

## DISTRACTIONS IN ADOLESCENCE



#HERHealth



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व्यवसायात्मिका बुद्धिरेकेह कुतन्तल।

बहुभाखा ह्यनन्ताश्च बुद्धयोऽव्यवसायिनाम्॥ (गीता २:४१)

*\_O son of Kuru, the intellect here should be single minded. The intellect of those without a single purpose is infinitely diversified. \_*

A person may be highly intelligent, hardworking, bubbling with enthusiasm, but fritters away all their energy in multiple frivolous pursuits. Sadly, this is the story of many of our

young boys and girls who are knocking on the doors of adulthood. Getting distracted is so easy because it is the natural tendency of the human mind.

उपलब्ध तु मया सुखम्, उपलब्धिं नानुभवामहे।

सुखम् किञ्च नानुभवामि सुखवन्तः (श्रील ६:१७)

„The mind is fickle, turbulent, fickle and restless, no control, I find as difficult as catching the wind.”

controlling again to Krishna.

We are living in an age of information overload. Much of this information is irrelevant, manipulated, negative and depressing. Our day, spent commuting, in at least two meetings, offices, clinics or even at home is punctuated every few minutes with calls, messages, notifications and reminders. The situation can hardly be called conducive for 'Deep Work'.

'Deep Work' is a great seller by all newsgate. The subtitle of this book seems to be tailor made for us - 'Rules for Focused Success in a Distracted World'.

The author cites many examples of luminaries from different walks of life, ranging from Carl Jung to Woody Allen to Bill Gates, and recounts how they avoided distractions and went on to achieve phenomenal greatness through 'Deep Work'. Their methods ranged from building a cottage in the woods (Carl Jung) to disappearing from social media (J.K. Rowling).

How could they afford it? Does it not affect one's business? Does it not affect one's social relations? How did they develop the willpower to keep up their resolve?

That brings us back to the pair of Krishna and Arjun. Krishna answers Arjun's question:

अदभ्यस्य नराणां, नानुभविष्यिष्यसि।

अदभ्यसनं तु मानसं, विलसति च सुखमेव। (श्रील ६:१७)

„Undoubtedly, the mind is fickle, uncontrollable, clean of heart, but with practice and discipline it does get controlled.”

One should be prepared for failure (as in treatment for infertility), nevertheless one should practice. The second requisite is 'discipline'. Mind seeks pleasure. Work, at least initially, is never pleasant. In contrast, distractions are always pleasant. But if you withhold your attachment to pleasurable pursuits temporarily and keep up this practice, work becomes 'tolerable', then it becomes 'pleasant'. This is what is called the 'flow' or 'Deep Work'. As this point distractions lose their power.

The whole chain of events described above will come into play only if you are single-minded and purposeful. Deep Work is not multitasking. But how does one find one's 'single-minded purpose'?

no one can help you to find 'your' purpose in life as it has to come from within. In the words of Barbara Sher-

"What you're really supposed to be doing is whatever makes your heart sing."