

Don't React

We are not totally at the mercy of either our heredity or environment. We can modify both. Rotary increases the awareness of the real power we have to direct our life, to make decisions, to enhance the lives of others and to understand that we are here to serve. But I see that many individuals have forgotten the basic reason why they are in Rotary. Instead, they seem to be pushing themselves to become nervous wrecks by getting embroiled in arguments within the club or district administration. Instances of Rotarians being hospitalised as an after effect of some war or words within their clubs have come to my notice and it is disturbing. Have people stopped enjoying Rotary?

When confronted with a problem, however serious or frivolous, people react to it. While reacting, people sometimes lose track of what they are doing. Negative thoughts and behavior seem to over-ride the individual, often making them do things for which they regret later. When people are emotion-driven, things can go haywire. An emotion can be changed, but only to a different emotion. Dislike is for me an unpleasant sensation. I get distressed when I hear that Board Meetings in many clubs end up as a slandering match and members criticise each other for the joy of putting someone down.

"I don't care what people think or say," is perhaps the most dishonest

sentence one can say to himself. It can be true when one is not a part of a structured organisation. The club is not any one individual's domain. Every club member, especially past leaders, must give the required support during a debate and ensure that the proceedings go on smoothly. At the end of a meeting if most people leave the hall with a heavy heart and anger, all what the club achieved will be forgotten and only the grey areas will stand out.

Anger is only one letter short of danger. We have to learn from the mistakes of others as we can't live long enough to make them all ourselves! Meetings in Rotary clubs should be held in a congenial atmosphere. Great minds discuss ideas; average minds discuss events and small minds discuss people. Hasty reactions make people to be immobilised.

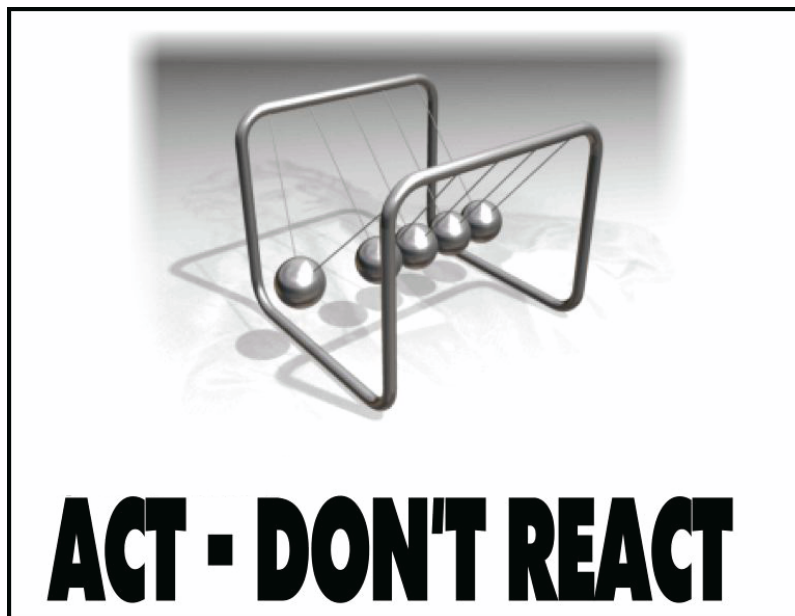
In any organisation, such as Rotary, the independence is equal, the dependence mutual and the obligations reciprocal. What this great organisation has done is to channelise individual compassion into a mighty river that flows for the benefit of a larger section of humanity which wants help. This is the key. Being together for common good is the objective. Rotarian is one who responds authentically by being credible, trustworthy, responsive and genuine, both as an individual

and as a member of his club. If you react in haste the chances are that you might lose a friend and the charm of life. He who loses money, loses much; he who loses a friend, loses much more and he who loses faith loses all.

Next time you find yourself emotionally hijacked make sure not to react. Respond positively and make a difference.



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Dislike is a function of need. People want something from you that you don't provide. They dislike the condition and you. This is the psychology of large groups. You don't have to react to criticism with hurt feelings. It is your interpretation of the meaning for you that produces the pain. Criticism is at best a description of the immediate past. It does not describe the future course of life. What is important is, being careless towards another leads to being careless towards yourself.

It is said that to handle yourself you should use your head and to handle others you should use your heart.