

Everyone Has a Story

Sharda Rastogi

If we can recognise that everyone has a story which leads them to behave in hurtful ways, we will be less inclined to judge and crucify them.

It is one of the most poignant of all events that we, who are essentially pure and perfect souls, begin to believe over time that we are deeply faulty, limited, and sinful. We must firmly convince ourselves that it is this fundamental mistaken identity that is responsible for all the evil in the world.

Drop by drop the impressions and beliefs we are fed by family, teachers, peers and others, and the conclusions we draw about ourselves based on the events that befall us, gradually overtake our sense of shining perfection and fill us with a perennial sense of anxiety and inadequacy, of wrongness one might go through almost all of life seeing oneself as faulty in any number of areas - inefficiency, forgetfulness, laziness, etc. Naturally, that is what showed up time and time again until it became one's identity.

It took an inner realisation to convince oneself that he is inherently whole, perfect and complete and the rest is conditioning.

The awareness that people are really only acting out false identities can at a

deep level free us of the tendency to label people and to judge them. We also become increasingly aware that the behaviour they exhibit is just the tip of the iceberg. There is a whole story out there, which we are not privy to, and it moves the person about like a puppet on a string. Most people cannot act in any way other than the way they do. We have no idea of the stories they believe about themselves, or the pressures they contend against. The tantrum throwing child, for instance, is probably signaling for more attention and respect from its parents, and the sulky teenager is merely revealing her many fears and confusions about self-identity. The person with angry and hostile lines on his face is similarly documenting a lifetime of belief in their own unlovability. Everyone has a story and none of them are their true selves.

While accepting a person no matter

who or what they are - is a higher response, we need not and indeed are obliged not to accept their behaviour. Bad behaviour is bad behaviour no matter where it comes from. The difference is that if we operate from love of the person when we draw boundaries about behaviour, they are almost always likely to take it in the right spirit.

If we can learn to be kinder to each other, and to help each of us to work our way out of the bog of false identities, there is little else we need to make the world and ourselves happier. ■

Lakshmi Bai Batra College of Nursing

Batra Hospital & Medical Research Centre

Updating Career opportunities in Cardiology & Cardio Thoracic Vascular Nursing

Admission Notice

Applications on prescribed form are invited for certificate Training Programme in Cardiac & Cardio-Thoracic Vascular Nursing of six months duration commencing from 16th April 2011. Prospectus containing the application forms can be obtained from Lakshmi Bai Batra College of Nursing on payment of Rs. 100/- Cash/Demand Draft in favour of Batra Hospital & Medical Research Centre as application fee & self addressed stamped envelop for Rs. 25/- from 01 March 2011. Application complete in all respects should reach by 30 March 2011 to Lakshmi Bai Batra College of Nursing 45-47, Tughlakabad Institutional area, MB Road, New Delhi-110062.

Admission Requirements

- i) GNM / BSc. Nursing with at least 1 year experience
- ii) Certificate of Registration as R.N.R.M
- iii) Good Health Record
- iv) Passport size photographs : 2

Number of Seats : 40

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