



March 2013

The World Today

We are living longer but with less satisfaction. We are working harder but with less time to reap the rewards. We are spending more but enjoying less.

But "the times they are a-changin'" - thanks Bob Dylan! People are realising more and more that what we have been taught to strive for is not what brings us the truest happiness. We have been taught to be driven through the concept of fear. And we are measured by the amount of drive we have, or by what we do rather than by who we are.

It is all very well to be driven provided the reasons behind the drive are built on a solid base. If the need to prove oneself to the world is the foundation to our existence, this can only result in long term pain as one can never get off the treadmill of the need for external validation. If it comes from within - a deep passion for what we do stemming from an understanding of who we are, and we continue to work from the right place - our hearts, then our drive is fuelled correctly. This means that we are operating in a space of personal integrity, where we are driven to help others, but not at the expense of ourselves.

Did you know? - $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$.

That still does not mean that we should not take care of ourselves physically, mentally, emotionally and spiritually by filling our lives with that which helps ground us, keeps us in balance and connected.

So the well-known phrase "know thyself" truly means that - know and love who we are and then support ourselves in whatever way is required to honour our soul journey. And yes, we need to learn to love all the bits of us - the good and the so-called "bad".

Retirement - A Valid Concept?

Is the concept of not working beyond a certain age still valid? Is life not about living with purpose which means we would want to work until we just cannot? Are we not just putting "out to pasture" the most skilled and experienced people because we have been brainwashed into thinking that we have to be "young" to be valid? The fact is that most cannot sleep peacefully at night for fear of having too little to retire on and because of the psychological impact on our validity as human beings.



"I am..." or "I feel..."

As adults we need to acknowledge our emotions and feelings and allow ourselves to have these feelings.

However, we need to be clear that we are not our feelings and emotions. We need to express when we are feeling discomfort emotionally and do so without attachment to the outcome. But when we express, we need to do so with dignity and respect for all concerned.

When we are angry or hurt and we wish to express this with someone, we need to start with:

"I feel angry/hurt...." not with "I am angry/hurt...." This allows us to own our feelings and therefore recognise that we are worthy of them.

When we say "I am angry/hurt...." what we are doing is saying that the feeling is who we are. It is all encompassing. But our emotions do not define us. They are there to help us understand ourselves more but they are only a part of us.

And, as a result of expressing our feelings, some people will leave our lives but all will respect us. We will find comfort as we are willing to risk this outcome because we have no attachment to it. We are standing in our truth with self-respect.

By not expressing or partly expressing how we feel, because of fear or attachment to the outcome, we are manipulating the outcome which implies that we are manipulating that person. We are also being two-faced and not true to ourselves.



*Answer to last edition's Brain Teaser –
What five letter word becomes shorter
when you add two letters to it?*

Answer: Short(er)

Tee Hee

A lawyer defending a man accused of burglary tried a creative defense to get his client off the hook. "My client merely inserted his arm into the window and removed a few paltry items. His arm is not himself, so I fail to see how you can punish the whole individual for an offense committed solely by his arm."

"Well put," the judge replied with a grin. "Using that same logic, I sentence the defendant's arm to one year's imprisonment. Your client can accompany the arm or not, as he chooses."

The defendant smiled. With his lawyer's help, he detached his artificial limb, laid it on the bench and walked out.

An h...armless joke for you J .

*What do bulletproof vests, fire escapes,
windshield wipers and laser printers have
in common?*

They were all invented by women.

Until Next Time

A government which robs Peter to pay Paul can always depend on the support of Paul.
-- George Bernard Shaw

This has always been the case and has probably been the reason for the manipulation of the poor, to keep them poor and uneducated, as sick as that may seem.

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