

VE1

Time scale: **For a day, ... for life, for eternity**

Category:
Christianity



"Be ye strong therefore, and let not your hands be weak: for your work shall be rewarded."

2 Chronicles 15:7 (KJV)

ByEnzo 22MAY16

Value: Compete with yourself, improve your performance, maximise your talents, have the ambition to be the best while serving others ("the last will be the first")

Likes 23

VE2

Time scale: **For months, years, for life**

Categories:
**Relationships
Adventure**



Cuba
Travel, friends, family



Cairo

ByEnzo 13NOV16

Value: spend time with friends and relatives in travels and adventures

Likes 23

VE3

Time scale: **For a day**

Category:
Relationships



Italy, Roma, friends, family, good food

ByEnzo 13NOV16

Value: spend time with friends and relatives in everyday normal activities

Likes 23

VE4

Time scale: **For life**

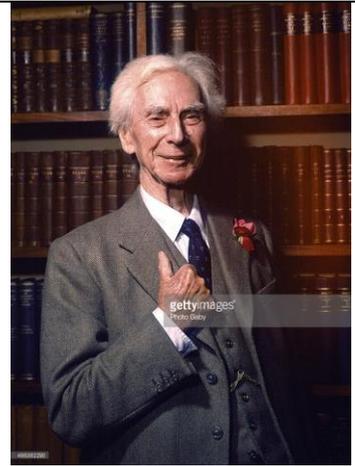
Categories:
Love
Knowledge
Pity

ByEnzo 13NOV16

The Prologue to Bertrand Russell's Autobiography

What I Have Lived For

Three passions, simple but overwhelmingly strong, have governed my life: the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind. These passions, like great winds, have blown me hither and thither, in a wayward course, over a great ocean of anguish, reaching to the very verge of despair.



I have sought **love**, first, because it brings ecstasy - ecstasy so great that I would often have sacrificed all the rest of life for a few hours of this joy. I have sought it, next, because it relieves loneliness--that terrible loneliness in which one shivering consciousness looks over the rim of the world into the cold unfathomable lifeless abyss. I have sought it finally, because in the union of love I have seen, in a mystic miniature, the prefiguring vision of the heaven that saints and poets have imagined. This is what I sought, and though it might seem too good for human life, this is what--at last--I have found.



With equal passion I have sought **knowledge**. I have wished to understand the hearts of men. I have wished to know why the stars shine. And I have tried to apprehend the Pythagorean power by which number holds sway above the flux. A little of this, but not much, I have achieved.



Love and knowledge, so far as they were possible, led upward toward the heavens. But always **pity** brought me back to earth. Echoes of cries of pain reverberate in my heart. Children in famine, victims tortured by oppressors, helpless old people a burden to their sons, and the whole world of loneliness, poverty, and pain make a mockery of what human life should be. I long to alleviate this evil, but I cannot, and I too suffer.



This has been my life. I have found it worth living, and would gladly live it again if the chance were offered me.



ByEnzo 13NOV16

VE5

Time scale: **For life**

Categories: **Love
Relationships
Service**

***Parenthood and teaching,
giving self-confidence to
children***

Cathie Roughton, 9 Dec 2004

The purpose of life is to live it so as to serve and spread as much love and understanding as possible. I see my life being extended by my children and their achievements as honourable and useful citizens.

I enjoy teaching because I get much satisfaction in sharing a gift that I have been given, and seeing the sense of achievement in a child who is often not academic and with resulting feelings of failure in other areas of its school life, achieve self-confidence and self-worth through the subject I teach.

I am not a great philosopher, but I feel that we should all spread truth and beauty in a world which to many holds only lies and betrayals. I believe there is more to life than material achievements and I believe in a greater force and power than found in humanity, in other words I believe in God and an after life, otherwise life is VERY short! it is midnight and I am tired but I thought I would put my tired but positive words into print for you.

: Your beliefs, thoughts, and feelings are choices. You get to *choose*. Become intentional with how you think. 'Proactive' thoughts are much more fun than 'reactive' thoughts. Make the decision to change your perspective on thinking, and allow proactive thoughts to be the majority, if not all of your internal dialogue.

... observing -- and changing -- your thoughts from negative to positive, thereby changing your life in the exact same way

Dr. Kareem F. Samhouri



ByEnzo 13NOV16

VE6. Value: proactive thoughts

Time scale: **For life**

Categories:
Thoughts

Likes 23

Vacation -- and bliss -- are a state of mind. Give yourself a gift, and allow your mind to take you to wonderful places on a daily basis. *Besides*, you deserve the break :-)

Surfing, hanging by the beach, walking through bamboo forests, and playing in waterfalls are all fun ways to spend time with friends. Friendships formed during these memorable experiences are meaningful, and the spiritual connection to nature is impossible to avoid. Connection to friends, family, and nature are all inter-mixed, which makes a lot of sense.

Figure out if you're living in a healthy environment, if you're drawn towards healthy activities, and if there is another way to live and be happy.

Dr. Kareem F. Samhouri



ByEnzo 13NOV16

VE7. Vacation, friendship and nature ...

Time scale: **For years**

Categories:
Relationships
Adventure
Nature

Likes 23