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JOEL BRASS AND ASSOCIATES LTD.

# The Growing Edge

## Information Overload and Wisdom Deficiency

We are not short of access to information in our society. The internet comes chalk full of sites, chat rooms and blogs that literally give each of us the opportunity to tap into the equivalent of the most comprehensive library ever designed by mankind. In our day and age, we can access people just as readily. Twitter, e-mail, texting, skypeing and cellular phones can put us in contact with just about anybody we wish. But for all of the innumerable bits of data we are storing in our minds and all of the media we have by which to keep in touch, I wonder if we are truly getting any wiser as a race, and whether we are communicating – that is mentally, emotionally and spiritually connecting with each other – more or less than ever before?

To that end, I ask you to stop googling and texting for just a moment and slowly absorb the hard-fought, slow-aged, soul-forged list of truths about life and love below. It was crafted by a “pre-internet” observer of the human condition - a ninety year old woman from Des Moines, Iowa. Enjoy and apply those with which you resonate the most.



1. *Life isn't fair, but it's still good.*
2. *When in doubt, just take the next small step.*
3. *Life is too short to waste time hating anyone.*
4. *Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.*
5. *Pay off your credit cards every month.*
6. *You don't have to win every argument. Agree to disagree.*
7. *Cry with someone. It's more healing than crying alone.*
8. *It's OK to get angry with God. He can take it.*
9. *Save for retirement starting with your first paycheck.*
10. *When it comes to chocolate, resistance is futile.*
11. *Make peace with your past so it won't screw up the present.*
12. *It's OK to let your children see you cry.*

13. *Don't compare your life to others. You have no idea what their journey is all about.*
14. *If a relationship has to be a secret, you shouldn't be in it.*
15. *Everything can change in the blink of an eye. But don't worry; God never blinks.*
16. *Take a deep breath. It calms the mind.*
17. *Get rid of anything that isn't useful, beautiful or joyful.*
18. *Whatever doesn't kill you really does make you stronger.*
19. *It's never too late to have a happy childhood. But the second one is up to you and no one else.*
20. *When it comes to going after what you love in life, don't take now for an answer.*
21. *Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.*
22. *Over prepare, then go with the flow.*
23. *Be eccentric now. Don't wait for old age to wear purple.*
24. *The most important sex organ is the brain.*
25. *No one is in charge of your happiness but you.*
26. *Frame every so called disaster with these words: "In five years, will this matter?"*
27. *Always choose life.*
28. *Forgive everyone everything.*
29. *What other people think of you is none of your business.*
30. *Time heals almost everything. Give time time.*
31. *However good or bad a situation is, it will change.*
32. *Don't take yourself so seriously. No one else does.*
33. *Believe in miracles.*
34. *God loves you because of who God is, not because of anything you did or didn't do.*
35. *Don't audit life. Show up and make the most of it now.*
36. *Growing old beats the alternative, dying young.*
37. *Your children get only one childhood.*
38. *All that truly matters in the end is that you loved.*
39. *Get outside everyday. Miracles are waiting everywhere.*
40. *If we threw our problems in a pile and saw everyone else's, we'd grab ours back.*
41. *Envy is a waste of time. You already have all you need.*
42. *The best is yet to come.*
43. *No matter how you feel, get up, dress up and show up.*
44. *Yield.*
45. *Life isn't tied with a bow, but it's still a gift.*

- Regina Brett

# UPCOMING SEMINARS

## HEALING THE ORIGINAL PAIN OF YOUR LIFE: THE INNER CHILD SEMINAR

Many of us are aware that we are stuck emotionally or spiritually somewhere in our journey through life. These stuck places may show up as unwanted and self-defeating behaviors or symptoms such as:

- unhealthy relationships
- relationship breakdowns
- an excessive need for money, position or power
- constantly seeking the approval of others and fearing rejection
- unstoppable busyness
- workaholic tendencies
- loneliness
- explosive emotional outbursts with loved ones
- addictions
- family strife
- low self-esteem
- depression
- eating and sleep disorders

All of these conditions are expressions of a soul in too much emotional pain and fear, recycling it over and over again in the present day, often onto people and in situations that have nothing to do with the original wounds which produced it.

This seminar will gently and powerfully escort you into some of the most formative moments, relationships and events of your early life so that you can identify the original source of your emotional pain and fear and learn how to heal and release it at its roots. It is my personal and professional experience that doing so can free you up in the present day to live a qualitatively new and fresh life and not just some re-enactment of your past.

### DATES:

**SATURDAY, OCTOBER 19, 2013**

**SUNDAY, OCTOBER 20, 2013**

## RELATIONSHIPS: THE WORK OF LOVE

All of us want nothing more than to love and be loved. What could be more simple? Yet why is it so damn difficult to continually experience this in our relationships? It is in my experience as a relationship therapist for the past 30 years that as much as we crave love, we fear it. Often these fears are associated with how we survived our childhoods and earlier experiences of men and women that were painful for us. Join me in an exploration of three key components to a healthy and satisfying primary relationship: **Intimacy and Communication, Commitment and Monogamy** and the inner work we might have to do to generate these states and steadfastly maintain them for the ones we love.

This seminar is for husbands, wives, lovers, fathers, mothers, sisters, brothers, sons, daughters and friends who want more closeness in their relationships. Yet many derive enormous value out of this seminar taking it alone.

### DATES:

**SATURDAY, DECEMBER 7, 2013**

**SUNDAY, DECEMBER 8, 2013**

**Cost - \$275.00 plus GST per person (deferred payment plan available)**

**bursaries available to those in financial need**

**[www.joelbrass.com](http://www.joelbrass.com) / [counsellingbc.com](http://counsellingbc.com)**

**[info@joelbrass.com](mailto:info@joelbrass.com)**

**If you have further questions or would like to register contact:**

**Sarah B. (seminar coordinator) at (604) 812-2091 or [seminarsjoelbrass@gmail.com](mailto:seminarsjoelbrass@gmail.com)**

**or**

**Joel at (604) 535-4220 or (604) 732-9091**

