



## **A LITTLE SOMETHING ABOUT LIFE**

Life is really a very interesting phenomenon. However, usually we are too busy living or worrying about it to really understand its importance. From time-to-time, we need to stand back and take a look at where we've been in our lives in order to understand and appreciate the lessons that we've learned thus far. In turn, doing that helps us to better understand where it is that we are going in the future.

For instance, if we're very aware of our lives, we'll find that life tends to send repetitive messages or lessons to us almost on a daily basis. If we're not aware, it will seem that these repetitions are all new but, in fact, they tend to be the same message in different forms. The more aware we can become of what these messages are trying to "tell us", the more value we can place on them and on how they might help us in given situations. We may not be aware of them the first time, the fiftieth time but...the one hundred-and-first time it may "hit us" so that we now can retain what it is that we've learned now...and for future reference as well.

An example of this is when we're experiencing pain of either a physical or emotional type. Our tendency might be to view whatever the pain might be as lasting "forever". But, of course it doesn't. When our perception is that it will last, our ability to deal with it effectively may be hampered and so we are increasing the suffering that we're experiencing. However, placing it in its proper perspective...namely, that there is a beginning and end to everything in life...our energy isn't wasted worrying about something that won't happen. We become more aware of the fact that healing is part of the total experience and that we will move into that phase soon enough. Apart from the need for patience, our awareness of this reality is very important as a useful tool.

These lessons are meant for us to understand what we've accomplished thus far in our lives. So, when the next lesson comes upon us much like a "test", we can look back and realize that there is a similarity between this new lesson and previous ones that we've encountered and successfully learned and completed. This is the primary and important reason why life is referred to by many as a "process" or a "journey" and not just a series of happenings that occur.

In this process, we can then call upon those factors that occurred in the preceding lesson(s) and use them in the lesson that presents itself now. The more we're able to

reflect on what we've already accomplished, the less fearful, doubtful and worrisome we will be which, in turn, allows us to be more receptive to new lessons. Then, we can begin to identify and assess our strengths and weaknesses and apply the necessary remedies to our lives based on that awareness.

Fortunately or unfortunately, depending on our perspective, we can't predict the future. However, we can still call upon the past in order to deal with the present. In that way, we can take the most positive, successful and effective outcomes from our lives and build upon it right now. And remember, although we can't predict the future, today is only tomorrow yesterday. Here are some points that you might consider:

- Instead of just taking things that occur in your life as they come, try to be more consciously aware of whether there may be a connection to what has occurred previously;
- Don't be afraid to ask those close to you if they notice patterns in your life;
- Keep a journal of daily events so that you can go back and determine whether there may be certain patterns occurring.

Above all, enjoy life and enjoy it thoroughly by always having something to look forward to, bringing as much humor and love into your life as you can,

### **A Brief Biographical History**

*After an over 40 year career as a professional psychotherapist and Director of The Sports Stress Clinic in Amherst, NY, Charles Bonasera came to Florida and decided to use the benefits of his previous professional experiences in his new roles of Consultant in Life Management and Business Coaching as well as his expertise as a Motivational Speaker. He once again became involved with athletes in different sports training them with his techniques to help them develop and maintain focus as well as staying in their zone. Much of his training methods are derived from the CD collection he developed under the heading of WIN-WIN SECRETS as the President of Personal Identity Controls. This collection consists of thirty-six programs dealing with vital issues in the management of stress.*

*Another role that he adopted to add to his professional career was that of Author. Early in the 1980's he wrote Guide to a Life Management Process which he has re-written as a workbook to successfully help people manage their stress which includes his own Working Model. As a result in his interest in golf and realizing that it was essentially a "mind game", he wrote The Mental Side of Golf which can benefit the beginner as well as professionals playing the game of golf.*

*He then compiled over five-hundred sayings that he had developed in the course of his professional career as stimuli to help people change patterns in their lives entitled How to Stay Well and Live Life to the Fullest. This was followed by a book documenting case studies around disruptive life patterns including ways to change them under the name of How in the Hell Did This Happen to Me? Both his personal involvement in*

*sports as a participant, coach, manager and in his role in officiating, inspired him to write a primer for parents and coaches entitled The Legend of Little League.*

*Charles invites you to view his website at [www.charlesmbonasera.com](http://www.charlesmbonasera.com) as well as to write with your comments and questions to his e-mail address ([charles@charlesmbonasera.com](mailto:charles@charlesmbonasera.com)). He would also be very happy to communicate with his readers by telephone should they desire. His professional motto is “seeking alternative methods to happiness” and wishes those touched by his words to practice the three secrets to a happy life: “enjoy life and enjoy it thoroughly ... develop and maintain a sense of humor ... bring as much love into your life as possible.*