

## **THE VIRTUE OF FORGETTING**

To forget is to give up the past with all its regrets, of things not done, dreams not fulfilled, ambitions unrealised, relationships turned sour. To forget is to rejuvenate oneself, to give oneself a fresh canvas of life to work anew upon.

Yet we persist in crowding our present and future with memorabilia from the past. Memories of a failure or some agony from bygone years linger on, aided by the mementoes we have zealously preserved. These can only cripple our present efforts towards a new beginning.

One can foster a new relationship only when the last has receded far back in the vestiges of memory. One can take joy in the growing years of one's children only when the loss of a dead child, dearly loved, had ceased to torment with the passage of time. The severing of a limb, clean and complete, may seem the only choice if the rest of the body has to live. The chasm created by the loss can be filled only if one realises that there are still three other functioning limbs to work with.

Human memory, is thankfully short. Else we would hardly be equipped to deal with the multifarious crises that life springs on us. But we must aid this merciful quality by not persisting with a past that is irrevocably gone.