

--- What Life Has Taught Me ---

Saif Ali Rastgar

1. Each event of our life can bring us wisdom. Sometimes a wise person will learn through the string of events of his own life and at other times the wisdom will dawn upon him in a certain moment of truth. Many times, when we connect the dots of our life backwards it all starts making sense.

2. A life free of anxiety is not possible. There will be anxiety of change, of pain, of growth. And, then there will be the anxiety of trying to stay the same, in denial, pretending. Change should be accepted as part and parcel of life itself. It is inevitable. Its up to us how we perceive change. Every change should be seen as an opportunity to grow and learn. This is the best we can do.

3. Lifelong Self-actualization is important. And the key to that is self-acceptance, self-responsibility and self-knowledge.

4. In War, in Business and in Life, Strategies must be condition driven, not ambition driven. Sometimes when we are looking for a new Tactic, what we really need is a new Strategy. Sometimes we need to have faith in our existing Strategy and fine-tune our Tactics.

5. The usefulness of an action is always determined by the result. If it is not working, doing more of it is not going to work either. If you're hammering on some issue and no one else is interested, maybe you need to let the thing go. If you're ignoring something and hoping it will go away, and it isn't, maybe you have to deal with it. If you find yourself saying, "It always turns out like that," maybe you need to try another approach.

6. We have the ability to examine and re-examine both our beliefs and the stories of our life. If we listen hard, we can listen to what we tell ourselves, how we describe our situation, and we can begin to understand that, far from being "true," our stories are simply subjective interpretations of neutral experiences. Once we accept and enact this, we are able to drop the stories, and choose to live in This Endless Moment.

7. Growing up really means ability to hear hard truths about ourselves and not getting defensive and crying about being ill-treated or not having the right opportunities. It means learning to deal with what is in front of us. This process begins from where I am, as I calmly accept myself, and then incorporate into my self-knowing all aspects of who I am and what I am doing.

8. Its important to take full responsibility for our choices, decisions, and directions. Just as there is no one to compare ourselves to, there is no one to blame for any choice we have ever made. You are where you are and you know what You know based solely upon what You have chosen to learn, to absorb, to assimilate and to find within yourself.

9. You are limited only because You choose to limit yourself. Self-knowledge requires 100% commitment to the understanding that nothing outside of me controls me. If you identify with good/bad, right/wrong lists, or with what others think or what others want, you loose your real self and authenticity.

10. There is no need, nor is there any way, to resolve the issues of the past. It is simply impossible that water, once under the bridge, can be pushed back upstream. So let the past be a thing of the past and move on.

11. It life becomes impossible and too much to bear... take a step back. Everything passes and so shall this. All lives, if Faith lives.

12. Life is very short. We keep running after “things” which we think will make us happy. We look outside of ourselves for meaning, for completion, for security and for happiness. **Happiness and contentment are an inside job and they come through personal contribution** and not through outside circumstances. Discovering our own level of contentment is the chief goal of life.

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