

Sage-ing Age-ing

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NAMASTE!

Growth Through Challenge

Reach for the highest challenges and they will pull you even higher. (Ralph Marsion)

Are you in the middle of a major upheaval in your life? If you study the lives of some of the most successful people, you will find that they have encountered, endured and rose above some extremely difficult situations. It seems that no one is exempt from difficulties and failures. The good news is there is light at the end of the tunnel and great results come from challenging experiences.

Consider the life of Abraham Lincoln. He failed at business at age 31. Was defeated in a legislative race at age 32. Failed again in business at age 34. Overcame the death of his sweetheart at age 35. Had a nervous breakdown at age 36. Lost an election at age 38. Lost a congressional race at age 43. Lost a congressional race at age 46. Lost a congressional race at age 48. Lost a senatorial race at age 55. Failed in an effort to become vice-president at age 56. Lost a senatorial race at age 58.

Was elected president of the United States at age 60.” (taken from UNLIMITED POWER by Anthony Robbins)

There’s also the story of Thomas Edison who tried 9,999 times to perfect the light bulb. When asked if he would have 10,000 failures he explained, “I didn’t fail. I just discovered another way not to invent the electric light bulb” (Anthony Robbins) It seems that one of the important characteristics of those who succeed, is persistence. Successful people do not become immobilized by disappointing results and apparent failures. They regard the results they produce as feedback and keep trying and making changes until they are successful. The important thing is to glance back at the past, but keep your focus on the present. That is the only moment in which action can be taken that leads to success in the future.

Sometimes people become depressed because some of their life didn’t progress the way they had hoped. Instead of observing the result and taking action to do things differently, they may become immobilized. People who become successful take responsibility, accept what happened and make plans to try to do it better next time. William James, the father of psychology, says, “Be willing to have it so. Acceptance of what has happened is the first step to overcoming the consequences of any misfortune.” There are some things that are beyond our power to change, so we must focus on what we do have the power to change and make it better. How often we go through some experience that seems so painful at the time and yet later, we realize that it was good that it worked out that way. Even people with catastrophic illnesses sometimes find that good came from even that experience. There are so many things that we can’t change, but we can change our own thoughts and attitudes. We can choose to focus on the things that lift our spirits and make us smile. May you find comfort in some of the quotes found on page 2 of this publication.

Editor Jane Zoltek, ssj-tosf

Two friends were walking through the desert.

During the journey, they had an argument; and one friend slapped the other one in the face.

The one who got slapped was hurt, but without saying anything, wrote in the sand: TODAY MY BEST FRIEND SLAPPED ME IN THE FACE.

They kept on walking, until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him.

After he recovered from the near drowning, he wrote on a stone: TODAY MY BEST FRIEND SAVED MY LIFE. The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in the sand and now, you write on a stone. Why?"

The friend replied "When someone hurts us we should write it down in sand, where winds of forgiveness can erase it away. But when someone does something good for us, we must engrave it in stone where no wind can ever erase it."

Learn to write your hurts in the sand and to carve your benefits in stone.

AUTUMN

*Autumn is the season for nature to work another year of full growth. It is the season when the leaves turn golden brown, the mornings are brisker and cooler, the daylight is shorter. It's the season to prepare for another winter's rest. It's the season for reflection and for realizing how life has its cycles. After the fruits of summer have been gathered, the quiet pause of autumn renews our lives with gratitude. Autumn in glow dances across harvest skies, acclaiming our blessings and gifts.

*Why is it that so many of us persist in thinking that autumn is a sad season? Nature has merely fallen asleep, and her dreams must be beautiful if we are to judge by her countenance. *Samuel Taylor Coleridge*

Quotes from page 1 article

*In the depths of winter, I finally learned that within me there lay an invincible summer. *Albert Camus*

*Determine that the thing can and shall be done and then find the way. *Abe Lincoln*

*If you dream it, you can do it. *W. Disney*

*When you get to the end of your rope, tie a knot and hang on. And swing! *Leo Buscaglia*

*We never know how high we are till we are called to rise. *Emily Dickinson*

*Although the world is full of suffering, it is also full of the overcoming of it." *Helen Keller*

*The only thing we have to fear, is fear itself. *Franklin D. Roosevelt*

*You must always do the thing you think you cannot do. *Eleanor Roosevelt*

*When it is dark enough, you can see the stars. *Ralph Waldo Emerson*

*Fear less, hope more, eat less, chew more, talk less, say more. Hate less, love more and all good things are yours. *Swedish Proverb*

*The man who removed the mountain began by carrying away small stones. *Chinese Proverb*

*There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. *Albert Einstein*

*Three things drain a person's health: worry, travel and sin. Three things restore a person's good spirits: beautiful sounds, sights and smells. *Sacred Book of Judaism*