

A Nightmare

I and my brother were enjoying a horror movie that night. My mother told me not to watch such picture before bed telling us you might have a nightmare. How right she was. It really happened to me.

We got asleep after the movie. Soon I dreamt that I was with my friend looking for an old woman. I was not sure why we were looking her but we all seemed afraid of her. Some time I seemed to be flying with the woman as high across the sky enjoying the beauties of the sky. Then she took me to a frightful place; place full of demons. They tried to catch me chasing me from my back. I tried to shout and run fast but could not do at all. All my efforts were in vain. I moved and moved slowly and entered into a big room with highly decoration. I tried to hide my self in the bed of the room from them. Suddenly the a dreadful figure from the bed embraced me tight. I was almost suffocated and could not do anything against him. I tried to get free from him with all my strength. The next moment , I gave a severe blow on his head and got myself free from him. I breathed very fast and found myself fully exhausted after the dream. It was really a horrible nightmare.

For a minute or so I laid on my bed not daring to close my eyes for fear of falling sleep again and continuing the nightmare. I sat up on my bed until the horrible feeling passed. From then on I never enjoy horror movie before going to sleep.

Winning and Losing

Winning and losing are a part of life They are two sides of the same coin. Winning and losing come in cycles, neither is permanent.

Today's victor is tomorrow's or yesterday's loser. And today's loser might well be the champion next year or the next . While we are fully aware of these, we continue to crave for victory and live in dread of losing, although we know in our heart of hearts that one is invariably followed, with the passage of time, by the other.

The feeling of happiness and joy that any victory brings is basically felt and enjoyed by an ego. Our true self knows neither victory nor loss. The soul is beyond the duality of good and bad,

right and wrong, winning and losing. But the human mind and ego exult when it can do something better than the other person or other team. Just as victory brings extreme emotions, so does defeat. Today's idols are smashed tomorrow, when they fail to perform. Such is the price of celebrity status, such is the price of victory.

