



The Hidden Agenda ... Where Has All The Goodness Gone?

Read your newspapers. Watch TV. Read and watch them very carefully. I have found that there is very little mention of words like *family, national pride, ethics, love, allegiance to country, morality*. A feature story might bring these concepts to your attention but then, they are “features” which I translate into “not the usual”. I was the Features Editor for my College newspaper the *AZUWUR*. We receive e-mails that bring home some lessons that we need to heed about altruism and benefiting our fellow-man. I receive loads of mail reminding me of the importance of keeping our priorities straight, the importance of giving our time ... not our money ... to those whom we love. E-mails about tragedies that have brought families together in time of need so that we might, once again, gain a “proper perspective” of life and living it.

We are in the middle of a very important National, State and local elections with candidates sniping at each other in an attempt to avoid the real issues that separate us as people ... as a Nation ... instead of bringing us together. There’s talk of a “do nothing” Congress that substitutes the celebration of antique cars just so they can appear to be “doing something constructive.” We are beset with many crises ... not just in our Country about worldwide ... that clearly suggests that we can abuse our resources no longer ... that the “day of reckoning is upon us”. All of these are rather morbid, negative, divisive and disarming messages that we carry into our dream states every night while pretending that everything is “just fine.” This is not a great way to live might be a nonsensical understatement. ***Where has all the goodness gone?!***

It hasn’t gone anywhere. It’s simply hidden from our daily view of life. One of my favorite “made up sayings” is that “skirts can only go two ways ... either up or down” meaning that elements in life that we once valued as being essential to our welfare will come back in time. Their return might take on a different format but the basic ingredients will remain the same. America may be noted and criticized for reacting only when there is an unavoidable crisis but the “bottom line” is that we do ultimately “step up to the plate.” Of course, it would be much more efficient both in terms of expense as well as the negative effects on human life if a more preventive approach could be developed and used but that doesn’t seem to be possible at this juncture in our Nation’s history.

Family is very important to me as I’m sure it is to most readers of this Newsletter. My children are spread out along with my grandchildren in various States and although we

cannot physically see each other that often, they are only a phone call or e-mail away in our attempts to keep up with what is happening in each others lives. It certainly isn't the same "family" that my parents taught and valued but the ingredients are the same today as they were in yesteryear. I sometimes look around while the National Anthem is being sung to see if others have a tear in their eye as I do and, yes, there are many others as well. Although we might only hear of the lack of doing ethical business and moral decay in our society ... of adult and the young as well ... I have had the good fortune to work with people ... both older and much younger ... who epitomize a sense of morality, straightforwardness, pride and confidence in themselves and their future as well as the future of their Country that has helped my sense of restoration of basic healthy values and beliefs. We don't read or hear too much about them though.

The other morning in Church, I would gaze at children with their parents. I have always had a propensity for watching small children and their natural habits. Some were being swayed by their mothers to the hymns that were being sung, some ... a bit older ... were lying on their parents' laps half listening but still learning as the sermon was being delivered. Values of helping one another ... whether Republican or Democrat ... whether Liberal or Conservative were being espoused for all to hear. Values of love instead of hatred or envy and the value of having the right priorities instead of being led down paths that tend to minimize our humanity rang out. These were the same essential values that were written into our Constitution many, many years ago. This isn't just a religious theme ... it is a National theme that needs to be played and re-played.

The values and priorities are all still here. They are just hidden agendas for a time but messages will be heard once again when the time is right and when people are willing to listen. There will be a return to some of those values that formed our society from its origins ... although perhaps in a much different venue. And once the messages become more common than just "feature items" they will be welcomed in order to straighten the crooked roads that we now travel. Hopefully, this can be accomplished without a revolution but if so, so be it. Change is based on certain basic principles upon which our Country was founded ... principles that may be challenged but not obliterated.

A Brief Biographical Sketch

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 as well as to write with your comments and questions to his e-mail address (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.