

GRATITUDE

The Courage to Trust Life, Even When It Hurts

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"Sometimes life does not give us what we ask for, not to deny us—but to prepare us for what we are not yet ready to receive."

There are moments in life when we feel abandoned by fairness.

When doors close without explanation.

When efforts dissolve without reward.

When prayers echo back in silence.

In those moments, the human heart asks its oldest question:

Why me?

But life rarely answers immediately.

Life answers in hindsight.

Because some truths can only be understood after the storm has passed.

The Pain That Secretly Strengthened Us

Every pain we have experienced has quietly reshaped us.

At the moment of pain, it feels like loss.

But over time, it reveals itself as preparation.

The betrayal that broke your trust also taught you discernment.

The failure that shattered your confidence also built your resilience.

The loneliness that emptied your world also introduced you to your own strength.

Pain never arrives empty-handed.

It always carries a hidden gift.

Not visible immediately.

But undeniable eventually.

Just as muscles grow stronger only after being stretched and torn, the human spirit expands only after being challenged.

Without those moments, we would remain fragile—protected, but unprepared.

The Efforts That Did Not Bear Fruit—Or So We Thought

There were times when you gave everything.

Your sincerity.

Your commitment.

Your sleepless nights.

You believed the outcome was certain.

And when it did not happen, it felt like injustice.

You questioned yourself.

You questioned life.

You questioned destiny.

But years later, when you stood in a different place, with greater clarity, you realised something profound—

Had that earlier wish been fulfilled, you would not be where you are today.

The rejection redirected you.

The delay refined you.

The denial protected you.

What felt like loss was actually guidance.

Life was not saying no.

Life was saying—not this, not yet, not here.

Something better was being prepared.

But you had to become ready to receive it.

The Invisible Intelligence That Guides Us

We often believe we are the architects of our life.

We plan.

We strive.

We execute.

But there is an intelligence greater than our understanding quietly orchestrating events.

We are responsible for effort.

But outcome belongs to something beyond us.

This is why gratitude is essential—not only when life gives us what we want, but especially when it does not.

Because what we call disappointment, life often calls protection.

What we call delay, life often calls preparation.

What we call suffering, life often calls transformation.

The Moments When Life Felt Unfair

Think of the moments when life felt unbearably unfair.

When someone you trusted walked away.

When something you built collapsed.

When something you desired deeply slipped beyond your reach.

At that time, it felt like the end.

But it was not the end.

It was the turning point.

Because that moment forced you to evolve.

It forced you to discover courage you did not know existed.

It forced you to stand alone and realise you could.

It forced you to find strength not from outside, but from within.

Life was not breaking you.

Life was revealing you.

Gratitude in the Midst of Uncertainty

True gratitude is not gratitude for comfort.

True gratitude is gratitude for growth.

It is the ability to say thank you even when you do not yet understand why something happened.

Because gratitude is not based on outcome.

It is based on trust.

Trust that life is not random.

Trust that every experience carries purpose.

Trust that every moment—even painful ones—is shaping you into who you are meant to become.

When you begin your day with gratitude, you align yourself with acceptance.

When you end your day with gratitude, you release your burden of control.

You do your best.

And then you surrender.

Not in defeat.

But in faith.

Finding Purpose Within Pain

Every undesired experience carries within it a hidden question:

What is this teaching me?

Not—why is this happening to me?

But—what is this shaping me into?

When you ask this question, pain stops being punishment.

It becomes transformation.

You stop resisting life.

And begin cooperating with it.

You stop fighting destiny.

And begin trusting it.

The Peace That Comes From Gratitude

A grateful heart does not live in regret.

It lives in understanding.

It knows that nothing was wasted.

Every effort mattered.

Every pain strengthened.

Every delay prepared.

Even the moments that broke you carried the seeds of your greatest becoming.

Because life was never working against you.

Life was always working for you.

Quietly.

Patiently.

Lovingly.

*“When you look back with gratitude, you realise that life never denied you anything—
it only guided you toward what your soul was truly meant to become.”*

— Prof. Arun Sehgal