

The Black Dot

One day, a professor entered the class room and asked his students to prepare for a surprise test. They all waited anxiously at their desks for the exam to begin.

The professor handed out the exams with the text facing down, as usual. Once he handed them all out, he asked the students to turn over the papers.

To everyone's surprise, there were no questions – just a black dot in the center of the sheet of paper. The professor seeing the expression on everyone's faces, told them the following:

“I want you to write about what you see there”.

The students, confused, got started on the inexplicable task. At the end of the class, the professor took all the exams, and started reading each one of them out loud, in front of all the students. All of them, with no exception, defined the black dot, trying to explain its position in the center of the sheet. After all had been read, the classroom silent, the professor started to explain:

“I'm not going to grade you on this, I just wanted to give you something to think about. No one wrote about the white part of the paper. Everyone focused on the black dot – and the same happens in our lives.

We have a white piece of paper to observe and enjoy, but we always focus on the dark spots. Our life is a gift given to us by God, with love and care, and we always have reason to celebrate – nature renewing itself every day, our friends around us, the job that provides our livelihood, the miracles we see every day . . . However, we insist on focusing only on the dark spot – the health issues that bother us, the lack of money, the complicated relationship with a family member, the disappointment with a friend. The dark spots are very small when compared to everything we have in our lives, but they're the ones that pollute our mind.

Take your eyes away from the black dots in your life. Enjoy each one of your blessings, each moment that life gives you. Be happy and live a life filled with love!