

## Hands Warm, Head Cool



Quite often, I feel like I have too many thoughts running through my head. It makes me feel like my body can't keep up with my thought process. I'm too exhausted. **In spite of each day marked by speed, hurry, activity and tensions, I don't feel like I'm productive enough.**

And then I enviously look at those happy go lucky souls, who have beaming joy on their faces, energy and vitality in their limbs and have a world of time for everything! To cite a few, I have seen a Priest who is never in hurry and adds quality to all his relationships. I have known a Bishop who goes out of his way to plan and execute things meticulously and yet has space and time to pay kindly visits, engage in friendly chats and reach out in thoughtful ways; and all this with radiating smile and rejuvenating grace! I have also seen so many of our senior Sisters whose grace remained intact while they shouldered various responsibilities.

I knew it had to do with my approach to work! The other day, just accidentally, I came across an excerpt from the book '**The Hand**', written by the neurologist, Dr. Frank R. Wilson. He says, "*Not using the hands and too much of using the head has generated illnesses that cannot be cured by medicine. **Hands should be warm, and the head should be cool. But when there is too much of thinking, the head will be warm and the hands will be cool. That is unhealthy. You are moving towards madness. A moment will come when the head will start functioning on its own, unconnected with the whole body.***"

If we take **the hand of a person who is head-oriented, the hand will be cold.** Not just cold, but a certain deadness will be in the hand. If the person is heart-oriented then there will be warmth, then we will feel life flowing from his/her hand to us, and there will be a communication of warmth.

Sufi and Zen monks work with their hands a lot which makes them very strong and healthy. They do digging, tilling the ground, shoemaking, carpentry, or anything whatsoever, but all with their hands.

The hand and the head are two polarities, and if our energy is moving through the hands, the head, by and by, subsides. Perhaps one of the easiest ways to still our minds is to **IMMERSE** ourselves into work—be it a chore or a passion. **Ironic as it might sound, the more we concentrate or indulge in something wholeheartedly, the less our thoughts are likely to be scattered.** We in turn become more in sync with the present moment, and our work begins to have the ease, bliss and vitality of play.

The more intensely, the more blissfully, the more gratefully we enter the labour part of our life, the more it transforms us. But, when head enters in and our work becomes a medium to gain money, success, prestige, fame – then we never enjoy our activity; then each act loses its intrinsic value. **An ambitious man cannot love any activity for its own sake.** While he is painting he is looking ahead; he is thinking, '*When am I going to get a Nobel Prize?*' When he is writing a novel, he is looking ahead. He is always in the future – and a creative person is always in the present.

**Creativity means loving whatsoever we do – enjoying, celebrating it, as a gift of God!** Maybe nobody comes to know about it. History may not take any account of it; newspapers may not publish our name and pictures – but that is irrelevant. **We enjoyed it. The value is intrinsic.**

If we can even smile whole-heartedly, hold somebody's hand and smile, then it is a creative act, a great creative act. Just look with loving eyes at somebody...just a loving look can change the whole world of a person. **Remain in the present and then see: we will never be exhausted.** We will have more time, more energy, less dissipation, and ultimately our work will become as light and blissful as play.

On the first of May, as we celebrate the **Feast of Saint Joseph the Worker, a shining example of the holiness of human labor;** let's resolve to do everything creatively, wholeheartedly, with devotion to the present moment. May our work become truly a worship! May whatsoever we do, be a prayer! And whatsoever we do be an offering at the altar of God! Amen!

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