upset with me, I'm your beta na"!

It made me smile, I hugged and kissed him back. We were off to our regular playful self.

To actually ponder over it now, are we raising kids to be able to, emotionally dominate us?

Do they have everything easy because we try and compensate lack of time with gifts?

Do they fear us, respect us, love us or they just merely do as we say, in exchange of things or for not wanting a huge drama?

Do they fear us, respect us, love us or they just merely do as we say, in exchange of things or for not wanting a huge drama?

Will they be ready to face challenges ahead in life because they are so protected sometimes?

Will they have the same love for books as they do for gadget and sports ?

Too many thoughts clog up your vision to be able to measure situations beyond their substance!

Suddenly I hear him calling out to me....Mumma!! There he was trying to arrange his clothes with his tiny hands, back in his cupboard, picking his toys and putting them back in place.... Mumma I didn't put it down, it fell on its own, but its ok, I'll put it back.

And then he hugged me and said, you relax and watch me play football! "I'm the best footballer", he said!

That made the thoughts fade way, I stood there with new thoughts. Thoughts that ensure that no matter what happens...he will be a good responsible human, understanding his share of responsibilities, taking accountability for what's right and what's wrong and that will lead him to what's best for him.

Yes my child, you are and will be the best footballer! You amaze me with your spontaneity and wit when I least expect it and I'm one proud mother and will always be.

Thank you for beautifying our lives, you are the beautifier just as your name suggests!

### 13. YOU BE OLD SOMEDAY TOO



July 13<sup>th</sup>, 2017

So here I was doing some research for my next blog, the content idea for which was suggested by someone I know. I randomly typed, "why leave them when they are old". The search results were various, some included the valid age for your child to be left home alone, some were news results on how a teen got their parents arrested because of various reasons that seemed right to someone who wasn't even adult enough to judge.

All the search results had one thing in common, they all fortified how parents were always responsible for their children, the age didn't really matter.

Everything that happens in our life, our parents are directly or indirectly held responsible for it. When we are toddlers, when our tantrums are more than the words we speak, its our parents who are judged for our behaviour.

Undoubtedly, exist parents who don't do justice to parenthood at all. There also are kids who have had unfortunate incidents with their parents and though holding grudges just makes your wounds hurt more, still sometimes it's fair for them to have lesser feelings towards their folks.

Our parents do everything that's within their capability to fulfil our dreams and often they do things that is beyond their capability just to see us smiling. I'm saying this with utmost confidence because I too have made that promise to myself, that come what may, I will try and do everything that I can, to fulfil my child's dreams.



We as children and even when we our adults fail to come to terms with certain things that our parents do or did for us and hence start the differences!!

Wikipedia defines parents as care takers of an offspring and further classifies parents into being over protective and neglectful!! Funny how social media categorizes our emotions!



There comes a time when we are ok to part ways with them, some of us leave our houses and some of us compel our parents to move out.

We fail to put all our practicality, all our years of education to application.

We write and like things on social media...but do not live the words we preach!! We get emotional over movies and are ready to be part of protests against the wrong. Yet we fail do what's right!!

What if your child did that to you, have you ever thought over it?. Are you prepared for it. What if they sent you to an old age home that runs only on benefits from either the private sector or from the government. The discussion can be endless, all that you need to do is to go back to one of the first lessons learnt in your life, to love and care. All that you need to give in return of love, is love itself. Nothing less, nothing more!! With immense love and respect to the two people I will forever need in my life!!

Love you \$ Stay Blessed #musingsoftheheartandsoul #yourdaughter

## **14. IN YOUR ANGER, DO NOT SIN**

**JUST BECAUSE  
YOU'RE ANGRY,  
DOESN'T MEAN  
YOU HAVE  
THE RIGHT  
TO BE CRUEL.**

July 18<sup>th</sup>, 2017

Often in life situations are beyond our control and we come across a lot of emotions, the most frequent one being anger. We always look at ourselves in the mirror when we are happy, try looking at yourself when you are angry, like super angry. What you choose to do with that look, it's a choice I choose to leave it for you.

A lot of times I have been so angry that I wanted to enact my favorite part of an action movie...breaking things!

Then after a few moments of raving and ranting, better sense prevails and I get into the retrospective mode and try and find a solution to whatever instigated me to be furious. It works most of the times and when the retrospection doesn't work, I do the world famous act of being happy and not get triggered with miniscule things, "I ignore!"

There, however exist a lot of people who take drastic measures in a fit of rage....their anger gets so dangerous that, it compels them to harm someone.

After much contemplation I watched this movie, last night that shows a girl being raped because the rapist is angry over him being rejected by her. Further reviews about the movie will follow soon. What's kept me wondering is that do we become so angry over someone rejecting us/ our thoughts or correcting us, someone yelling at us or someone not agreeing to us that we are ready to take revenge. Our inkling towards revenge is so high that we commit hideous crimes like rape and murder. Why??

Have you ever wondered what impact your actions/ behaviour will have not only on the person it is inflicted towards but on everyone else associated with you and them as well?

For elders who have arguments, please avoid them in front of kids. They are extremely sensitive and observant. Something you say or do in anger could change their perspective about things forever.

For parents who in order to correct their children yell at them (which is necessary sometimes) , please do so in private if possible. You may lose out on being your child's confidante forever.

For bosses who like to command authority and display superiority through anger, please rethink over what you do, you may break someone's confidence forever.

For people who choose to disagree with each other, please try and have conversations rather than arguments. You will reach a solution, beneficial for both.

For people, who are educated, don't put down someone less fortunate or less educated than you. These people help us with a lot of things so that we can have a comfortable life and they are trying to earn a living too, just like you.

Rejection in love and marriage happen over various reasons, some right and some wrong. Please do not build your life around the wrong because just like the cloud cult song, you were born to make this right...you were born to chase the light.

I have always believed in the Newton's third law

**“For every action, there is an equal and opposite reaction.”**

And God said it too..

**“Be not deceived, God is not mocked.**

**Whatever a man sows, that shall he also reap”.**

So the next time you want to break something, try hitting your fist against the wall. It'll teach you to be more peaceful and think before you act/react.

#happymusings

#musingsfortheheartandsoul

#musingsonarainyday

**Anger Management, Happy**

## 15. SNIPPET



July 24<sup>th</sup>, 2017

via [Daily Prompt: Fragrance](#)

Your fragrance still lingers around in the room!

Every time I cook a meal, The fragrance from the pot reminds me of you staring at me, motionless!

The way you tilted your head when I called out your name,

Even though you weren't allowed on my bed, you still happened to share my pillow.

You sulked like a child at every denial, you expressed joy every time I was happy.

There were days when your fragrance turned into a stink and you would be in hiding then.

You were his son, my child's buddy, and you continue to remain my best friend.

You were a pet to the world, to us you were, our own.

Now that you are gone, your fragrance lingers on in our memories and we hope that in peace rests your soul!!

Love You Amigo!!

Missed and Loved until eternity.....

## 16. WHAT DO YOU SEE?



July 27<sup>th</sup>, 2017

I almost stopped myself from describing a kid's appearance as a kid with disformed lips...and I was ashamed of myself for doing what I was about to do...!!

This incident made me wonder and yearn for answers. Answer to the question, "what do you know me as?"

A woman, a girl, a mother, someone's daughter or someone's wife.

You'd describe me to someone as, "that fair girl, straight hair, loud voice, slightly overweight etc. etc".

Funny isn't it, how we are known for our looks and relationships we make/create and not for who we are. People do take our names but what if someone doesn't recall who you are, they generally give references of your looks which I guess is a universal way of describing someone.

What amuses me is people directly jump to describe flaws, esp. for people with disabilities. I'm sure you have heard people talk about a certain person, describing them as a person with probably a squinted vision, someone who stammers, someone who limps, someone who is autistic, someone with a burn mark on their body...someone with something or the other, something that doesn't make them perfect in your eyes!

Why can't we look at these people or rather say everyone, as someone who is excellent at a particular task, say someone who is an incredible

leader, someone with great time management skills, with great sense of humour, someone who cooks lipsmacking meals, someone who sings or dances exceptionally well, someone with great photography or public speaking skills. There is immense amount of talent that goes unnoticed, unmentioned!!

There is tremendous positivity around to soak your spirit into, yet we go after what's incomplete, what's not perfect.

You will always find flaws with someone or something until you don't learn to appreciate the goodness in life.

Some of us are choosing varied professions despite coming from divergent backgrounds.

The ones with a difference, know how to respect, It's the ones with similarities need to learn how!!

Positivity is like a boomerang...it will come back to you!!

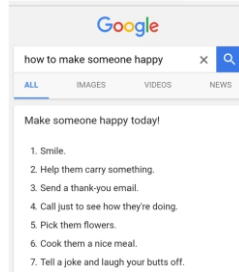
#AchiSoch

#BadiSoch

#midweekmusings

#musingsoftheheartandsoul

## 17. SANS YOUR SMARTPHONES



Aug 3rd, 2017

I liked her post on facebook, where she tagged a dear friend in one of the memes to make her realize how there were some jokes that only they could understand!

He congratulated his buddy on their friendversary...facebook reminded him again of their friendship of 7 years!!

She posted a picture of her on roposso and instagram...she had over 1000 followers on each app...yet today she had no one to share her thoughts and a cup of coffee with!!

Been there, done that kind of situations right! Yes we live in a world where social media and technology is everything and now we even have adverts proving how important our smartphones are.

I'm not challenging or denying the fact that our phones and certain apps help us cope with the fast pace of this ever growing, forever on the go, world. I'm just in a blank space now...wondering that if facebook didn't have reminders...if whatsapp didn't have groups how often would we have valued relationships. How often would we have picked up our phones to dial out soemone's number asked about their well being. I'm not asking you to attain salvation, I'm requesting you to look beyond your phone, there is a human beyond it.

I visited Haji Ali yesterday and what I saw made me smirk. People were clicking selfies inside the dargah instead of offering prayers. Its like telling god, "bro..wait, let me get a response on my looks, then I'll come to you with my list of wishes".



Social media is a good platform to promote your thoughts, a good platform to raise awareness and an even better platform to gather knowledge, considering that google has answers to almost everything.

You'd be surprised at how the internet too wants you to stay in touch with your humane side.

Check this for starters, I just did this on random

So go out there and express your love, gratitude, happiness, excitement, sadness etc to whosoever you want in the most non technological way...the way that describes who you are minus your phone!!

Any if you have talent to showcase them internet is your platform..!

#dontbeenslavedtotechnology

#musingstowardstheweekend

#expressyourmusings

#conversationsarethebest

#musingsoftheheartandsoul

#catchupwithalovedone.

## 18. THE LAST MORSEL

Aug 8th, 2017

### New thoughts

At a party or at a hotel, at least once we have glanced over people's plates and an over filled plate is definitely not a pleasant sight. What grabs your attention is a beautifully arranged plate. Similarly don't over fill you life with tasks and duties that don't need your attention or just because someone is too glad to pass it to you... Make you choices!!

She sat there staring at the last morsel of food, wondering whether to eat it or not, she already had eaten enough but she didn't want to waste food. She was raised to respect every single morsel. She, after all had known how it was to sleep empty stomach. She also knew that the tiny man was watching her eat, so if she put away the last morsel of food, the tiny man too would do the same. Kids after all imitate their parents, don't they?? So, fighting away all these thoughts, she gulped down the last morsel of food, even though the last morsel of food kept her feeling uneasy for a long time. After a while, she got used to the uneasy feeling and she went about being her usual self!!

Just like the last morsel of food, she went about taking on additional responsibility day on day. Someday she would excel at her chores, someday she performed averagely and someday she hoped for the tasks/chores to just get over and the day to end. It seemed like she was expected to be born with some supernatural powers to be able to please everyone and to be able to take care of everyone's needs. Someday she said to herself, she cared less about what others thought, on other days, she was constantly worried about being judged.

Often, we take on additional tasks/ duties regardless of the fact that we already have enough on our plates because either we are afraid to say no or we are out to prove our superhero abilities to the world, after all our lives are in some way or the other stirred by DC and Marvel comics!!

It's good to be able to multi-task, its brilliant to have excellent time management skills and you are a star, if you can delegate, multi task, achieve deadlines and procure desired results. We strive for excellence day on day. We are on an endeavor to learn and improve always, so its **OK** to do less one day.

Like they say, 'less is more.' Yes sometimes, doing **less** will do **more** good to your soul. Push yourself to achieve more but at the same time do complete justice to what you have taken up. Being selective can be beneficial too!

So, it's ok to break some rules today, it's ok not to please people today, it's ok if you are judged today. Kehte hain na, "jitney muh, utni baatey". "Jitney log, utni alag alag soch".

Begin by saying no, begin by freeing yourself from the chains of certain norms, begin to care more about yourself without disrespecting anyone and a little less about the world.

**#thelastmorsel**

**#musingsoftheheartandsoul**

**#midnightmusings.**

## **19. LIBERATE ME!!**

Aug 17<sup>th</sup>, 2017, Independence

We attained independence 70yrs ago. There are people who risk their everything to protect us. Their wages and benefits might be way lesser than what some of us get. Let their efforts not go in vain. Educate someone, feed someone, protect someone, be honest with someone, help someone!

They say think twice before you speak, because your words become your character but what good is a character that is not able to reform anything!!

Talking about reforms, we just celebrated our 70<sup>th</sup> Independence Day 2 days ago and it fills my heart to see the amount of patriotism flowing on social media.

People who don't utter a word against the wrong or even the right, write paras about independence and the struggle involved in attaining freedom just to make sure they are following the herd!!

Then there are people who complain about the 'N' number of things wrong with our country and hence according to them, we lose the right to celebrate the only day we dress up like our beloved "Tiranga".

Well there are few thoughts that have bothered me time and again and I wish to pen them down. The way they have a disclaimer in the movies, I do not wish to offend any person or religion!!

· Why are 3-year olds raped and molested in the same country where the birth of nand kishore kanha is celebrated with such splendor and vigor. We even had an 8<sup>th</sup> girl raped right after Independence Day celebration, what about the millions of incidents that go untold.

- Lord Ganesa has the head of an elephant and of what little I have known, he is known to be param brahma(first to be worshipped among all lords) and yet we resort to discrimination based on looks, color and sometimes even stoop to the level of body shaming.

- Holy books talk about making the women of your household self sufficient and treating them with love and respect and yet we are discriminated against.

- Muslim Freedom Fighters had an evident role to play in the freedom struggle and yet we struggle to have equal treatment of religions.

- We complain about India not doing well in Olympics, yet we worship only cricket as a sport.

- We complain about lack of amenities however when we are provided with them we do not make the best use of them.

We are aware but not fully informed. We don't read about our rights and duties. Most of us are like the herd of sheep that just follow each other. We are part of protests, we forward messages on social media, we give interviews, talk about issues with friends, parents, colleagues etc. but we never really take the first step.

If you want a transformation, you need to transform first. For example, you adapt to a healthy lifestyle if you want to be fit. You don't need to start a revolution, you just need to ignite the fire!!

If you have the knowledge, share it, spread it!!

If you want sports to grow, help your child develop interest in a sport of their choice and not yours.

If you want your kids to be safe, teach them how. Have open conversations, they can be embarrassing but will help them.

If your son wants to help with the housework, let him, it may help someone's daughter tomorrow.

Alternative careers can be fruitful too given the right amount of sustenance.

If you need an unsoiled nation, you need to take measures to reduce what's in excess!!

My thoughts and your thoughts can differ, can be endless. You can have a debate with me over the 'why's and how's' and still some of us will remain unbothered because we are used to the “hota hain, chalta hain”, attitude.

We attained independence 70yrs ago. There are people who risk their everything to protect us. Their wages and benefits might be way lesser than what some of us get. Let their efforts not go in vain. Educate someone, feed someone, protect someone, be honest with someone, help someone!

It's not the independence that we need, its liberation from a myriad of things, some big, some small. Liberation has to begin with me.....with you!!

## 20. DON'T FORGOT TO SMILE :)



Aug 20<sup>th</sup>, 2017

Cleaning your wardrobe and arranging it can be a really time consuming task however the pride you achieve once you are over and done with the task is massive. The neatly arranged clothes, the de-cluttered racks, such a feast to the eyes.

So through one such de-cluttering session, I came across a diary that was given to me by my previous employer which was used more by me post I quit working with them. It had numerous calculations, scribbled notes and a piece of an article I wrote 4 years ago on travel.

Having travelled 6 countries that are visited by tourists from all over the world, I have come to a conclusion that despite the different castes, races, colours, lingo, the one thing that binds us all is a Smile.

When you don't know what to do, where to go, who to ask, just smile, that's the first thing people notice about you and I say that with utmost confidence because I have won the best smile award from people who are most difficult to please, Women!! ( it was awarded to me at one of the events in my toddler's pre school)

Imagine travelling by your car and at the signal you see two cute girls smiling at your toddler from a bus (public transport) and your toddler leaves everything he is doing and smiles and waves at them. Such is a wonder of a smile

The smile from your boss, when you are to address an important meeting is indeed assuring and boosts your morale.

That smile from your Pati, Patni, girlfriend, boyfriend in a room full of people, makes u feel loved always.

The smile from a stranger who looks equally bored as you at a party, can be the beginning of a new friendship (now just make sure the person isn't a creep and a weirdo)

The most heartwarming smiles are from kids and grandparents, who are filled with love and innocence.

Even animals understand smiles! Smile at a dog and see it wagging its tail at you.

Smile and approach someone in an unknown land, you surely will be helped.

Even the smiley emoticons sometimes help you from being misunderstood in a conversation.

Now now, smiles from some strangers and smiling at them can be real tricky, you gotta trust that feeling from your gut there!! ( remember that episode from Friends where Chandler is trapped in an Atm and wondering whether to smile at the girl or not).

Smiling is like a boomerang, it comes back for sure! So Smile often!!



## 21. BLESS US LORD GANESHA!!



Aug 25<sup>th</sup>, 2017

This is something I wrote a few years ago and never really posted, I had written it for someone I really respect, just the way we are supposed to respect each and everyone!

God causes menace!! Now now, wait till you pounce on me and issue an order against hurting public sentiments...well that's not my intention at all. The very reason I say this to help the public have traffic free roads and volume controlled celebration ( considering commenting on voice decibels is the trend)

I say this in context to the recent celebrations of Ganesh Chaturthi, which is the Hindu festival celebrated on the occasion of birthday of Lord Ganesha. Ganesh is widely worshipped as the god of wisdom, prosperity and good fortune and traditionally invoked at the beginning of any new venture or at the start of travel.

What I don't seem to understand is that when the history behind this celebration relates to doing good to others, spreading happiness and is supposed to bring good luck, then how does causing traffic jams, setting up stores mandals on the footpath meant for walking, causing noise and environmental pollution would please the God of Wisdom.

Aha!! I get it now, the wisdom probably comes and goes with the lord. We humans have a tendency to make our own rules and do things that are convenient to just us, very few of us think about fellow humans at large. Would your devotion to god exist only if you bought the lord home for about 7-10 days? What about people who don't follow this ritual. Would the god be biased and not pay heed to their prayers just on the basis of how many people followed this ritual?

Traditionally, the idol was sculpted out of mud taken from, nearby one's home. After the festival, it was returned back to the Earth by immersing it in a nearby water body. This cycle was meant to represent the cycle of creation and dissolution in nature and that, I believe was a ecologically smart thing to do.

Isn't intellect something that should improve and increase with passing generations and development in technology and education.

This festival is to bring with it, a feeling of comradeship and amity however to people it also brings a feeling of being annoyed and causes inconvenience. Firstly with the roads that get narrowed due to pandals and mandals being set up, then with the noise pollution it causes and largely because of the traffic commotion it causes to any common man. Our law and order system too seems **more** helpless on these days.

I'm not against the celebration and neither do I lack faith, infact it fills my heart with immense joy to see all the beautiful pictures across social media of love and devotion, how we remove time from our daily schedules and make time to seek the lord's blessings.

My only plea is to make this ritual full of solidarity by taking preventive measures towards the environment and fellow humans. The government should also support this thought by better traffic management. Instead of submerging the idol in beaches and rivers, let's submerge them in manmade pools and the use of eco-friendly idols would add to reducing the environmental hazards. When we are successfully able to take these steps, Lord Ganesha himself would be happy with his homecoming and I pray that the lord wishes us all with good public sense, responsibility towards our actions and happiness all through our lives.

May Lord Ganesha, The Vakratunda, The Vighnaharta bless us and guide us in the coming days and forever.

## 22. RAIN RAIN MAKE US CARE!!



Aug 29<sup>th</sup>, 2017

Wrath of the rain gods! I read a headline on the news channel this afternoon, whatsapp messages poured in from various friends, frantic phone calls to family to check on family and friends...breathing a sigh of relief knowing everyone is fine and is on their way home through help from colleagues, friends and even strangers!

Funny na how we as humans do umpteen number of things to hurt mother nature (knowingly or unknowingly) and still mother nature, even when angry, just like our mothers, finds ways to unite us in harmony!

In this hour of need, we tend to lend a helping hand to anyone and everyone. I see people offering shelter, food to anyone and everyone, messages with people's phone numbers get circulated on social media. Seriously, salute the spirit of the people of aamchi Mumbai. Kudos to Us!!

I'm happy, elated however a tiny thought crops in my mind making me wonder, why do we need a natural calamity or a situation arised by the mayhem caused by nature or a terrorist attack or for that matter any external force to bind us together.

Why can't we show this concern on usual days, why can't we be welcoming to people on a normal day, why can't we check on the wellbeing of friends and family on other days?

We all have busy schedules, we all are in a race to build a life, a career, chasing dreams and goals, dutifully fulfilling responsibilities but that doesn't, in fact shouldn't stop us from halting to spread some love and cheer. Soch Badi, Niyat Badi, Umeed Choti, Fasley Kam!!

Stay Safe Everyone!! ❤️

Let these continous showers continue to shower our lives with love, respect and care for everyone.

## 23. A THOUGHT WORTH A THOUGHT!!



Sept 5<sup>th</sup>, 2017

One person cannot really change anything except their own self, their own beliefs, habits, their perception of things and their own thoughts.

We've seen/heard/ read about a lot of people who have individually done multiple, in fact repeated acts of kindness. These people are teachers, doctors, sports people, roadside vendors, some are educated and some are not!

We come across numerous posts on social media about such people, we share these posts, like these posts and many of us even comment and applaud their selfless character.

We seldom blame the government too for not giving these angelic souls enough recognition.

Have you then wondered why most of us are asked/told or we ourselves wish to be like the number one celeb of any given field??

We have always heard our parents compare us with other children in terms of their achievements academically but very rarely do they ask us to be like someone else because of how humane they are?

Having an idol is one thing, it helps you move towards a goal you have set for yourself or will set for yourself, however being a good human is everything else!!

So while you are busy building a life for yourself and your loved ones...put some life into life.

Do something without expecting anything in return for someone and then your acts will begin to have the boomerang effect!!

It's easy for me to write words upon words on how and what you should do, what we should do!!

The decision and effort has to be yours, only yours!!

#Dogooditwillcomebacktoyou

#Beconsiderate

#musingsoftheheartandsoul 

## 24. THE TRAFFIC JAM MOMENT



Sept 6<sup>th</sup>, 2017

### LIFE TRAFFIC VEHICLE

Observing people and your surroundings can be a fun thing to do.

This what I did when I was stuck in a traffic Jam.

We've all been stuck in a traffic jam and for those of us who live in Mumbai would agree that we spend more time in a traffic jam than the time we spend with our friends and family on certain days.

So, on one such day when I was heading back home after dropping my little love to school, I was stuck in this non-moving traffic jam for over 20 minutes with nothing to do except for looking at vehicles of different shapes and sizes.

And then the most awaited thing happened, the traffic began to move. Voila!

The big trucks were like these stubborn people we meet sometimes, who do things at their own pace and will.

The delivery vans were like the punctual lot amongst us, hurrying to finish their task on time.

The cars were like these carefree souls, doing what they want at whatever pace they want, honking non-stop to get past other people.

The luxury cars were like the elite crowd, following rules, maintaining their speed and seldom looking down at the smaller budget cars.

Now the bikers and autos were the most interesting them of all, they tried to carve their way through any space available, they displayed the true spirit of our chaotic lives, running, speeding up, trying to move ahead of the other person beside them, so much effort just to get to their destination. Some even risk their lives, some make so many efforts to get past everyone and eventually to get stuck at the red light again!

And then there was “Me”, the only person whose speed, efforts, abilities I could control, the person who had control over the vehicle I was riding.

Our lives are also like the traffic jam, where each of us is running, walking, moving towards are goals in life, some of us care about the others, we stop to let them move ahead, some of us get hurt, some of us get dashed, some of us get outrun, some of us are patient enough to wait for 3 red lights to pass and some of us are stubborn enough to stand our point for as long as we want. However, each of us has control over only our lives and control over how we influence the lives of others.

So with all the vigour and passion for riding/driving, let's do it safely, lets decide on what route to take, who we want to be our companions while we do so and may all of us have a happy moment even while we are stuck in a jam!!

## **25. DAILY PROMPT: IRRELEVANT**

Sept 23<sup>rd</sup>, 2017

via [Daily Prompt: Irrelevant](#)

She toiled all day and still slept for lesser hours compared to the others,

Her feelings at the start of the day and when night fell in, were eventually irrelevant!

She was raised as a princess and now she ensured her house looked sparkling like a castle,

Yet again her opinion on certain issues, seldom seemed irrelevant!

She was capable of earning her own livelihood yet choosing a career of her choice seemed irrelevant.

She decided to give her irrelevant world a little relevance.

Now her picture hangs on a wall that gets adorned by her favorite flowers every day!!



## 26. TRAFFIC JAM MOMENT 2



Sept 23<sup>rd</sup>, 2017

Nah I'm not a person who enjoys traffic jam, no, not even when I'm travelling in an A.C car!!

But these traffic jams always have something to say to me!

You sure would have seen bikes, cars, trucks, buses zooming past you while you are on your way to get somewhere, some of them are so fast and rash that you seldom lose control of your own vehicle.

Well these people are like the distractions you would always have in your life while you are out there trying to make a living, turning your dreams into reality. They will try to get past you, push you, some will hurl abuses at you, follow my mantra, ignore them and to some, definitely hurl back the choicest of abuses.

You will also have people calling you while you are driving, you may answer their calls and let them know that you are driving/riding and you will get back to them, these calls are like your to-do list things that you can get back to, they don't need your immediate attention.

Then there will be calls/duties you will have to stop your vehicle for, park it in a corner and attend to these duties and calls, because these people will call you only when it's of utmost importance. These calls will rarely come to you when you are riding/ driving as they know you are on your way to get something done!!

These people will mostly be your family and friends, the ones who will always be there with you on your journey forward.

Seldom you will have accidents too, through some you will recover instantly and some wounds, will take longer to heal!

You will have to make sure you have your eyes on the rear view and side mirrors, because not everyone who has your back will be your protector.

Problems, challenges, obstacles will come from all directions, some will come through the wrong way too!

You, just have to keep moving, get your fuel recharged every now and then, eyes set on the goal and you will be able to steer clear through the traffic jam!!

Until you have reached your goal, safe travel, stay blessed and happy.

#musingsoftheheartandsoul.

## 27. A THOUGHT LOST IN THOUGHTS



Oct 3<sup>rd</sup>, 2017

Seldom, things, experiences, people's behavior, makes you wonder if it could be different, this blog is about one such thought.

Ever since I wrote about the traffic jams, I can now never really imagine it as just a traffic jam! All the lessons that I learnt about life and work over the years seem to have a new perspective all together. Some of my troubles, peoples' attitude in general all seem easy to handle. I mean how difficult can it be to pass through a traffic jam, you eventually do get to your destination, it's only the journey that seems horrendous for a while.

Then there are days when I'm not in the traffic jam, when I'm caught in gridlock of my own responsibilities, the prime and the most favorite one is, being a mom. This bond on certain days makes you shut the world around you, you tend to focus on the only being you partially created and rest everything takes a backseat.

It's through these taking a backseat days, I bumped into a confrère (associate) who on realizing I was the same caste/religion as theirs, exchanged a few extra pleasantries! The same night, my better half, who is habitually better than me, narrated an incident where a similar thing happened. He also told me it's been a frequent occurrence for him, where he has noticed that as soon as people realize you belong to the same religion as theirs, their heart opens up furthermore, just for you.

Funny, strange, crazy, sickening!! I couldn't really find an adjective to describe what I was made aware of! There are of course incidents where we take help of our native language to converse with someone

considering the fact that they or we are more comfortable using a particular kind of lingo, but this, this didn't make sense to me! So if I was Ram, you would use Gujarati, Marathi, Sindhi or another language except Hindi to communicate with me, if I was a Rahim, you would talk to me in Urdu or exchange greetings in Arabic and if I was Robert, you would converse in only English. (I personally think, given the current scenario, none should be Ram Rahim)

Having the benefit of being able to communicate in different languages is definitely a boon; it sure assists you personally and professionally.

However switching over to a particular parlance just because the other person is of the same caste as yours, that's being partial. Aren't we all humans first, aren't we supposed to be nice to each other, otherwise too! Remember the Indian pledge, wouldn't you be nice to your brothers and sisters. Wouldn't you treat everyone equal and with courtesy?

So in whatever lies your happiness do that, but do not discriminate, we have enough discrimination based on gender, looks, body weight, color, educational qualification, caste etc etc. We need to be there for each other and stand in solidarity because the world is falling apart at a rate that is faster than we had ever imagined!

#thoughtforthought

#musingsoftheheartandsoul

#musingsforthemindtoo

## 28. THEY ARE WATCHING YOU!!

Oct 14<sup>th</sup>, 2017

Children

Thoughts

Weekend

Writing

Lazy, laidback, complacent!! These are all synonyms used best to describe your languid, post vacation mood!

Well, yes I did have a mini vacation, a long yearned vacation after 5 years! ( doing a victory dance right now) They say that after you are a mum, a vacation is not really a vacation because your chores remain the same only the destination changes, well fortunately for me even though the chores remained the same, I had my habitually better half and our little man who completes us two halves, cooperating more than usual on our mini happy getaway.

I did worry once in a while about being away from my blog world, I did think about not being able to learn anything new for a while now but then as I sat amazed in disbelief of the little man's ability to repeatedly sing ad jingles that he just saw a few minutes ago!

I was astonished at how he could repeat dialogues from my favorite F.R.I.E.N.D.S series right after joey and chandler had said them!

He remembers the jersey numbers of players he has randomly seen in his favorite football league matches and you can't win an argument with him over the sports brand sponsors for various football clubs.

He is like our little lawyer, who will ensure, you recall every word you said or every action you took, agree to something you did and you dare not pass it off as, "Oh, I don't remember it now". Well, if you are lucky he will let you pass it off in exchange of some acrobatic stunts on your back or a bag full of kisses.

Gone are the days, when we could say, oh what does, he or she understand, they are just small children! Oh, don't worry, he/she will not

remember it anymore, they are so small.

A recent study published in a leading newspaper shed light on how this generation had a varied list of learners, 2 most prominent them of being visual and aural learners, which means, children learn through watching and hearing things!

They will observe your finest traits and point out your weirdest personas. The most loving one for me is when he kisses me right after I hurt myself, because that's what I do to him when he accidentally hurts himself during one of his numerous, ongoing episodes of monkeying around!!

Yes, yes, children look at you and learn. Technology, schooling, media all are just mere mediums of education. The biggest and best lessons they learn will come from experiences and from you.

If you can't be at your best behavior with them, that's fine, it's understandable; we have our, "out of my control days", too, but don't be at your worst behavior with them. Remember the saying, "practice what you preach", well that must have been written for a child. So do what you want them to do!!

#morningmusings

#weekend #musingsoftheheartandsoul

## 29. BLANK SPACES!!



Oct 22<sup>nd</sup>, 2017

Musings Weekend Writing

Oh no!! She will be hit by speeding truck/ four wheeler (which is highly unlikely, given the mundane rush hour traffic) or a speeding two wheeler (which is likely, given the two wheelers try to squeeze into any given space) any time. It was an apparition she had often, though only when she was all by herself.

She had these visions, like little flashes that came to her mind, these visions seldom scared her that she would be separated from her loved ones for long, something that had never happened to her, after all she was Ms. Nice and MS. Loved, but at what cost?

Her best friend asked her the other day, why did she stop writing, something she had adorned for years and she just shunned the question off by saying, “oh I can't really find something nice to write about”.

How could she not find something to write about? Writing was her path to solace, her write ups were her little world, a place where she could just say or be anything she wanted, where she could drop all her inhibitions of being constantly judged!!

She had let the regular hurry flurry take over her favorite role once again, something all of us do every day. We embark on journeys to return back as changed people, we embark on journeys of fitness and fashion, journeys of hobbies and new learning!!

And then something happens, you get hit by a vehicle, no not a speeding one, just an old rusted truck!

A truck with a load full of worries, responsibilities, tasks, duties, deadlines and boom goes your little bubble of happiness that was soaring high in the sky, a bubble that you looked at and clapped your hands like a little baby!!

Alas!! The bubble is gone now; you will have to embark on a new journey now! This time don't let the truck hit you and even it does, get some first aid and keep moving.

Don't create bubbles of happiness, create memories! Create experiences, experiences that enrich you, proficiencies that make you a better human than what you already are!!

Honesty, dedication, hard work, respect are all now words in a dictionary, it's about time some of us re-looked at the meanings of these words. Try picking up a dictionary, you never know which word you might stumble upon, which word you may have to live!!

Few of my writings may be too vague for some of the readers, but our lives are full of some nebulous moments too. Moments that make you ponder over the blank spaces, over the messages we typed and erased and retyped. The nods of yes, when your heart said no, the little things you want to undo, you can't rewind life, but you can re-do your actions.



### 30. SEEK TRUTH!!



Nov 3<sup>rd</sup>, 2017

Terms of endearment that don't mean anything, is what the RJ had said while she sat there listening to her favorite radio channel. To her everything had narrowed down to just definitions without any meanings. The song that played afterwards was also one of her favorite, but nothing seemed right to her, nothing was going to justify the current situation in her life. The puzzle pieces didn't seem to fit no matter how desperately she tried, the harder she tried, the more, it all fell apart.

Hamesha tujhe apna maan ke, phir tune badli kyu ada!! These were the part of the lyrics of the song that played while she tried to push away all the thoughts that made her vision darker, she wanted to reach to the ray of light that came through a small opening, the tiny lit path that could take her away from all that she was witnessing. It was like watching a re-run of a horror episode that she saw as a child.

All the songs on the radio allied with what was happening in front of her. How can someone not value all the struggles someone makes for them, the altruistic efforts that are made to ensure your happiness, your success, your progress, everything that relates to you? Only the efforts are someone else's!!

Yes people disagree, yes people have different thoughts and perspectives about things, and yes you are allowed to have different preferences too. We were made differently; we are all different individuals, beings with different souls. If you lay some thought on our biological formation, we all have one important organ that controls everything that we do, our brain, which is made with a purpose to send signals, to think and off course to distinguish the right from the wrong.

Ah well, now if you want to talk about the heart, it too has emotional credentials which stop a person from doing wrong to the other considering how you or they will feel about it. I'm sure this seems like a lecture right out of a science class where different body parts are described, however only if people understood their purpose, had the basic sense of discerning the right from wrong, good from the bad, fair from the unfair, then our lives would be simpler, we would be happier, our troubles less, our souls healthier and no relations would be lost.

Just the way the world expects children to be grateful, show love and respect to their parents/ elders, the world expects partners to be respectful to each other, be it in terms of a business, profession, love or a marriage. If you can't be honest in a relationship, then you can't be honest in anything else.

Honesty links to other traits too, but if you haven't learnt to be honest, then you can't learn to be anything else! Honesty, faith and respect are a forever thing so it's either now or never.

If you are already living a lie, then you can't expect the world to be ingenuous to you and if you have always blurted out the truth, like me, then you have nothing to fear.

Deception is a tricky thing, look again, it could be you trapped in your own felony!!

## **31. KNOCK KNOCK! WHO'S THERE?**

Nov 10<sup>th</sup>, 2017

We've all had that sinking feeling, a feeling you have when everything around you is perfect or at least close to perfect yet, something within you is amiss!!

So off course after few sessions of telling really close family members how I'm feeling and how I wanted to feel better, I woke up to a nice bright and happy day.

With my re-stirred optimism I was ready to take on any storm headed my way, I even managed to convince my 4yr old to happily get to school because he had 2 days of holiday ahead of him.

And then just like in the movies, there is this incident that makes you take guard for a while, makes you wonder about everything, everything including your digital safety.

I get a phone call from someone claiming to be from one of the most used and loved shopping app, telling me I was one of their lucky winners however I could claim my prize only after I shopped again for a certain amount. Now coming from a customer service industry, I probed further for his employee id and wanted to know what my previous order was he said the details would be given to me once my order was placed today. The instinct in me which since the last 4 years is on a forever high alert, I immediately called the online shopping portal and wasn't surprised to know that all this was a spam!! The shopping portal representative further asked me to complain to the police in case the calls become persistent. I was though surprised to know that the shopping portal had no remorse over someone impersonating them.

I'm however disheartened, nah not because I'm not a lucky draw winner, I win bigger battles in my daily hustle bustle!!

I feel downcast because there is no assurance of my safety neither in the real world nor in the digital world.

The guy who called me had my name and my number, he knew the city I lived in and I hadn't shared these details with him and no one in my immediate family or friends had either!!

This, yes was just another spam call, but it defused my faith in technology! A technology that's meant to enhance our lives, is slowly on its way to gobble us down.

And no matter how cliché this sounds, but just the way a popular television show anchor says, Be safe, Be aware!!

Sometimes too much information shared could be an invitation to an already waiting irritant, ready to pounce on any given opportunity!!

## **32. THE DRAMA CONTINUES....**



Nov 18<sup>th</sup>, 2017

We all love a good story, an interesting movie but it all changes when you are the lead character!

Who doesn't love movies, we all do, the thrill, the romance, the humor, the charisma, the grandeur and the drama!! We have seen, heard, been a part of the herd that adore mainstream cinema and criticize any differential attempt of a debutant to bring forth an unconventional story. Why, because we just love the drama too much and as the locals say it, what's life with a little bit "Tamasha", in it.

Speaking of Tamasha, it reminds me of the movie with the same title which starred Ranbir Kapoor and Deepika Padukone. In the movie, Ranbir Kapoor is an ardent fan of storytelling/listening. His zeal for everything eccentric and avant-garde is what draws your attention towards the art of story-telling and being a keen listener.

Well, in my case I would rather refer to these people as spectators, just mere audiences who take in the joy of any misfortunate happening in the life of others. I am compelled to label them so based on my recent experience which had me and my overgenerous, kind hearted better half, interacting with the cops, running to a hospital and shelling out big bucks along with our extremely enthusiastic four year old all by ourselves. For our four year old, this was nothing less than an adventure and off course he had a new story to narrate to everyone he met that day.

I wasn't amazed when dear patidev told me that one of his acquaintances called him two days after the incident, just to know what happened the

other day. Dear hubby was rather surprised to know that this fervent well-wisher did see us on the road trying to handle the chaos that surrounded us however rather than trying to help us then, he decided to call us on a later day so that we could provide him with some quirky details to spice up his mundane day.

Oh C'mon, we all have done that haven't we, seen a post on social media about a person who we seldom speak to who have been through a hapless situation. We immediately call them/message them for details and then float it across as many groups and people we know, beginning our statements with, "Tujhe pata hain kya hua?"

Haan, mujhe pata hain kya hua, the point is "tumne kya kiya? Were you just a mere spectator to something or did you offer help. It's always easy to stand out there in the audience and watch the show, the difficulty lies in playing your part. Your part, of being a responsible, un-biased, indulgent, Human Being. I know it's easy said than done, we all have responsibilities to fulfill and an additional one just makes the bag heavier! Most of us fear being dragged along with the drama however helping someone in need is always a good thing and isn't being helpful one of the first lessons we learnt as a child.

Let's limit the drama to soap operas and movies, that's their job, let's ponder over ours!!

#weekendmusings

**#Justdontstandthereandwatch**

Ps: I know a few of you will connect with me to know what happened, I promise not to judge you and share all details of the incident(pun intended)



### 33. WRITER AT HEART & DREAMER BY MIND

You'll never be brave  
if you don't get hurt.  
You'll never learn  
if you don't make  
mistakes.  
You'll never be successful  
if you don't encounter  
failure.

Nov 28<sup>th</sup>, 2017

Facebook, Instagram, Snapchat and for that matter even my blog page asks me, to share my story with them!!

Ahh haan!! Before a tech geek jumps out and tells me that's how the app is designed and goes blah blah, let me tell you that having worked with computer systems, apps and various other gadgets for over 10 years, I can proudly pronounce myself as a computer literate!!

So coming back to the app wanting to know what's my story, well dear app which story would you like to hear today?

The one where the prince marries a beautiful princess or the one where the good wins over the evil?

Aren't childhood stories all about conquering the unknown, being fearless, honest, kind and showing love and respect. The latter we seem to have forgotten or seldom display, except to the chosen few.

We get all worked up and are ready to fight a battle if the person at an atm or at public service counter takes more than five minutes to finish their task. We speed past almost everyone, try to tread on whatever space available just to cross that red light 10 seconds earlier than the ones we left behind. Plagiarism too doesn't make us guilty!!

We are almost at war with people who care for us over a small/big misunderstanding that we, find irrelevant to resolve, yet we never hesitate to chat up with a complete stranger on a social site! We can turn small

issues into social,political,regional issues, yet we have unidiomatic views on issues that matter!

We seem to unknowingly create umpteen no. of stories in our lifetime, some we wish to tell and some are never to be spoken about!

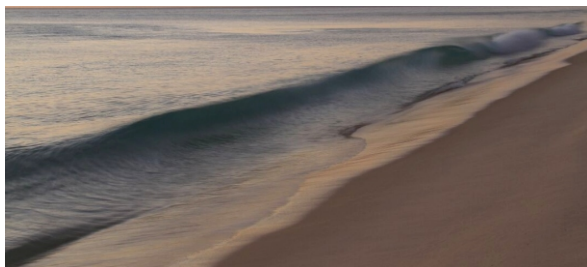
My forever energetic toddler likes to squabble about his day at school while we are all cuddled up to fall asleep.He happened to tell me how a child pushes him everyday in school, to which I asked him to ask the child, to not push him.He said he will ask the teacher to do so, which seemed fair on certain occasions however I told him to ask the child to stop( signalling with his hand) and then ask him to not push my boy! Luckily the little big boy decided to do so when he is at school.Sometimes you gotta do what you gotta do!

So you see, like a lot of posts on these social sites which ask you to be your own Hero!! Be One!!

You gotta remember, superheroes have responsibilities to fulfil and examples to set!!



## 34. MUSINGS OF A WANDERING MIND



Dec 5<sup>th</sup>, 2017

Musingsofthehe

She turned demure from her effervescent self! She always looked at her worries as something ephemeral. She hoped for something enchanting to mesmerize her soul again. To each of them, their daily chores seemed imbricated. The lassitude of monotony took over their felicity.

Phew!! That was some great choice of words up there...most of these words have been rated amongst the top 100 words in English language.

Funny isn't it, how we have come to choosing things that are a trend.

Be it an electronic gadget, a fad diet, be it the top fashion trends, choosing a healthy lifestyle, choosing a school and sometimes even a top rated career!

Every choice is based on someone else's choice. If I subtly put it, we fear doing something that's unique, we get engulfed with the "log kya kahenge syndrome".

We all have tried and failed at something or the other, given it a try again. Some of us have succeeded and some of us have failed again. A very recent detergent ad was doing the rounds on social media that laid focus on the difference between how adults look at failure and how children look at failure. A prominent message from the ad was that we adults, fear losing.

Remember how we get back up after falling, of course some wounds will make it harder, but you can't always stay down for the fear of falling again.

Raising a kid is not just about parenting and teaching them the good values, its infact more about learning from them.

Their kindness, innocence, ability to find happiness in the smallest of things and their never give up attitude, ( even if it means not taking 'No' for an answer) all, have a lesson or two for us to learn.

We often say this to people, " the world is a small place". I'd say, life is even smaller and unpredictable and the planet we live on is almost round ( scientifically). So what goes around, will come around for sure.

You are the one who decides what comes back to you.

#offbeatweathermusings

#musingsoftheheartandsoul

## **35. COOPER'S TALE.**

Dec 6<sup>th</sup>, 2017

Cooper pounced on him and licked the dirt off his face, he licked the sweat too!

The pouncing, the licking and the barking had become a routine for the last 10.5yrs.

The time of the day didn't matter to Cooper, neither did the weather.

Tug of war with him rope toy and fetch with a half filled bottle of water was his favourite game, which also was a part of his routine. Unlike his owners Shannon and Joshua, cooper had a set routine for everything.

Today was no different, copper had his tummy full with his meals and had played his round of games with Joshua's niece, yet the barking hadn't stopped.

Every little sound at the door, made cooper restless, he was also taken out of the house often than his regular rounds of relieving himself.

There was something that only Cooper knew that the other members of the house didn't. It was like he almost froze for a moment, he wagged his tail quietly and walked out of the door and came back inside immediately after being called out too.

And then Sonya, Joshua's niece heard her grandmother scream and cry at the same time, she rushed in the hall room, the cell phone was lying on the floor and her grand mom wouldn't stop crying and Sonya and other members of the house soon joined in.

Joshua and Shannon had been in an accident and unfortunately no one including the office cab driver survived.

They even took special permission from the church to allow Cooper at the graveyard. The family members helped cooper drop some flowers and mud on the couples' grave. That night Sonya and Cooper stayed at the

Church. The priest too melted seeing the tears of the 14year old and the yellow lab.

All the visits to the doctor, sharing of chicken lollypop, cakes, pastries, popcorn, ice-creams and even cold drinks. Trips to the beach and drives in the car with the wind caressing his droopy years. It all came as a flash back to Cooper. He didn't bark that night at all.

Cooper didn't leave Joshua's and Shannon's room that night, he refused his favourite meals for the next two days. It was only with a picture of Joshua and Shannon beside him made him eat some morsels of pedigree. Cooper lost his playfulness. He didn't even greedily look at any of the family members while they ate chicken. Bursting of balloons at a birthday party was no longer his favorite game.

Sonya saw Cooper look out of the balcony and stare blankly into the sunlight. She thought she saw a tear roll down his eye.

All this was uncomfortable enough to wake up Joshua from his bizarre dream of his and Shannon's death. Before he could call out to Cooper and Shannon to give them a hug, he saw Shannon's call on his phone. He said hello with a smile and he jumped out of bed on hearing Shannon frantically cry over the phone.

It took him a while to understand that Cooper had collapsed on the road while he was out for his walk. Joshua rushed down to the road and all he could see was Cooper shutting down his eyes. It was like he waited for Joshua until he breathed his last breath.

Dreams do come true, the only difference was that it was Cooper who didn't survive the heart attack and Joshua didn't eat a morsel of food for 3 days.

PS: I lost my pet Amigo a year ago! Life has never been the same and never will. You will always be missed my buddy. We love you.