

I HATE THIS BURDEN!

(Adapted from the script of Spanish Audiovisual)

Intent of the Story

- ✓ *Life is not a burden but a joyous adventure.*
- ✓ *Life's purpose is to share our love, peace and happiness with others.*
- ✓ *There is more joy in giving than in receiving..*

The Story.

There was a disgruntled man who felt compelled to carry throughout life a heavy basket on his shoulders. Actually he did not know what was he carrying in the basket..

Our man was disgruntled and unhappy. He hated life. He bewailed:” I have nothing good to offer others. No! Nothing at all, except my misery“.

He did not speak to people, nor smiled to anyone. Yet, strangely enough, everybody seemed to like him. People smiled at him and tried to come close to him.

Our man was puzzled. He muttered to himself :”It’s strange! How can people like me, why do they smile at me, why do they want to come closer to me? I wonder!”

One day, walking on the road, absentmindedly, he stumbled and fell headlong to the ground and his basket flung over his head.. Then, Oh wonder of wonders! Countless beautiful, colorful and scented flowers cascaded from his basket all around.

Then only, in surprise he understood why people smiled at him and liked to come closer to him. In joy he said to God: “Lord, what a bitter joke you played on me. All along my life, in sadness and despair, unawares, I have been scattering scent and beauty around me for one and all to enjoy and see, and I never knew”

Then in dancing and joy cried out: ”Oh God, never too late I discovered that my burden in life was not a burden, but the joy of scattering love, goodness and happiness around for all to enjoy and share.”.

Ideas for Reflection and Discussion

1. Why is it that there is such feeling of failure and emptiness in many people's life?
2. Did you ever experience a feeling of emptiness and uselessness? When? How? Why?
3. Has life for you been a joy or a burden? . Give instances. What makes you say so?
4. Does the joy and laughter of others annoy you? If so, what does this tell of you?
5. Did you ever try to discover the "flowers" or treasures you carry on your basket? Why?
6. Try to discover those flowers – your treasures now. Mention at least five of them?
7. Does such discovery give you joy and happiness?

8. Are those close to you happier because you are there with them? Who are they? Why?
9. Mention three instances when you gave joy, peace and happiness to others.
10. What can you do from now on to spread joy and happiness around?

Explain the Following sayings:

- Happiness cannot be found in one place only, it is everywhere.
- Happiness is a mind-set, not a set of circumstances.
- Happiness is an inside job.
- Happiness is what you are and where you are to be.
- Most people in our world lead lives of quiet desperation.
- The best way to be happy is to make others happy.
- There is greater joy in giving than in receiving.
- You can be as happy as you wish to be.