



## CONTROL (NON) ISSUES !

June is an interesting month for me personally. I lost my father in June and I also celebrate my mother's birthday this month. The two greatest constants in my life, remain exactly that, one watching over me from a slightly higher plane.

That said, I thought it would be interesting to tackle the topic of **Control** this month. The word conjures up different connotations for different people. Control can be viewed as something that guarantees us power and authority. Relinquishing it can mean a sense of helplessness for some, and freedom for others.

Tune in to my weekly SwellCast – 5 Minutes of Authenticity with Pritha, [here](#) and check out the episodes highlighting various elements of Control and their impact on our authentic self.

The Episodes are titled

1. [Who is Really in Charge?](#)
2. The Circles of Control
3. The Struggle is Real
4. The Freedom of Letting Go

*Pritha Lal*



When I let go of what I  
am, I become what I  
might be.  
Lao Tzu





## IN THE FINAL TALLY

A lot of young people graduate around this time across various educational institutions globally. The degrees range from their very first certificate in Kindergarten to highly prestigious accolades from famed universities. What does this mean in the context of control?

These young men and women who are poised to take on the world and determine its future are also, somewhere along the way, playing the control game. With advancement of their knowledge and acumen, do they seek more control so as to determine their future? Or does success mean letting of some things to find greater meaning in something else.

Years ago, while helping in my daughter's kindergarten class, I sat at a table where the children were sound-spelling words on their own. Once they finished, they had the option to go read before moving on to the next activity.

One boy, however, chose something different. After completing his spellings, he flipped his paper over and began making tally marks, completely absorbed in his task. I watched him for a while—his gray hoodie pulled up over his sandy blonde hair, a quiet smile on his face as he worked.

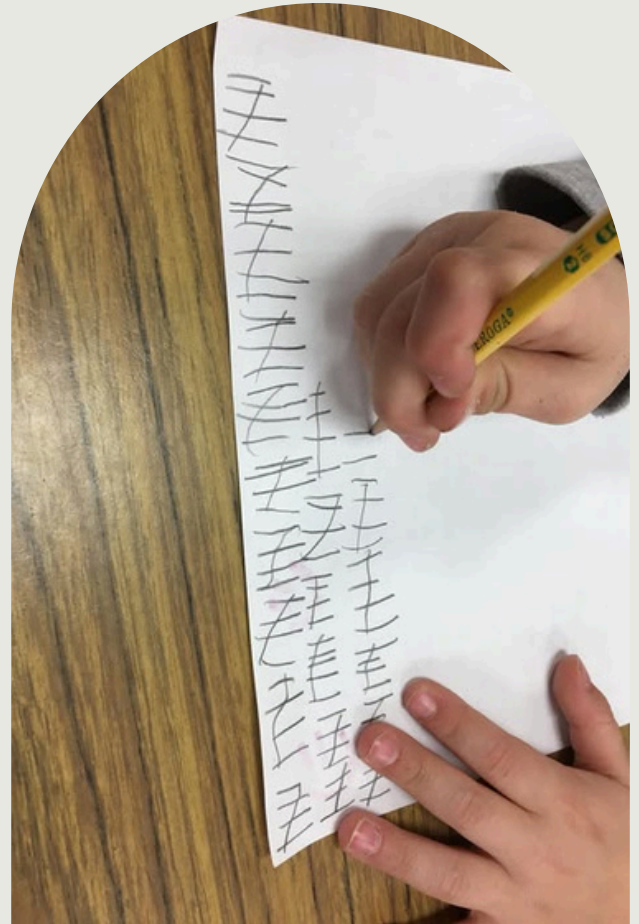
Not wanting to disturb him, I gently asked what he was counting so carefully. He looked up, his blue-gray eyes bright with quiet joy, and met mine directly. His smile deepened as he replied...

"..."Those are the days I #lived," he said, his voice filled with quiet certainty.

He tapped his pencil against the paper, rows of tally marks stretching across the back of his sheet. "See, I could fill this entire page with tallies, and each one would be a day I've lived. It makes me happy—because in those days, I met so many people. I met you, my friends, and saw so many things. So I'm keeping track. But it will take a long time to count them all..."

The next activity was calling, and off he went—leaving me humbled beyond words.

That young boy taught me a lesson I will never forget. Control isn't so much about holding on, as it is about acceptance, gratitude and letting go. In the final tally, that is all that will matter !





## THE PAUSE' & CONTROL EDIT



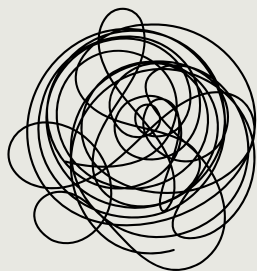
One undeniable reality for women is **Menopause** —a transition that can redefine our sense of control, or rather, the lack thereof. It's often framed as a purely physical change, but the way we perceive it, long before it happens, shapes our experience in profound ways.

Lately, I've been reflecting on menopause—not from a medical or psychological standpoint, but through the lens of mindset. How do we approach this stage of life? What narratives do we carry about it? And how might shifting our perspective make the journey a little easier?

While I don't claim to be an expert, I believe this discussion is worth exploring. Keep an eye out for my upcoming article on [An Authentic Life](#) later this month, where I'll dive into the emotional and mental framing of menopause.

Whether you're living through it, anticipating it, or simply want to understand it better to support the women in your life, I invite you to join the conversation. Check this space!

## COMING UP IN JULY



The Oversized World  
of  
Overwhelm



Making the world  
a little bit better  
with some Lemonade

—  
My Daughter's Story



A new Podcast Channel  
to share my  
Voice?