New Pathways Wellbeing Circles
EXPLORING FOUNDATIONS OF WELLBEING
and how the theme impacts on various aspects of our life and contributes to our overall health and wellbeing.

REGRET

In the final decade of his life, my grandfather woke up every single day at 7am, picked a fresh wild flower on his morning walk, and took it to my grandmother. One morning, I decided to go with him to see her. And as he placed the flower on her gravestone, he looked up at me and said, 'I just wish I had picked her a fresh flower every morning when she was alive. She really would have loved that.

Anonymous

When our intentions toward others are good, we find that any feelings of anxiety or insecurity we may have are greatly reduced. We experience a liberation from our habitual preoccupation with self and paradoxically, this gives rise to strong feelings of confidence.

Dalai Lama

We are not meant to stay wounded. We are supposed to move through our tragedies and challenges and to help each other move through the many painful episodes of our lives. By remaining stuck in the power of our wounds, we block our own transformation. We overlook the greater gifts inherent in our wounds — the strength to overcome them and the lessons that we are meant to receive through them. Wounds are the means through which we enter the hearts of other people. They are meant to teach us to become compassionate and wise.

Caroline Myss

He urges you to persevere and add up your accomplishments, rather than to dwell on the dark side of things. Everyone's life has both a dark and bright side.

Shoghi Effendi

Live life and take chances. Believe that everything happens for a reason and don't regret. Love to the fullest and you will find true happiness in life. Realize that things go wrong and people change, but things do go on. Sometimes things weren't meant to be. What is supposed to happen will work its way out.

Oprah

When our heart has been broken. If by a person, or an event in our life. Everyone in the world can tell us it will be alright, and that the pain will go away. They can tell us every comforting thing in the world. But at that time, at that very time, all we hear is our broken heart. There is only one true thing that can mend this. Only one thing. That one thing is time. It takes time to mend our heart and soul. And though we can not see that, it's only after time, that we can look back at that moment in our lives and say, "It just took me time".

Unknown

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the result of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want. Everything else is secondary.

Steve Jobs

The real reason you keep stumbling on regret: the parts of your personality that originate in fear (such as those that experience remorse, guilt and shame, as well as regret). When one of these becomes active in you, you feel that you have made a mistake, perhaps a big mistake. In other words, regret comes from feeling that you have done something wrong. Each time you feel that you have done something wrong, something you should have and could have done differently, something that would have brought you praise instead of ridicule, gain instead of loss, credit instead of blame, or happiness instead of sorrow, this part of your personality experiences regret.

Regret is not unlike the experience of scarcity. This part of your personality feels that it has wasted an opportunity that will not come again, and that opportunities are like gold nuggets—few and far between. If you are not aware that these experiences come from a part of your personality, you will experience them as coming from you, from the being that you think you are. You will search for opportunities, pray for opportunities, and then become terrified at squandering one. You stumble on regret when that part of your personality becomes frightened that you have lost love, friendship, a colleague or a future that you long for. When you feel that these experiences are yours (and not those of a part of your personality), you miss the point entirely. The point is this: Each experience of regret itself is a precious opportunity, a doorway to your spiritual growth. Each presents you with an opportunity to identify a frightened part of your personality, experience it consciously and choose to act from a loving part of your personality instead—for example, a part that is grateful, appreciative, content or caring. Henrik Ibsen, the Norwegian playwright, gave one of his characters the most remarkable line: "What I thought was my greatest loss was my greatest gain to lose." The parts of your personality that experience regret are incapable of comprehending this possibility—or of considering that the joy of expanded perception, the lifting of agony and the gratitude for new treasures found are the potential that each moment of regret offers you.

Gary Zukav

I don't regret what I've been through. I've had ups and downs, super highs and some really low, lows. I've been so blessed that I could never say, 'I wish this didn't happen.' It's part of who I am. There's nothing in my life that's so ugh.

Jennifer Lopez

Regret is the worst human emotion. If you took another road, you might have fallen off a cliff. I'm content.

William Shatner

I never regret anything. Because every little detail of your life is what made you into who you are in the end.

Drew Barrymore

My dad used to say that living with regrets was like driving a car that only moved in reverse.

Jodi Picoult

Balance is never achieved, it’s just maintained

Keith Urban

Maybe all one can do is hope to end up with the right regrets.

Arthur Miller

Man is always progressing. His circle of knowledge is ever widening, and his mental activity flows through many and varied channels……Man is, in reality, a spiritual being, and only when he lives in the spirit is he truly happy.

Bahá’í Writings

This morning one of my regular customers, a really grumpy elderly man who has been eating in our diner every morning for the better part of five years, left me $1,000 in cash for his $7 breakfast. Alongside the cash he left a small note that read, 'Thank you, Christine. I know I haven't been the brightest smile in your life, and I know we've even exchanged rude remarks a few times over the years, but your smile and generally hospitable service have sincerely given me something to look forward to every morning since my wife passed away. I wanted to say thank you. I'm moving eight hours down the road this afternoon to live with my son and his family. May the rest of your life be magical.

Anonymous

Hope anchors the soul.

Hebrews 6:19

A Story

New York can be ugly mid-winter. The cold, the smell, the mess… not the stuff of postcards.

Years ago, I could have done my small part to help. I didn't, and I still think about the missed opportunity.

I was just out of college. We graduated into a lousy economy. Despite good grades and a great school, finding a job was tough. Plus, in those days, "pounding the pavement" was literal.

I finally happened on an employment agency worker who owed a friend a favor. The job wasn't interesting. I spent my days totalling figures on import sheets. My annual salary? $9700.

Fortunately, I could live with my parents, an hour outside the city. But I did pay them some rent. And there was transportation into the city.

One evening, I was rushing to Port Authority to catch my stinky, uncomfortable bus. I was wearing a quilted coat I bought myself. It was almost warm. But it's best virtue was that it was cheap.

As I rushed to the bus, I saw a woman up ahead, huddled on the ground against the building. She was sitting on a tarp or newspaper. No coat. I don't remember if she even had shoes. My whining suddenly seemed awfully self-indulgent. God, how must she feel? What was it like to be suffering through a New York winter like that?

As I approached, I thought about taking off my coat and giving it to her. Yeah, I needed a coat. But the walk was only a few blocks. And I'd find something else to wear. My parents weren't going to let me freeze.

But I didn't. I worried that slowing down would make me a mark for pickpockets. You know, by the time I got my bag off, unbuttoned the coat… Did she even want my coat? Would I offend her? Did I have anything else to wear? All sorts of practical – and selfish – considerations. I did the "reasonable" thing and walked on. And I still regret it.

Imagine how I'd feel if I'd done what my heart wanted to do? It would still be something I could hold close when I felt bad. Giving away my coat would have given me far more than that poor woman would have gotten.

My point?

Think about me and my coat when you're talking to your donors. Don't offer them logical reasons to give – they'll instantly come up with as many logical reasons not to give. Give them a chance to do something meaningful, to offer a gift from the heart. And to feel good about themselves – maybe for years.

Hands-On Fundraising

You fall, you rise, you make mistakes, you live, you learn. You're human, not perfect. You've been hurt, but you're alive. Think of what a precious privilege it is to be alive to breathe, to think, to enjoy, and to be with people you love.

Sometimes there is sadness in our journey, but there is also lots of beauty. We must keep putting one foot in front of the other even when we hurt, for we will never know what is waiting for us just around the bend.

Ritu Ghalourey

In my experience working with a variety of people over several decades, far too many individuals choose to be anonymous members of the pack, therefore suffering from the inner remorse that makes them feel like failures, filled with conflict and resentment and wondering what the meaning of life is.

Dr. Wayne W. Dyer

Regrets are not inherited. Regrets are those elements of life that seek to undermine our enthusiasm and our willingness to assume a life filled with new discoveries and the attainment of goals. Let not your regrets be your undoing but instead your vehicle to learn from what did not work. With every misstep or mistake comes the opportunity to rise above; to learn; and to achieve.

Byron Pulsifer

Imagine if every person on earth threw themselves fully and completely into their positive obsessions without reservation, regret, or apology. Overnight the world would be a different and better place. With everyone so focused on their own production and creating their own success, there would be no time for war, drugs, or other wasteful, unnecessary destruction. We'd all hit levels of success previously thought impossible - and inspire one another to do more and be more.

Grant Cardone

Worry often becomes a guilt-trip and then feeds into regret as a way that one "should have" done this or that.

DA Southern

Thank you for joining us this evening.
We hope you enjoyed the reflections and discussions.
Please join us for light refreshments.

We have initiated these monthly sessions so we can reflect on the important foundations of life - the things that make the difference in our own wellbeing and sense of purpose. Our *Wellbeing Circles* allow us to give back to the community and compliment *New Pathways* 1 to 1 sessions.

Please feel free to invite family and friends to a future session.
Book online for all confirmation details.

Next Session - Wednesday October 9th 7.30pm-9.00pm
Theme – Wisdom

New Pathways Life Coaching
~ Accompanying you during transitions of life

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