

Truth of Words Unsaid

I never want this to go unsaid so, if you know me well enough, you know that I'm the kind of person who speaks pretty freely about my experiences and my feelings. If you don't know me, well let me introduce myself by way of my words. I'm a very emotional person. Not every word that exists is something you need to say. Because those words sum up what you feel doesn't mean that you have to say them. Sometimes you just have to keep them to yourself. Sometimes you just have to keep hushed and let them float in the back of your mind. Sometimes it's not worth saying them, because some things are indeed better left unsaid. You know how words greatly affect everyone. You know how sweet nothings can sweep you off your feet. You know how a politician's promises during campaign periods and convince people to vote for him. You know how your mother's loving advice can influence your decisions in life. You know how a friend's bitter curses hit you hard when you fight. You feel them. You can feel how those words are said in the right moment. You can feel how those words are poisonous that shouldn't be thrown to just anyone. You can feel how those words stab you straight to your heart when they are uttered.

There are things that should be left unsaid. Yes, words can be powerful enough to bring unity and peace in a nation or to bring chaos and disorder among people. But there will always be that something that can be more influential, more powerful than words: actions. Supported by the mantra, "Actions speak louder than words," it makes sense that doing something instead of promising can be actually a better move.

In my every day life I experience anxiety and sometimes over react to things that stress me out. And the ability to relay these experiences and have people responds with support and recognition? The ability to be there as someone who others can relate to? Essential to whom I am as a person, especially through my words. As I read this quote last evening, my eyes were welled with unshed tears. Though I love quotes a lot, I never thought that something would ever, move me so deeply; the things that stuck me to the core yesterday were:

1. It happens for a reason

2. Far or near, everyone you meet, becomes a part of you in some way.

Let me share how these two things are beautifully intertwined. One of my friend shared a post of a puzzle. It amazed me entirely as to how can a human mind solve such a massive and complex puzzle with such intricacies. Till date I had this question looming over my mind. Often, we complain about our lives to God as to

“Why Me?” “Why this?” “Why not that?” Such questions go unanswered at those emotionally excruciating moments. But then, some time later, may be days, months, years or even decades later, we get all our answers. That too, without anyone telling us. With self realization or some miracle of destiny. That is when we understand that: **“It happens for a Reason “**

For the second aspect, I’d like to share a quote which I found really beautiful:

“Some people come into our lives and go quickly...some stay for a while and leave footprints on our hearts and we are changed forever”

Every single word in this quote is so true. Every soul who comes in our life has something to share, something to give, something to teach us. It is just that some stay longer, while some come and go. But they leave their imprints etched on our heart and mind. Even as they go, they shape and mold us in a lot of aspects. And if we look back, we are never what we were. We evolve, constantly. All the amazing people we meet in our lives have their role to play in our molding. Just like a potter constantly heats and beats the clay, we are loved, cared for, battered and bruised by the people who walk in our lives. Each of them has a part to play in this movie of life. They make us who we are. And that is how they become an eternal part of our us. Now, try to connect both the aspects. Has it happened that along this journey of life, you have lost someone you truly loved and cherished? A parent, a child, a friend, a relative, a teacher, a pet, a neighbor or a lover? You might have waged wars with the heavens and cried till your eyes were bloodshot red. Cursed life, decided to give up or questioned life for its atrocity. But my friend, in the long run, someday you will realize that it happens for a reason. And the fact that you have never lost them. They remain with you. In your soul. In your shadow. They are the inspiration behind every single deed you do. They are in fact, a part of you. A piece of your sky which walks with you wherever you go. Even if you escape into the galaxies unknown, they will accompany you as a reflection of your soul.

Some words should be better left unsaid, because sometimes, it’s better to do them instead. But whether you say or do things, always be careful of them. Be aware of what you speak or do. Be cautious of how you talk or act. Because in the end, whether you say or do something, it can influence you and everything around you in a way you may or may not visualize.

.....**Aarzoo.Jalali**