

TENSION

A LIFE FREE OF TENSION HAS LITTLE MEANING. TENSION IS CAUSED WHEN THERE'S A DIFFERENCE BETWEEN WHAT YOU ARE, AND WHAT YOU COULD BE. WITHOUT TENSION, THERE IS NO POSSIBILITY.

WITHOUT TENSION, THERE IS NOTHING HIGHER TO AIM FOR.

YES, IT'S USUALLY EASY TO RELIEVE TENSION -- BY TAKING THE EASY WAY OUT, BY ABANDONING OUR DREAMS, BY GIVING UP, BY QUITTING, BY SHIRKING RESPONSIBILITY. THOUGH SUCH BEHAVIOR MAY TEMPORARILY GET RID OF TENSION, IT WILL EVENTUALLY RETURN AS THE EXCRUCIATING PAIN OF REGRET.

ONCE WE ACCEPT THAT TENSION IS A PART OF LIFE, IT LOSES A BIT OF ITS GRIP. WE MAKE TENSION WORSE BY OPPOSING IT AND FEARING IT, WHEN ACTUALLY IT IS A HEALTHY CONDITION TO HAVE A CERTAIN AMOUNT OF TENSION. JUST BECAUSE YOU HAVE TENSION, DOESN'T MEAN IT HAS TO GET TO YOU.