

# Gainless Pain

*Two racers are out on a beautiful day, zooming around the country lanes, each in a convertible. It so happens that unknown to each other, they are on the same lane heading for each other!*

*The lanes are winding, the hedges are high and they are going awfully fast. At the very last minute, they see each other and hit the brakes. The cars skid past each other, tires screeching, and thereby a nasty accident is avoided.*

*There is just enough time for the first racer to scream "Pig!" at the second racer as they pass each other. The second racer has no time to respond; he barely manages to turn his head towards the vanishing car and yells, "Dog!" This split-second distraction costs him dearly. By the time he turns his attention back to the steering wheel, it is too late to dodge the large pig that has come wandering on the road just past the bend.*

Moral? Being judgmental doesn't help. Let's learn to extend the benefit of doubt. But it's easier said than done. 'Tolerance' for the other person's 'intolerance' doesn't come naturally to us. It is often pleasurable to pay a person, who dares to belittle us for no fault of ours, back in the same coin.

Unfortunately, the urge to react blinds us to the dangers lying ahead. We need to empower our heads over our hearts during trying circumstances. For only the head comprehends that the 'gain' of having the last word is less than the 'pain' arising out of a thoughtless reaction.

Those who stay calm amidst chaos are seldom caught on the wrong side of the road.