

## No Good Thing Ever Dies

(This piece of writing is by Ayushi Bhushan, a girl of 20 years, fighting for a mother suffering with COPD and Post Tubercular hip joint fibrosis which had made her life severely limited. As a caring child in the family, she is actively involved in the care of her mother with a passion. Here is a thought shared by her which reminds us what should be the mindset of a care giver. Ayurveda beautifully explains the four qualities of a care giver of which '*anuragashca bhartari*' or a compassionate care is the key component. This write up reminds us what Ayurveda says in the similar context. )

Remember the psychological treatment given by our Munna Bhai to his patients in Munna Bhai MBBS movie?

You are there, giving every possible medication to your loved one who is sick. And yet, you are seeing negative results. You are becoming depressed, frustrated, angry, and hopeless day after day. Give yourself a break.

Have you thought about how is that person feeling in sickness? If you are feeling so painful because of the pain of that person, you have no idea what kind of struggle that person is fighting with herself.

When doctors give up on your loved one (they usually do), then it is your turn to stand with your loved one. That person is your loved one, how many times have you told her that you love her? There is absolutely no point in loving someone. when you can't let them know it.

You like her cooking, her caring nature, her generous attitude, but you take everything for granted, like they are bound to do it for you every day.

Trust me, you realize the worth of a person when you are afraid of losing them.

You are grateful that you have them with you, show that gratefulness to them.

Make them smile, make them laugh, support them in their fight against that disease, be patient with them,

its hundred times much harder for them than it is for you.

Never ever tell them that you are tired. Tired of taking care of them, tired of their sickness. Because you know what, that person is the one who stood up by you through the hardest times. You can't get tired; you have no right to do that.

Science proves that love, compassion, patience can work miracles for a sick person.

Never underestimate the power of loving and encouraging words, the power of positive energy.

You remember when you used to play as a kid; no amount of pain in your leg could stop you? You remember the time when you are happy, and you stop worrying about what could go wrong and only think about everything right? There is a reason for that, not only psychological but scientific as well. It's proven that when you are happy, your blood generates more oxygen and builds up your immunity.

It also gives you strength for thinking positive, and thereby keeps you happy (cyclic nature is formed). Your body knows how to heal itself, its your mind that you have to take care of. Trust yourself and trust in the strength of that person. Tell them that they can do it, because you know they can.

When you are walking out of the house, give them a reason to smile for whole day and when you'll return back, you'll see the positive results.

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After all these years, I believe the most important thing in life is being happy.

And you can't be happy by staying alone, away from people, away from your relatives. How important is your collection of novels when you have got nobody to share it with? How important are your beautiful plants if there is none to admire them? How important is that expensive beautiful showpiece in your drawing room if you have got no guests? How important is that unlimited talk time plan in your phone if you have not got friends to talk to? Lastly, how important is your life without the people who love and support you?

Sometimes we can't control what happens with us, but we can definitely control how we choose to see them. It's never too late to call up an old friend and talk to them about how life has gone ahead and distance have come up. It's never

too late to pick up your favorite novel and inspire yourself. It's never too late to tune in to your favorite songs and smile. It's never too late to start admiring the little things in life. It's never too late to start feeling grateful for what you've got; there are people who are praying for what you have. It's never too late to compliment someone who is important to you. It's never too late to tell that important person how much they mean to you. Until it will, Time waits for no one.

And the burden of Regrets is much harder to take.

Pick yourself up and pick that person, fight together against everything that is bringing you down. Trust me, there will be nothing that can stop you.

Hope is a good thing, and no good thing ever dies.