

*Lub-Dub  
Of  
Every Heart*



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### *Acknowledgement*



## CHAPTER 1

### *Restrain From The Black Spot*



*You are being watched*

Rapid advancement in science and technology took people all together into a new era. Whether the following is agreeable or not, it makes a lot of sense to me.

*“Limited photos in an album are far more worthy than every moment digitally captured.”*

My mother used to keep a photo album in an almirah. It gives a clear picture that it is safely treasured and not easily shared. Nowadays we not only capture every moment but also share it on social platforms.

In my childhood, I had always seen whenever something special was cooked in our house, we used to send it to our neighbours. I can recollect very clearly how the food was sent. The container of food was covered with a lid which was placed in a tray and again the top of it was covered with a crochet thread fabric.

Today we open the lid to take a picture of it and post it before we eat it. We share everything from sizzlers to shoes to supermarkets. It's like a ritual to share what we are eating, what we are wearing, where we are going, and the list is endless. Knowingly or unknowingly, a black spot is inserted in people's hearts, and that black spot is jealousy.

After going through social media posts, people are forced to think about our lives, assuming it's very easy, beautiful, lavish like a dream come true and want to live one. Nobody is aware of the problems, struggles, adjustments and much more behind the post and on top of it, we are inviting jealousy and making our life more miserable. We are even making the life of others difficult as they want to live our life by getting inspired by the post we share.

*“Jealousy overtakes even the best of people.”*

*“Beware of jealousy before it overtakes you.”*

## **Jealousy A Hole In Heart**

On every coffee sip,  
Long roads on a travel trip,  
Even workout with a pull-up grip,  
Clicked and posted on a fingertip.  
From the shade of lipstick to the colour of shoes,





## CHAPTER 2

### ***Avoid Comparison And Be Happy***



***Every entity holds its place***

One of my friends made dalgona coffee. She posted a coffee mug with the caption “*Finally I also made it.*” I asked her what you mean by finally you also made it. Were you trying for a long time to make it perfect? She replied no, no it’s a trend going on, everyone is making and posting. Aren’t you aware? I answered to myself I am much aware of a contagious trend of following, is all over going on, which is eventually going to land in the world of comparison.

Let me share one interesting incident. A happy, healthy and smiling lady in her third trimester of pregnancy was waiting for her turn to see the doctor.

She spoke to another lady beside her who was also in the third trimester and waiting to see the doctor. The Hi and Hello conversation soon turned-out interrogative as both the ladies were in the same month of pregnancy. They discussed everything, eating habits, mood swings, baby movement and much more even the husbands' attention, love, and care. In a short span of 10 minutes, smiling happy faces turned into sunken, sad and worried faces.

It has become an acceptable routine. If someone in our contacts is bringing a small flower vase to their house, we are aware of it and we want the same as well. If someone is going on a holiday, we want to go for a holiday as well. The level of comparison has taken deep roots in us, we are being vocal and saying "Oh, he called you, but he didn't call me."

I always believed two individuals are not the same and there is no point in comparing. Comparison always gives you disappointment as one always thinks that the other person is at a better level or in a better condition.

All of us deal with things in our own way, so very likely it will be dealt with differently. We need to accept these differences. Everyone is unique, so let's not compare.

*"Unhappiness is a result of comparison and containment is the key to happiness."*

## **Comparison**

Followed for dalgona coffee,  
With an iced frothy drink took a quick selfie.

Culture and tradition are all in a race,  
Magical blindfold with no urge to replace.

Changed dressing, changed style,  
Followed for all, didn't think for a while.



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