

Play your Part, Be a Student

Zinedine Zidane is considered one of the greatest players who ever played football. As a result of his part in helping France win the World cup of 1998, the message “Merci Zidane” was projected onto the Arc de Triomphe. He was famous for ability to win games by individual brilliance and skill. He was a person accustomed to pressure.

France appeared again in the World cup Final of 2006. The match reached extra time. His Italian opponent Matarazzi started making offensive comments at Zidane, in an attempt to distract him from his game.

Zidane, instead of walking away, head butted Matarazzi in the chest. That was his last act of the game and he was sent off. It was also his last act as an international football player as he retired after that game.

France went on to lose the final. Would they have won with Zidane on the pitch, we will never know but we can say his absence did not help France in any way.

So the question is how do we react to pressure?

This week each of you will be sitting exams, and the potential to feel a burden or stress is great.

You cannot change the fact that exams are taking place this week. The amount of material you have studied can really only change a small bit between now and the exams.

So how can the burden of doing exams be lifted?

The only place where change can take place is at the emotional realm. When we talk about the emotional realm, we meant the attitude. It is the attitude that will make all the difference.

How can the attitude be changed?

The ultimate cause of this creation is love, and love is itself expressed in many roles and relationships. The creation is one big place and we all have parts to play, and we all have relationships with other players.

The key to playing your part peacefully and happily is playing your part truthfully and sincerely, never allowing yourself to be attached to it.

Do not take the part you play as ultimate and turn it into something fixed and real. If this happens, whatever is seen as favourable gives pleasure and whatever is seen as unfavourable gives pain.

Do not get burdened by the attachment to the part you play. Remain free from the burden of playing and acting. Play your part truthfully and discover the true source which is love.

Be free of the burden of doing exams and discover what means to play the part of student.

Play your part. Be a student

Dr. Kelly