

Those Absurd People

One of the most absurd concepts that my mind has created is the idea that there is a way that things “should be”. Rooted in this concept is a belief that if I reject the way a thing is, it will become the way it should be. Every thing in my life is compared to my idea of how it should be. I throw energy at things all day long in a feeble attempt to alter reality. I revel in finding others that share a similar idea of how a thing should be. I judge others as defective if they do not share the same “should be” as me. I am frustrated by those absurd people that accept a thing as “it is”.

The rejection of the “should be” concept has been growing within me for some time. I first noticed the futility of it in others, then thankfully I moved to the realization that I too do that thing. Once I added this to the list of mental behaviors to monitor, I began to see how prevalent it was for me. I now enjoy limited success at accepting the world as it is. When I am able to practice this acceptance, I find it most peaceful. I become in tune with something extremely powerful. When unable, I suffer the discord of a powerless victim.

RADI