

Utopia to Dystopia

Day dreaming is the most common problem, most of the children face. But no one gives serious thought over it. If day dreamers are not given timely help the problem aggravates & triggers into poor performance in exams but parents and even teachers think that students have not understood lessons so they should be taught again. Instead, one has to hit the nail to identify the problem first.

Teachers often complain, students are in reverie or in Utopia. They shout on them. But actually instead of bringing them from Utopia to real world, students fall in dystopia. Can we not give a helping hand & teach students to face the real world? On the contrary students are humiliated to such an extent that their minds are petrified & they become non-cooperative. Most of the time it is noticed that poor performance is related to day dreaming. In Spick & Span school the problem of day dreaming is subdued by meditation. Students are taught to concentrate on incoming & outgoing breath, so they become stable & fickleness of mind is brought under control. The greatest benefit of meditation is students learn to be in the present tense. They become more confident and can face the real world. Instead of being a prey to dystopia, they learn to combat the problem and gain self respect, face & understand factual world / situation. Otherwise parents think, his memory is poor, so we cannot expect excellence from a child. But if the problem of daydreaming is discussed with the child, everyone from child to teacher to parents will get relief & problem will be solved. Such day dreamers are often back benchers always enjoy to be aloof and blamed as loggerheads. But the victim is unable to identify that this is daydreaming and it is a bad habit and "I can definitely come out of it and improve the quality of my life".

The victim is to be conveyed that the problem of day dreaming has a solution. Preferably it required a team work of teachers,

parents and the victim. Certainly it has a remedy, which is of course meditation, the panacea.

Actually day dreamers are in their own world for hours together. It shows that they can concentrate but they are in fictitious world where they are prince or princess & enjoy to be the supreme than to get humiliated, disappointed & neglected by one and all. In case of adolescents & youth, day dreaming is mainly regarding sexual attraction. Such as 'I am very beautiful many boys are after me / I am handsome, riding a pulsar along with my girlfriend'. These dreamers even cross the imagination of physical contacts also; at this point students are deviated from studies. The most harmful thing regarding such dreamers is (that) nobody can even have the slightest idea about their mental affairs. Thieves can be caught & punished. But how will you pinpoint day dreamers? So they live with their own pleasures in dreaming & are ultimately sufferers & losers. Even the entire life passes silently without any diagnosis & treatment and he is labeled as unsuccessful. so its my request to dreamers to learn meditation from experts & practice it everyday. Be your own healer & free yourselves from dreaming. Be successful in life & exams. Only mediation & not the tuition will help the students to excel because concentration, stability of mind, perfection, alertness, accuracy etc. are achieved only through meditation. To sum up, **meditation, imparts wisdom.**

It's a clarion-call to all the students from school and colleges to come forward & accept the reality. 'I am facing a problem of day dreaming'. Try to seek help. Fight with the problem & come out of it successfully. Ultimately a person cannot live in an unreal world because imaginary world will give you an enjoyment for short time but certainly it is not a real life, one cannot live there forever. More than 50% students are victims of day-dreaming. So confess the problem, learn meditation, surely & definitely it is the universal solution.

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