

TAKE A TRIP TO TRANSFORM

EditPage

October 17, 2015



Bindu Midha

TRAVEL CHANGES OUTLOOK AND PERSPECTIVE. TAKING A TRIP NOW AND AGAIN HELPS...

MAN IS ESSENTIALLY A WANDERER:

Man wandered in the past, his curiosity and needs kept him on the move. These led him to initiate new ventures, to discover. It broadened his mind, changed his outlook and tempted him to explore further in his quest for the best. Can this spirit be reined? And if it is inhibited, it does lead to a stasis-in mind and body.

Travel widens horizons:

Being still breeds stagnation in both the physical and mental faculties. Think mendicant to think joy. Unattached they move from place to place to savour the taste of each, grow wiser and move forward thirsting for more. Our culture is resplendent with stories of rishi-munis who moved towards mountains, river banks or jungles- place of solace- to return with wisdom and experiences to share. That was then, when they would internalise the quiet outside to discover ways to live life. In the modern times, with advanced means of transport, travel transports you in minimal time, to lands unexplored by you. The sheer joy of moving into the unknown makes one travel beyond known comforts.

Why does man travel to different lands? Is it just relishing something new or much beyond?

- It clears a mind block. Remember 'earth is flat and if you travel far you will fall off the edge' changed when man was ostracised yet travelled only to understand that earth is a spheroid.
- It helps widen experience and brings in a fresh perspective to life, work and people.
- Exposed to different cultures, the travelling man realised there is better beyond his own domain and adopts to create a harmonious blend. Alexander the Great's bravery bowed to Porus' grit.
- It re-kindles the creative potential in us.
- Travel is inspirational and stirs imagination. Wordsworth travelled, walked to Nature's lap to re-create enchanting poetry as 'emotions recollected in tranquillity.'

A TREAT TO THE SENSES:

Travel is a sensory delight. It titillates the senses. It enriches the vision with beautiful sights; eases the fatigue due to staring at computer screens; awakens the olfactory with the fragrant freshness; rejuvenates the sagging taste buds with the delightful new flavours; sings a lilting,

soothing tune to the ear; awakens desires with its silky caress. The journey and destination are dually enriching.

TRAVEL HELPS TO CONNECT WITH SELF:

Often we get entangled in our routine. Our skills and talents drown under the weight of work. It is in the tranquillity of travel that we re-discover our real selves. The thrill of re-discovery ignites the thrill of living. Strumming the guitar, composing poems, photography or simply sitting to stare at sunrise and sunset, wonders of Nature re-ignite the latent passion which re-surfaces when we travel away from the usual, the routine. It is just that we need to let go of the reins that tug at us and keep us from travelling.

ENRICHING EXPERIENCING:

Undoubtedly, travel then becomes an experience that makes us a better person than we were at its start. It helps enervate, rejuvenate, rekindle the spirit of life and makes rich the diverse experience that one derives from travelling. One needn't have to travel far or wide, but just away, for that breath of fresh air to return to the usual with a renewed vigour, viewing it as the unusual.

So next holiday, travel away from the routine, sever ties with the usual and come back rich!
