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### Life's Lesson on Mindfulness

How do people find the way to a better life? Do they watch TV? Do they read books? Maybe they listen to others' advice. If a person thinks deeply of the world he is living in, he will have better understanding of life and he would live a life of truth. Recently I read a book named *The Alchemist* from Paulo Coelho. He is a Brazilian novelist and lyricist. He is one of the most celebrated authors. Coelho, like other famous people, had one thing in common which is pain. Perhaps famous people face a lot of difficulties in their lives because of their fame and those hardships made them to be what they are now. *The Alchemist* is a story of the young shepherd named Santiago who want to find a treasure beyond his dreams. During his journey he met different characters, learned to listen to his heart, and realized his personal legend which is part of the Soul of the Universe. Paulo Coelho mentioned some useful lessons in this book which ones can apply to their life. Paulo Coelho's most powerful life lessons are to make decisions and always take action, break routines and be unrealistic, and concentrate on the present and not fear the future.

People should make their own decisions and know exactly what they are supposed to be doing in order to pursue their passions and personal legends. One influential theme of *The Alchemist* is to connect people with their dreams by listening and following their enthusiasm. The spiritual part of a person, which is forced to live in his soul, has the awareness of his soul's

desire. If a person ignores his personal legend, he is disconnecting his soul and himself from each other. In addition, the path to human's personal legend should be in aligned with the world. People need to focus on what they really want and to become true to themselves. Coelho in *The Alchemist* mentioned, "Making a decision was only the beginning of things. When someone makes a decision, he is really diving into a strong current that will carry him to places he had never dreamed of when he first made the decision" (70). The more associated a person is with his desire, the easier it is for him to make an accurate decision. The author of *The Alchemist* indicates that the only way to learn is through action (129). As a result each person tends to focus on the actual task, to let go of his expectation, and to take action. With this mindset that person feel he has travelled a long way whenever he looks back, he has gained lots of knowledge to help others, and he has developed the intelligence about himself. If people exposure life with all of their senses, the intelligence will never be averted from them. On this journey the important thing is to be aware that individuals has their own ideas to lead their lives and they do not only need to compare themselves with others but also they have to expand their attitudes through their experiences and knowledge through their actions.

One of the most important lesson that Coelho has in this book is to break routines and to be unrealistic. In the story, Santiago thought about how people have become compliant. For instants, his parents had gotten used to his being away, and he had gotten used to being away from them. Santiago claims that "When each day is the same as the next, it's because people fail to recognize the good things that happen in their lives every day that the sun rises" (Coelho 30). Through positive thinking people can find good things and they can be more successful. In addition, if people pay attention to the existence of the things around them, they might be

grateful and will realize that they are unique to their happiness. When a person reaches the point that he can easily recognize the good things happening around him, then he needs to believe and to trust in himself. When something bad happens in a person's life he can either become stronger, or weaker. He can decide while he wants to be strong or weak. Only if people believe in their ability to convert the situation around them, they become empowered. According to *The Alchemist*, Santiago talks about how he thinks he understands what is happening, but all he sees is based on his desires rather than just looking at it objectively (Coelho 43). People have to empower the mindset of ignoring the impossible to be able to achieve their impossible goals and personal legends.

As individuals are living in the present not in the past or the future, they have to concentrate always on the present and they intend to learn from their failures. In present moment people have the possibility to engage with their life and they will be happier. In contrast by thinking of past and future people are unable to connect themselves and others to the current situation. Santiago on his journey met a character, the Camel Driver, who accompanied the desert caravan and explained his life approaches with him. This character didn't have fear of death, regardless his caravan traveled through the war. He taught Santiago patience and to do each thing in its own time. The camel driver told Santiago, "I don't live in either my past or my future. I'm interested only in the present. If you can concentrate always on the present, you'll be a happy man" (87). This quote teaches people to appreciate whoever they are today. Because they do not have the capability to change the past and no one can guarantee what will happen in the future. Consequently, it is better to focus only on present. Another important idea is to stop thinking about the worst things that might happen in future because people are living in present

and they are not sure what will happen in the future. What people do today affects their future. As a result, people have to improve themselves to achieve the better tomorrow by stop exhausting from the past. Furthermore, one of the secret of life is to never give up. By giving up a person do not learn the enormous value of failure. It doesn't matter how many times a person fail, the only thing that is important is to not give up and keep going. Then people can actually be proactive in their life.

One can find some books which teach you some lessons for life, and some of them inspire you towards your goals but there are only few which can strongly impact your life. *The Alchemist* is one of those books. It can help anyone to improve the quality of their life and thoughts. If a person thinks deeply to all the quotes that Paulo Coelho mentioned in *The Alchemist*, he will find that with each passing obstacle that Santiago experienced, there is a lesson to learn. Lessons of making decision and taking action, lessons of thinking positive and being gratitude, and lessons of concentrating only on present and keep getting backup even if a person fail. *The Alchemist* help one's to get in touch with the true spirit of one's heart and beside teach people how to be successful on their journey. As a result, I highly recommend *The Alchemist* to you to read and to relate it to your life.