

THE DEFERRED PLAN OF LIVING

We create misery for ourselves when we start living according to the deferred plan. The pattern is: I shall be happy when I grow up / when I get a job / when I buy a house, a car, a yacht or whatever / when I get the man/woman of my dreams / when I get married / when I have children / when the children grow up / when the children are settled / when the grandchildren arrive / when I would retire / when my pension is secure / when I continue to remain healthy....etc. etc. etc. and so on and so forth ad infinitum. With so many prior conditions to be fulfilled before we are "finally happy", it would indeed require a miracle for us to find happiness while still living on the earthly plane in such an imperfect world!

Living in the future is a mental disease. Because futurizing robs us of our happiness. The 'deferred plan of living' is a psychological illness. The future is a mere abstraction. We can neither live nor act in the future. You love, you work, you sing, you play, you dance, you laugh....only in the present moment. It is possible to be happy only in the present moment. Only here. Only now. Because only the present is real. The future is nothing but an idea; an imagination in our mind. We are free to imagine anything but the future is going to be something vastly different. Life is under no obligation to shape itself according to our ideas and imagination. Because life happens only in the present moment. All we have is the present moment. So the wise exhort us to seize the moment. To rid ourselves of the disease called the 'future'.

And to live in the present means to live in 'contentment'. Because only contentment makes it possible for us to live in the

present moment. And it is possible to live in contentment only when we have gratitude for all the blessings that we already enjoy. So contentment and gratitude are two sides of the same coin. We must have contentment in order to have gratitude.

An extract from my book *Eating His Money, The Antics of a Metaphysical Clown*. Now available on Amazon: