

Indifference is power

why not caring is healthy

Benefits

- Freedom and authenticity
 - The power of indifference lies in freedom we create by being true to ourselves and not relaying on others' opinion
 - This freedom allows us to live authentically even if sometimes it means deviating from the flock .

“ It's easy in the world to live after the world's opinion ,
it's easy in solitude to live after your own ,
but the great man is he who in the midst of the crowd keeps with
perfect sweetness and independence of solitude . “

Ralph Waldo

Emerson , Self-Reliance

- Emotional resilience
 - Indifference towards events we can't control prevents us from becoming an emotional wreck .
 - Instead of dwelling on unfortunate situations we should focus on our attitude towards those events .
 - We can't change many things in our lives , however we CAN change the way we think about it .
 - Instead of hating somebody who wronged us we should choose to distance ourselves from people who aren't aline with our values
- Better performance
 - When at a competition , focusing on the process and our effort rather than the result helps us to be less emotionally pressured and consequently perform better
 - Attachment to the achievements undermines our skills needed to actually achieve our goals .
 - By being indifferent to the outcomes we cultivate detachment to external events ,so there's less anxiety that holds us back .

- Affordable contentment
 - Having less desires means being more content with what you've got at the moment
 - The less desires we have the easier it is to feel satisfied .

“ If you want to make a man happy ,
add not to his riches ,
but take away from his desires . “

Epicurus

- Rational and objective decisions
 - When we are indifferent to our emotions and biases we are able to better analyze a situation and make a decision based on the fact and logic
 - Feelings can prevent us from making rational , objective decisions clouding our judgement and leading us to a chaotic behavior and decisions based on our desires and emotions rather than what's best for the situation .

P.S

- Indifference is a paradoxical concept . It appears empty yet it holds great power . It is a subtle but mighty force that allows us to let go of what doesn't matter and so things that do will shine through .

