

Embellishment vs Drama

Humans are generally very attached to drama. Things happen in life that we don't like or want and off we go into a drama about that thing that happened even to the point of exaggerating the happening.

I know I do it and I even know why. The worse I can make the happening seem, the more attention I get from those I am telling my story too. Who doesn't feel validated when there is an attentive sympathetic ear?

It does seem that the more drama I place on a situation, the more fully I experience the emotion. The more fully I experience the emotion, the more completely I experience the situation.

This is a 'catch 22' to be sure but is also a formula to having some measure of control over what I experience fully and what I don't. Life happens and so change happens. Change happens so discomfort happens. We can't stop the processes of life and change. What we can do however, is decide how and where we will put our attention.

That's where embellishment comes in. Embellishment is a technique that has been used by story tellers since the beginning of human existence. According to dictionaries the word embellishment means to 'exaggerate parts of a story to make it more enjoyable or epic to the listener or the teller.'

In short, embellishment is an exaggeration with a **purpose** of creating a heightened response.

Drama on the other hand is a mostly unconscious response to a situation with the unconscious goal of gaining a sympathetic ear.

This is an absolutely wonderful discovery because it offers us a choice in how deeply we experience different parts of life.

Have you ever known a romantic soul? Ever notice how a romantic soul seems to always get to see the full double rainbow or a child smiling? Those who are naturally romantic are also those who naturally know how to embellish their experiences. Romantic souls are natural story tellers and because of this gift, they fully experience the parts of life that are romantic.

We've all heard and enjoyed epic tales of heroes and heroines defending the day. Every one of those stories was about ordinary people who went through extraordinarily tough times and then a story teller came along and appropriately embellished their story.

How we paint the picture of our daily lives is how we experience that life.

Do you 'have to' get out of bed in the morning or do you 'get to' get out of bed in the morning? Do you 'have the privilege' of creating a wonderful meal or is it a chore?

We always have a choice in how we see what we are living. The choice is to spend all of our time exaggerating the things that don't please us or embellishing our day to the point where it becomes an epic timeless tale.

Traffic could be seen as a hassle, an unpleasant part of the daily trek to and from work or it could be seen as a gauntlet, a test of stamina, agility and intelligence. It can be a process that wears away the spirit or it can be a challenge that builds and creates a stronger more vital human.

The choice is ours. Is life an epic tale or is it a sad story?

I'm off to the valley of plenty in the fairy realm to gather food so I can provide my royal court with a feast and celebration. What are you doing today?

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