



American Expression E1387 Que sera, sera

IOTS Publishing Team
International Online Teachers Society
Since 2011

"Que sera, sera" is a timeless and evocative phrase that originates from the Spanish language and translates to "Whatever will be, will be" in English. It is a phrase that encapsulates the idea of fate, destiny, and acceptance of the unknown. While it may sound simplistic, "Que sera, sera" carries profound wisdom that resonates with people across cultures and generations.

At its essence, "Que sera, sera" conveys a sense of resignation and serenity in the face of life's uncertainties. It suggests that some aspects of our lives are beyond our control, and no matter how much we plan, anticipate, or worry, certain events and outcomes remain unpredictable. This phrase encourages a philosophy of surrendering to the flow of life, embracing the idea that the future is uncertain and often shaped by forces beyond our influence.

The sentiment behind "Que sera, sera" is not one of passive indifference but rather of acknowledging the limitations of human agency. It invites us to focus our energies on what we can control while recognizing that dwelling excessively on the uncontrollable can lead to anxiety and stress. This concept aligns with mindfulness and the practice of living in the present moment, as it reminds us to release the grip on an uncertain future and appreciate the here and now.

Throughout history, this phrase has appeared in various cultural forms, including literature, music, and film. It has been used to explore the human experience, the inevitability of change, and the acceptance of fate. In the realm of music, the song "Que Sera, Sera (Whatever Will Be, Will Be)" sung by Doris Day became an iconic representation of this phrase, capturing the essence of a carefree and accepting attitude toward life's twists and turns.

"Que sera, sera" can be a source of comfort in times of difficulty and decision-making. When faced with tough choices or life-altering decisions, this phrase can help alleviate the pressure of making the "right" choice. It reminds us that, in the grand scheme of things, the specific paths we take may matter less than the values we uphold and the lessons we learn along the way.

However, it's essential to strike a balance between embracing fate and taking responsibility for our actions. While some things are beyond our control, our choices, efforts, and attitudes can shape our destinies to a certain extent. "Que sera, sera" does not absolve us of personal responsibility but rather encourages us to approach life with equanimity, even when facing outcomes that are different from what we expected.

In conclusion, "Que sera, sera" is a phrase that encapsulates the beauty of surrendering to the uncertainties of life while retaining a sense of peace and acceptance. It serves as a reminder that, in the grand tapestry of existence, our role is both significant and limited, and our journey is filled with both known and unknown destinations. By embracing this philosophy, we can navigate life's complexities with grace, resilience, and a sense of wonder for what the future may hold.

Questions for Discussion

1. How has the concept of "Que sera, sera" influenced your approach to making important life decisions, and can you share an example of a situation where this philosophy played a role in your choices?
2. In what ways can the phrase "Que sera, sera" be applied to alleviate stress and anxiety, particularly in a fast-paced, goal-oriented society where uncertainty is often viewed negatively?
3. "Que sera, sera" suggests a balance between fate and personal agency. How do you navigate this balance in your own life, and what factors do you consider when deciding whether to accept or challenge the course of events?
4. Can you think of a historical or literary context where the theme of "Que sera, sera" has been explored, and how did it shape the characters or narrative in that particular work?
5. Do you believe that the philosophy of "Que sera, sera" is universally applicable, or are there cultural or individual factors that may influence one's ability to embrace the unknown and relinquish control over certain aspects of life?