

THE EASY AND THE DIFFICULT

BY DELIA STEINBERG GUZMAN



We speak of difficult jobs, difficult subjects, difficult psychological situations, difficult actions or circumstances, difficult people, difficult times... The list would be endless and we won't even attempt in such a limited space to complete it or offer a solution for each of these cases. Instead, we would like to focus on the inner attitude of a person who has to face difficulty.

Almost everyone acknowledges that there are things which are easy to do: generally, they are the things that others do and a few that others do well. I don't know why most people think that "the others" – the "non-cranes" of the Platonic myth – have easy things to do, and that life piles the difficult things on themselves and not on the others. Perhaps the reason for this could be that most people don't truly know how to put themselves in someone else's shoes.

On the other hand, each one of us knows that, when faced with certain situations, we can deal with them fairly well; each one of us knows that we are capable of completing some tasks well or very well. But alongside these, there are many other situations which appear to be unsolvable, like unattainable goals.

Let's think it over a little. The easy *per se* does not exist. If we were to ask people, one by one, what they consider as easy, they would all respond differently. There are things that we know and can do, and there are things that we don't know and can't do. What is easy is what we have already learned to do, what we have mastered and can do effortlessly. When, where and how did we learn...? The fact is that what has been learned and assimilated is reflected in the ease with which we do things in life.

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In the same way, the difficult in and of itself does not exist. It depends on the person and his or her accumulated knowledge. What is not known and is new to us wears the mask of difficulty. It is likely that, because we don't know how to resolve a situation, we continue to label it as "difficult" for many years, even though it is not so much unknown or new as repetitive and feared... The experience of fearing and dreading new things is not going to lead us to

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master what is difficult. On the contrary, to avoid difficulties, we must avoid all signs of fear.

It is natural that life is filled with difficulties. We have all come into this world to learn, to acquire new knowledge... If everything was always easy it would be a warning sign: either we have stagnated in what we already know, or we have become so unconscious that we don't even recognize the new steps to climb....

What is difficult is what makes us face what we need to acquire at this moment. What may seem to us like a hard trial is actually an indispensable exercise to let experiences make their way into our consciousness... ★★★

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