

No use crying over spilt milk

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All human beings have desires. Desires running amok are the cause of human suffering and pain. When the desires function separate from discrimination, it causes immense suffering.

While all of us have desires, few of us ever stop to take a reality check on them. Being carried away with what we want, we do not bother to see the ground realities. The mind and intellect in us are divorced entities. The mind is the desire. The intellect is our rationality, discrimination. The incapability of the mind and intellect's joint functioning is the base of human suffering, be it physical or mental. This is aptly demonstrated in all our bad choices.

A girl falls in love with a boy. She has many dreams of what the marriage will turn out to be, how her husband will treat her. This may not be the way it turns out. Because she never stops to check whether there is any likelihood of him ever behaving in that manner. She is too carried away in her own imagination to see what he is really like. Usually after marriage the hard reality strikes. She may berate the stars, or him. But what she is facing is the consequences of her own choice, her own action. Once we take an action, the consequence will have to be faced. Hence it is very important to make the choice correctly. There is no use crying over spilt milk. Much the same can be said of bad business decisions.

There is a tendency to get carried away by the dreams rather than the realities. That explains why so many people lose so much in business, in the stock market. It is difficult to keep one's head on one's shoulder because the desires are so powerful. The greed, the fancies, are all powerful motivators. It is easy to go along with them blindly and live in a world that does not exist. But reality will catch up with us sooner or later. In the form of consequences. One solution people have for this is to call in outside experts. The theory is that they will be able to look at the matter more objectively. So basically we pay them

huge sums because our desire is out of our control. Would it not be wiser to gain more objectivity ourselves! Studying Vedanta trains us in gaining this objectivity.

- Dr. Janki Santoke