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SIMPLE
TRUTHS
WITH
BRUTAL
ADVICE

How to face
the challenges of life

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Illustrated by Ben Johnson

1. There will always be a sunset and a sunrise – you can't hold back time

Get real, life is not a rehearsal, live for now! Don't live in the past, it's gone! Fine, have happy memories but don't dwell on what was bad or what might have been.

Another thing! The future hasn't happened yet – so don't worry about it. The future is in your imagination, so great, by all means be excited and positive about what's possible but don't screw yourself up with fear of the unknown.

Worrying about the past and the future will stop you experiencing the moment – now!

Of course, time is precious – but time is only something us humans have invented to measure the days passing. What's more important is how we choose to spend the time.

Don't tell me you never have enough time – there's always enough time, what matters is how you choose to prioritise what's important to you. Are you spending too much time at work? Must be more important than spending time at home then!

Getting stressed at work, working long hours? It must be more important than your health then!

Upset about lines on your face and grey hair? Losing what you have had must be more important than what you have got then!

How old are you? Never mind – whatever your age – that age is special to you – celebrate it. Throughout life, we experience different things and that experience is partly dependant on our age and maturity – so what you are right now is perfect, enjoy it!

Whenever you see a sunrise, wonder what surprise or miracle will happen today. When you see a sunset, be thankful for what is right now!

“The grand show is eternal. It is always sunrise somewhere; the dew is never dried all at once; a shower is forever falling; vapour is ever rising. Eternal sunrise, eternal dawn and gloaming, on sea and continents and islands, each in its turn, at the round Earth tolls.”



2. Death is inevitable

You are going to die. Get over it – death is part of life! Some people are so frightened of dying, they become the walking dead. They avoid anything they perceive as a risk; trains, planes, motorways, going outside – get a life! If you think about it, we have died several times already.

Where's the baby you? The five year old, the ten year old, the teenager? They only exist in memory – our bodies totally change about every five years, so what you fear has already happened.

Why face this aspect of life? Making it non-discussable or not facing it can prevent you experiencing a good death, either for yourself or a loved one. Some peoples' fear of death or not wanting to face their mortality prevents them being with loved ones when dying. The last moments with a loved one will stay with you for the rest of your life – you can make this good or traumatic. Whilst you are alive, you can influence this by having a say in how you want to die. Make a living will – tell your loved ones what you want. It maybe the last and kindest gift you give them.

Some people believe this is not the end, that we are born again into another life. Whatever your beliefs – our body dies, our spirit and soul may live on.

We can't prevent death but nor should we fear it.

Now, once you have found the courage to face up to the inevitable – tick the box! Move on, enjoy what's left!

“For what it is to die, but to stand in the sun and melt in the wind.”

Kahlil Gibran, from ‘The Prophet’



3. You have the power to choose

If you ever feel sorry for yourself, look around you. There are many more people worse off than you and most of them have found the courage to carry on and make the most of what they have got.

Don't be a passive wimp or victim in this life – you can choose what and how to be.

We may not be able to control or prevent certain events, but we can choose how to react to them.

Many people underestimate their personal power and quickly fall into a dependant relationship with someone or in some extremes everyone. They become powerless and feel victimised and communicate in “oh, poor me” or “life's not fair” messages.

What they don't realise is that they have chosen this situation. It doesn't have to be like this:

You can choose to be happy, healthy and successful.

You can choose to change the way you feel about your life or situation or change your life! OK, so what about the ‘down and outs’ and homeless? Somewhere on the way, they made choices that got them there – they now need help to rediscover their power. What about the mentally ill? Don't underestimate their power to choose within what may be a different view of the world.

What about the differently abled? We can learn about real power from those who have chosen to shift from disabled to specially abled! What about the persecuted, tortured, the survivors of disaster? History shows that survivors somehow chose not to give in – they chose to fight on and made a decision with determination to live. What do you want to do?

Your choice!

“Every person, all the events of your life, are there because you have drawn them there. What you choose to do with them is up to you.”

Richard Bach