



Cover Page



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THE POSITIVE BREAK

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Abstract: Normally, people cannot concentrate and do a thing for a long time. Some of them manage their feelings without expressing it but others do express them.” The break “is the most desired reality in our day today life. People struggle within and it affects life. It remains as a mystery in this world.

Keywords: Mind set, deep thinking, sad, happy, personal struggle, fly

Introduction: To sit with oneself is an art, a capacity within to accept oneself and to have touch with oneself. Our thoughts, our words and our reality with oneself. Touching the reality inward and outward is painful and it causes more attention and energy. As we go through this struggle every day with our daily tasks, we seek attention, appreciation and affirmation of oneself to go forward in daily life. The inner strength is very much necessary to cope up with our problems of life.

Escapism: In difficult moments people seek for relaxation. The little break gives them energy. It renews the spirit and helps us to hold ourselves. We feel like escaping from the present life to somewhere faraway forever. But actually the mind tries to cut off from the actual trouble to get relief. It’s a kind of escapism we feel but it is absolutely necessary for us. Like a child who needs to spend time with his parents, time for his play and his interests, the escape is only a momentary one and we are back to our work with a refreshed mind and heart.

This need of escapism was felt by John Keats and Robert frost. Both of them expresses it intelligibly.

In his poem “Ode to Nightingale “Keats expresses this.

**Away! away! for I will fly to thee,
Not charioted by Bacchus and his pards**

In his pain and suffering, Keats wishes to be with the nightingale, to fly above and to experience relief. He represents us too. It’s a natural feeling to run away from the current sufferings, even though we know that we have to go through it.

The poem “Birches” by Robert Frost also speaks of this break.

**“I’d like to get away from earth awhile
And then come back to it and begin over”.**

Frost clearly says that he wants to get away for a while and come back to begin the ordinary life again.

Poet T. S Eliot speaks of it in his own way in his poem “The Four Quartets” quotes that:

“At the still point of the turning world.”

According to him, everything keeps happening and moving but there is a still moment where in nothing changes. “At the still point of the turning world. Neither flesh nor fleshless; Neither from nor towards; at the still point, there the dance is, But neither arrest nor movement. And do not call it fixity, where past and future are gathered. Neither movement from nor towards, Neither ascent nor decline. Except for the point, the still point, there would be no dance, and there is only the dance”. Again he says that things happen in that stillness. In stillness there is no dance and there is only dance. So the stillness resumes the life and life style.

William Wordsworth in his poem “A Few Miles above Tintern Abbey” notes that:



Cover Page



**“With tranquil restoration: —feelings too
Of unremembered pleasure”**

The poet says that the nature restores his mind. This is about the refreshing break of life.

Again in the same poem he continues to give the same idea by saying

“And I have felt

A presence that disturbs me with the joy

Of elevated thoughts; a sense sublime”

He reveals that the break in nature brings him mental strength and deeper thinking which renews his life once again.

Sir John Lubbock in his book, “The Use Of Life” clearly mentions the need of rest.

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.”

He speaks of rest is as something really necessary in life.

Khalil Gibran, in his poetic essay “The Prophet” expresses his view on life and love. He states that even in togetherness we need to be alone.

“Let there be spaces in your togetherness, and let the winds of the heavens dance between you. Love one another but make not a bond of love: Let it rather be a moving sea between the shores of your souls. Fill each other's cup but drink not from one cup. Give one another of your bread but eat not from the same loaf. Sing and dance together and be joyous, but let each one of you be alone, even as the strings of a lute are alone though they quiver with the same music. Give your hearts, but not into each other's keeping. For only the hand of Life can contain your hearts. And stand together, yet not too near together: For the pillars of the temple stand apart, And the oak tree and the cypress grow not in each other's shadow.”

Relaxation: The little break that we seek gives us enough force to accept the realities of life. This relaxation refreshes our mind by itself as if we have spent some time with our dear ones. It gives immense energy to our mind and body. As the short break in between the heavy schedule.

Suddenly we would like to listen to a music, like to go for a walk, or go for a movie. It's we are recalibrating oneself. It's a phenomenon everyone goes through. A real fact of everyone's life. We breath and these moments become our best friends.

Refreshment: The time seems to be flying when we do anything according our taste. Some people like to listen to music or drawing their mind gets fully absorbed into what they do. But in life we cannot just do always what we like. We need to be balanced. It's a synchronization of so many things around us. Sometimes we believe that we like our profession. But in reality we undergo a lot of frustration while working. Be it teaching or nursing or a receptionist. The lode of work increases our tension and it affects our calm and quiet natured daily life. The break helps us to manage our stress and that will help us un increase our productivity too. This pause plays a role in the aspect of decision making also.

Conclusion:

All of us are in need of time and free from tensions and worries. We need time for ourselves. We read books and watch things that entertain us to get a break. We also take a little distraction in between our work. May it be speaking, reading, typing or even writing. That's how we are. According to me a walk or sitting or lying in the nature is the best way to relax our mind. We feel a new energy.

The relaxation that we need to give ourselves is very important. It's not wasted. It's necessary. The tension and the trouble we go through in daily life affects us weather we are aware of them or not. We need to relax our mind to be with ourselves. It's better to accept this reality of life than ignoring it forever.



Cover Page



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