

Tranquility.

You probably remember that trite anecdote: “Let’s go to a bar – but I don’t drink... So, go to a sauna – well, it is not for me... - So, how do you relax? – I just do not strain...”

It’s very likely that the Middle East is exactly the place where an exhausted and burnt out inhabitant finally finds his lucky chance not to seek how to relax, but rather learn how not to strain.

Is it worth your stress if a hill does not move to Mahomet and Mahomet sits tied to a tree?

When the do-not-know-whom time has passed, a man will come and release Mahomet. And he will even remove the hill to solve a problem. And, if you are still wondering why that guy did not appear a century ago, a gentle soul will tell you that at the beginning there was a full moon, then the papers were to be written, then there was a newborn moon, then the papers were to be signed, then it was the beginning of the month and more important issues were on the agenda, then... Actually, why are you in a hurry?

So your stress slowly goes away and you feel happy that the “I just do not strain” condition comes.

No doubt, you may find in that far-away and fast-driving world such lucky guys who can walk slowly with a camel’s dignity. But this place is just ideal for training. And if you have trouble acting as yogi in a basement room on a rag (\$15 per lesson), here you get unlimited opportunities for free meditation.

In general, any everyday problem and a work problem look alike and teach you how to stay dead calm. Neither upon the first request, nor upon the second request will you get what you need. Something will not be delivered, bought, ordered, found... So what?... Sort of – are you going to die tomorrow? And if you say “yes” in a fit of temper, you may hear a thoughtful reply, “so, why do you need it at all?”

Now imagineA lesson...Twelve 17-year-old robust youngsters. Three of them are sleeping with the head on their hands, the rest are sort of participating in a class discussion.

In my attempt to hand out printed copies of an assignment, two of them react by falling asleep. The rest stare at the paper with an absent look. My question dissolves in mid-air reaching nothing – no one wants to strain and open their eyes, mouth, mind...

So, what did Karlson say? “Tranquility, only tranquility?”
And he was right.