

December 2013

Three Givings to a Happy New Year
A Holiday Wish from your NW Region Leadership

Most of us try to identify a guiding principal or an “ideal” to help us navigate our sojourn through this plain we call “our lifetime”. Many find guidance in their religion. Some look to the wisdom passed down from their parents. Yet others hold on to the philosophy of brilliant thinkers, poets and authors. I don’t remember exactly the source of my mantra. (Probably the proverbial school of hard knocks) Regardless, my guiding principal works well for me. It provides perspective, it keeps me anchored, it keeps me focused and above all, it keeps me relatively happy. My holiday wish is that you too may find a spot in your life where it will help.

With that, I would like to share my living code. I call it “The Three Givings”.

1) Giving:

I have found that the act of Giving of (yourself) is primary to a full and rich life. I think Einstein once said, and I paraphrase, “true happiness comes from service to others”. I’ve learned that when you lend a helping hand, the recipient and everyone around them is better for it. Above and beyond the physical act of giving to someone in need, it also creates hope and good faith that perpetuates itself to others with whom *they* come into contact. And of course if you subscribe to karma, “Giving” always finds its way back to you.

2) Giving Thanks:

Giving thanks is the one “Giving” that is a little more difficult for some people to get their head around. How will this improve my life? What if I have no God, or spiritual entity that I recognize? Give thanks to whom? Well, I look at it like this. Giving thanks is much the same as, what some used to call, “counting your blessings”. Simply by taking stock of all of the good things that have come your way, or all of the good things that have happened to you, is very therapeutic. It makes you look at things in a more optimistic light. It improves your attitude. It keeps you grounded and provides perspective when things occasionally go wrong. Think hard. There is always something or someone to be thankful (for).

3) Forgiving:

Forgiving is likely the most powerful and yet, the most misunderstood of the three. It is the last thing you want to do when *you* become the victim. Many of us hold on tight to feelings of revenge or hurt for so long that it can eventually consume your spirit and good nature. This, so much at times, that all of your future life experiences and relationships are denied a chance to blossom and grow into contentment and security. These mental burdens can also inhibit focus, clear thinking and good judgment. So, by simply *trying* to find a way to forgive, serves to release some of that encumbrance holding us down. That person may well be wrong, but if we can at least forgive them for being stupid and ill informed, we are getting closer to being able to put it behind us. Forgive – move on – get over it - start enjoying your life. You don’t want to hold on to the bad feelings, just the good ones.

Giving to others, Giving thanks, and Forgiving, make up my “Three Givings”, my guiding principal. They are virtues with real living value. My hope is that you too will find some value (in them) that may help you in some way. I also want to convey my best wishes for the Holidays and for a happy, healthy and exciting 2014. I am looking forward to all it has in store. Happy Holidays everyone, and to your family and friends too.

Sincerely,

Brian D Keil CSI CCPR
Northwest Region President