

# Gulshan Grover

Actor

## 'Some people dodge the real world'

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**Gulshan Grover, Actor.**

### **What does spirituality mean to you?**

To me there are two kinds of approaches. There are those who do not have the courage to fight it out in the real world. So they start looking for a deeper meaning, saying "so what?" even if you become the number one in your field: "so what?", if you have millions of dollars: "so what?", where is the real meaning, are you really happy and so on. They dodge the real, harsher world, which is far tougher to deal with than sitting on a beach reading a book or attending a seminar with enlightened people. I am of the second type, who thinks that when you set out to achieve something, however false or flimsy, you'd better do it first and then look for a so-called deeper meaning. Some people say that the place at the top is very lonely. Let me go there, let me sit there and see! Then I will look for the deeper meaning.

### **Do you believe you are guided and protected by a superior force?**

There is definitely a force. In school we read the story of a farmer whose bull cart's wheel got stuck on a muddy road. He just sat there, asking for god's help. God told him He would help, but only if he was to begin working on the wheel and show some effort. You have to work hard and then that force, which I call God, will guide you.

### **Do you believe you have a special mission or purpose in this life?**

I believe that everybody has been sent for a certain achievement and mission on this earth. For me, it is about becoming the number one entertainer. To many people, it may seem empty. But this is my purpose. And why would it be as the bad guy? Well, not everyone can be the hero, someone has to be the baddy.

### **What is spirituality for you in your day-to-day life?**

I constantly pray, fifty or hundred times a day, giving gratitude, seeking forgiveness or help when starting a shot or a screening. I go to temples, mosques, gurdwaras, I fast on Tuesdays, I always wear this necklace with many gods on it. But instead of spending some time chanting, for instance, I would rather see how I can help someone. So daily spirituality is about practical ways of giving back to the world and being a better person.

### **What is the role of spirituality in the world of the cinema?**

Searching for the meaning of life and so on takes away the ambition, the drive, the killer instinct. So I am blocking it. But I try to see how I can give back to people. For instance, when some unknown Tibetans contacted me over the Internet to make a film with them, I accepted immediately, with no money, nothing.

### **Can you tell us about a unique experience that changed or shaped your spiritual beliefs?**

Any incident can change your life and beliefs if you allow for it to happen. I have tried instead to stick to my own path. I am disturbed by those who take the easy way out, get into a spiritual camp instead of fighting in the real world.

### **What are your spiritual inspirations?**

My parents, and the constant reminder that whatever you sow is what you will reap.

### **If you were to be reincarnated, what would you like to be reincarnated as?**

There's no authentic proof of reincarnation, so I don't think it exists. Besides, I'm not ready to go.

### **If there was one question you could ask god, what would it be?**

It can't be one! God to me is like a parent, I seek answers every single day from him, from the smallest to the largest things. I ask everything, all the time.

### **What is your idea of happiness?**

I am actually a difficult candidate to please. People around me feel I should relax and enjoy smaller forms of happiness, but I constantly feel like in a transit lounge, wanting to reach somewhere else so I cannot enjoy the moment. Happiness is an art that I do not know. I am looking, seeking, trying to understand what it is.