



Principles of Wholebeing

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- ⇒ Wholebeing 1 (W1) The aim of life is and should be whole person well-being.
- ⇒ Wholebeing 2 (W2) Everything is interconnected.
- ⇒ Spiritual 1 (S1) A purposeful life is a spiritual life.
- ⇒ Spiritual 2 (S2) By being present and mindful, we elevate the ordinary into the extraordinary.
- ⇒ Physical 1 (P1) The mind and body are connected.
- ⇒ Physical 2 (P2) To lead a healthy life, we need to adhere to our given nature.
- ⇒ Intellectual 1 (I1) To fulfill our potential, we need to engage in deep learning.
- ⇒ Intellectual 2 (I2) It is through common sense that we best learn and develop.
- ⇒ Relational 1 (R1) Relationships are crucial for a full and fulfilling life.
- ⇒ Relational 2 (R2) The foundation of healthy relationships with others is a healthy relationship with oneself.
- ⇒ Emotional 1 (E1) All emotions are legitimate, acceptable, and part of being human.
- ⇒ Emotional 2 (E2) Emotions are the outcome of our thoughts and deeds and inform our thoughts and deeds.

“The part can never be well unless the whole is well.”
Plato

“It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all, in which case, you have failed by default.”
J.K. Rowling

“Many people dream of success. To me, success can only be achieved through repeated failure and introspection.”
Soichiro Honda

“We sink to rise.”
Ralph Waldo Emerson

The Journey by Mary Oliver

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice—
though the whole house
began to tremble
and you felt the old tug
at your ankles.
"Mend my life!"
each voice cried.
But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do—
determined to save
the only life you could save.