

English Essay

A Ship is Safe in a Harbour, but that is not what ships are built for.

Outline:

1. Introduction

Thesis Statement:

The safety for a ship is ensured in a harbour, but it does not fulfil the very purpose of its creation. A ship is built not to rust in harbour, but to sail the sea in all weathers. So is the example of man. He is not created to merely enjoy the pleasures of comfort zone, but also to lead a life full of challenges.

2. Ship and Harbour; Metaphors used for Man and his Comfort Zone

3. How being in one's comfort zone guarantees one's eventual destruction:

- a) A hedonistic lifestyle ruins one's soul
- b) A life without challenges eventually becomes monotonous and uninteresting
- c) Psychological health is adversely impacted.
- d) Wasted and untapped potential leads to guilt that haunts forever

4. The Purpose of Man's Creation:

- a) To fulfil the demands of his creator
- b) To empower one's inner goodness against evil
- c) To fight and conquer challenges of life
- d) To enrich one's surroundings with positivity

5. How to fulfil one's purpose and emancipate one's self from shackles of comfort zone.

a) By finding one's Ikigai (purpose of life)

b) By developing a social circle of progressive and ambitious people in one's life

c) By translating aims into actions

d) By gradual and step by step transformation of oneself

6. Conclusion

Essay:

Every single creation, be it a micro-organism, an elephant or a man, has a definite purpose. The divine forces have incorporated a specific purpose in its every creation. The creation of man is also full of purpose. Among the 8 billion individuals living on the planet, each and everyone has been given a purpose of life by the nature, but to find it and act accordingly is the choice of man. It is the choice of an individual to either live a life full of challenges and fulfill one's purpose, or to lead a life in seeking pleasure and wasting one's potential. Similarly, a ship that is created to sail the sea and face the sea-storms can ~~rust~~ be safe in harbour, but will eventually rust and obliterate. The ship is a metaphor used for man. Harbour can be interpreted as man's comfort zone and sea is analogous to life.

Being in one's comfort zone, like a ship in harbour, will eventually result in destruction, ~~due to~~ It is because living in one's comfort zone is synonymous to lead a hedonistic lifestyle which ruins one's soul.

The monotony of life engulfs its charms and adversely impacts the psychological health of man. However, being familiar with one's purpose of life can result in growth and development. In order to fulfil one's purpose, it is imperative to gradually transform one's ~~person~~ personality according to the demands of his purpose. The analogy between a ship in a harbour and man in his comfort zone is very practical. The safety of ship is ensured in harbour, but so is its eventual destruction. Similar is the case with man, who lives miserably by not achieving his goals.

One of the very impressive ways to express an idea is by means of using a metaphor. In the given statement,

man is metaphorically expressed by ship. The metaphor of harbour represents a boundary of comfort that man creates around him and feels safe, happy and pleased within that ~~the~~ boundary. The ships are built to sail the sea in all its storms and calms. Sea can be interpreted as life in which an individual survives all storms and enjoys all calm phases. The famous British ~~Wrote~~ novelist Virginia Woolf also represents life as ocean, sometimes roaring, sometimes calm in her magnum opus novel, *To the Lighthouse*. Therefore, an individual's life is also like an ocean, where he has to ^{either} sail in sea ~~like a ship~~ or rust in harbour.

The destruction of an individual is guaranteed when he limits himself in his comfort zone. This destruction is a slow process where the pleasures of a comfortable life play the role of slow poison like arsenic. These ^{ephemeral} pleasures cause eternal wounds on an individual's soul.

A hedonistic approach to life injures one's soul. The earthly desires of body are fulfilled, but the soul starves. It is because human body is a creation of dust and mud. Its needs are fulfilled from vegetables and fruits that are produced from earth. On the other hand, human soul is a divine creation having a spiritual part in it. Its requirements are also spiritual. When a person lives in his comfort zone, he does not provide his soul the required conditions. Sigmund Freud classified these parts of human conscious as Id, ego, and superego, where id is the representation of earthly bodily pleasures and superego is the moral and spiritual side. The ego is ~~either~~ ^{mostly} tilted on one side which leads to destruction of other. Maintaining a balance between two is the real task for ego which can only be achieved if one knows his purpose of creation.

Living a comfortable life lacks the enthusiasm of an adventurous life. A life without challenges is full of monotony. Humans are created to challenge the difficulties of life.

The sense of achievement after subduing any hurdle satisfies humans. One should not fear the challenges of life as they are the real beauty, charm and colour of life. As Iqbal, the Poet of East and famous Muslim philosopher says, Do not fear the opposing winds, O Eagle. It only blows to help you fly higher. The hardships of life are always a source of motivation for man to work more hard. The life of an individual who escapes hurdles and tries to find solace in his comfort zone is similar as a colourless picture of a rainbow.

The psychological health of people who avoid action and always reside in their comfort zone is on stake. A hedonist, pleasure seeker and self-centered person faces psychological issues like anxiety, depression, insomnia etc. Carl Jung, the renowned psychologist, links these psychological issues with the lifestyle of an individual. He claims that there is

no physical cause behind these psychological health issues. In his book, *The Symbolic Life*, Carl Jung argues that leading a life without purpose and avoiding the call of one's inner self is the primary reason of such health issues.

The innate potential of an individual goes untapped and is wasted when a person do not crosses the boundaries of his pleasures and luxuries of life. The intoxication of instant gratification ~~initially~~ makes a person unaware of the loss of his innate talents and capabilities in the hands of pleasures of comfort zone. But, later on, when one realizes what he lost, the guilt haunts forever.

In order to avoid any such situation, it is necessary for an individual to know the purpose of his life. The purpose behind the creation of man, as explained in divine religions, is more or less same.

Man is created to fulfill the demands of his creator. In Islamic perspective, the purpose of man's creation is mentioned in Surah Dhariyat in these words:

وما خلقت الجن والانس الا ليعبدون
And I have not created the
Jinn and Man except to
worship Me. (51:56)

The idea of worship here is not limited to certain rituals. It is an all encompassing concept which includes every act that is done with the intention to please one's Creator. The first and foremost purpose of man's creation is to please his Creator and do whatever He demands.

Secondly, the purpose behind man's creation is to empower good over evil. Man must strive to strengthen the inner goodness and to weaken the inner temptations and wickedness. The human heart has been innately given the good and evil capacities.

The purpose for this availability of both capabilities is to test human choices. The eternal of conflict between good and evil is embodied in human heart. The human heart is a battleground ~~between~~ for God and Satan (Fyodor Dostoyevsky, Crime and Punishment, 1866).

The purpose of human creation is to somehow empower goodness over evil. By dwelling in one's comfort zone, as a ship in harbour, only evil darkens the heart, like the rust engulfs the ship in a harbour.

Thirdly, it can be stated that man is created to fight all the challenges, hardships and obstacles that cross his way. Humans have been given the potential to conquer anything and everything. As Ernest Hemingway wrote in his world-widely famous 1952 novella, The Old Man and the Sea, that "A man can be destroyed but not defeated." The idea of giving up in front of hardships of life is against human nature. Man must strive to subdue anything that hinders his way

To fulfill the purpose of one's life, it is necessary to find it first. Every individual has been bestowed with certain abilities that can help him excel in life. In order to emancipate one's self from the ~~the~~ heavy chains of self slavery, one must know the passion that he has to follow. The idea of knowing the specific purpose for which an individual is created is very important. In Japanese philosophy of life, the concept of Ikigai holds a significant place. Ikigai is the idea of knowing one's aims and goals and putting effort to achieve them. The recent research of longevity in Japanese revealed that knowing their Ikigai ~~leads to~~ helps them lead a life full of action and adventure, which in turn contribute to their physical health.

After finding one's ikigai, one must try to develop a social circle of like minded, ambitious and

progressive people around him. The company of useless, hedonists and pleasure seekers brings no good. However, surrounding oneself with intellectual people help to become an intellectual person. ~~Sumit~~ In addition to this, company of people with same goals can accelerate the pace of development towards the goal. A ship sailing all alone in a sea storm may lose the direction. However, it is very hard for a whole fleet of ship to lose direction, because at least, any one of them would know the right path. Therefore, it is important to keep good company while battling the evil of self-slavery and addiction of being in one's comfort zone.

Another important factor that contributes in getting rid of addiction of pleasure and instant gratification is gradual transformation. It is common that people try to give up a bad habit and end up in indulging more in that bad habit.

It is because a complete transformation needs time. The individual who aims to ~~give~~ get out of his comfort zone must know that it will take time. Rome was not built in a day. It takes time to transform one's self from being a lazy, hedonist to a productive, ~~practical and~~ and practical man. When a ship is anchored in its harbour for years, it takes time to function its rusted machinery, and to start sailing in the ocean full of unpredictable challenges. Similarly, an individual, who has resided in the arms of comfort for years, needs time to adapt to a challenging lifestyle.

In a nutshell, it can be stated that safety of ship is ensured in harbour, but the purpose of its creation is only fulfilled when it sails in the sea. It is better to sink in

sea while facing a furious sea storm than to be decayed in the dampness of harbour. Man and ship are similar. Man is created to work hard and survive the challenges of life, but also has a choice to escape these challenges by wasting one's self. The pain of hardwork is much better than the pain of regret. Humans must face difficulties and conquer them because they are created to do so.