

## Learning from Life Lessons

By Taron Puri, B.A., LL.B.



**G**rowth is a fact of life! When we recognize this fact and actively invest in our own growth process, we prosper in every way. Central to this process is the recognition that synonymous with growth is change, and herein lies our greatest challenge; for we don't like change, and often consciously or otherwise, resist it to our own detriment.

How often have you observed family and friends who when faced with a recurring negative or harmful situation, stay in it regardless of the pain and suffering involved? After a quarter century of being a life strategist and coach, and having worked globally with individuals from all walks of life, I can confidently say that human beings typically stay with what is familiar, rather than take a chance on change. It is only when the harm is done, which is sometimes irreparable, or when the pain is deep and unavoidable, do they seek a way out.

One way out of this endless cycle of pain and suffering is to realize that every experience we have holds a key. This key opens a door through which we can then pass as we traverse

this maze called life. Each time we walk through the door, we have gained from our experience, that is, we have grown from the lesson that was inherent in the experience. And it is through such growth that we become better integrated and whole in our being. We become wiser!

### 3 Core Qualities for Growth and Learning

Three core qualities which support us in learning from our life lessons are Awareness, Commitment and Willpower.

Awareness is the most powerful quality in the universe. Certainly, Love and Compassion rank up there too, but without awareness we become powerless to make informed, clear decisions. When we are aware, we are centered and have a 360 degree view of our world, and therefore we can act in a given situation, rather than lose our center and react. Ultimately, when we 'act' from our center, it is akin to reaching out and placing the proverbial key in the lock; in contrast, 'reaction' is when we throw the key towards the lock and hope that it fits.

The second core quality is Commitment. Living in a society which thrives on instant gratification, this quality has been on the decline. For many, if we cannot instantly get results in or from a situation, we move on to the next. Ironically, the next option is rarely different from the first, for like a tough taskmaster, the universe does not allow us to move on unless and until we have learned the lesson at hand! Hence, it is astounding how many of us continue with the same 'story', year after year without realizing this fact. In my practice, regardless of the issue being flagged by the client, such as betrayal, abandonment, abuse, self-trashing or uncontrollable anger, I inevitably find that throughout their life, this issue has been present despite the outer circumstances appearing to be different. Ultimately, regardless of outside influences, be it books or others trying to help you shift out of a negative situation, the 'decision' to change has to come from within you, and only you. Only then can true commitment be present to support in the process of healthy transformation.

The third core quality is Willpower, which is often confused with being willful or obstinate. Willfulness is a quality of the Ego as it involves pushing or making things happen. Typically, willfulness involves resistance to that which we want to change, and as the saying goes, what you resist, persists. Willpower in its truest form, when supported by Awareness and Commitment, is the act of observing how the Ego is trying to sabotage our efforts to effect positive changes, and not buying into it. Instead, it is an opening to a better, healthier way out of an existing, negative or harmful situation. Essentially, Willpower is just that, a 'Power' which fuels the commitment to transform

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unhealthy thoughts, behaviors or situations into healthy ones.

During a recent one month cleanse, these core values were instrumental in my achieving success. Awareness allowed me to fully assess what was going on within my body. After several years of working long hours, travelling extensively and not resting enough, my body needed to be cleansed and revitalized. Realizing this, I committed to a plan of action for cleansing my body, head to toe. What carried me through the process successfully was my ability to not allow my Ego driven cravings to hijack my efforts, which was highlighted on my birthday which fell in the midst of the cleanse. As always, I hosted close friends and family for a celebration feast of homemade gourmet delights. Yet, despite the tantalizing sights and scents of a truly gourmet spread which I happily served my guests, I stayed on course and dined on Kale, avocado and my own homemade vegetable soup!

### Learning from Life's Lessons

Not everyone who goes to school learns. Likewise, there are those who will go through life repeating the same lessons over and over again, and leave this world disillusioned, discouraged and disheartened. You do not need to be one of them. Make a decision today to not be in that unenviable position of having to say "Only If I acted differently or made better choices when I was 20 or 30, then my life would have been better and happier!" The time is now to survey what is not working in your life, be it with relationships, health, or career, and commit to a positive plan of action which, fuelled by a healthy willpower, shall assure you a healthier and happier quality of life!

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*Life Strategist, Stress Management Expert and former Immigration Judge Taron Puri, B.A. LL.B, shows individuals & organizations how to effectively stay stress free in a crazy world. Working globally as a Speaker, Trainer and Personal Coach, he excels at turning negatives into positives and making sense of life's most challenging issues. To know more about Recession Proofing Yourself, and to share your thoughts and comments, visit [www.recessionproofyourself.org](http://www.recessionproofyourself.org), and [www.energyinmotion.org](http://www.energyinmotion.org)*

