

# WISDOM SESSION

## Opportunities, Mastery, and Anger

*“A wise man will make more opportunities than he finds.” - Francis Bacon*

Life will present you with unexpected opportunities, and you won't always know in advance which are the important moments. Above all, it's the quality of your relationships that will determine the quality of your life. Invest in your connections, even those that seem inconsequential.

Source: *Tribe of Mentors*

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“How long will it take me to master Aikido?” a prospective student asks.

“How long do you expect to live?” is the only respectable response.

Ultimately, practice is the path of mastery. If you stay on it long enough, you'll find it to be a vivid place, with its ups and downs, its challenges and comforts, its surprises, disappointments, and unconditional joys. You'll take your share of bumps and bruises while traveling – bruises of the ego as well as of the body, mind and spirit – but it might well turn out to be the most reliable thing in your life. Then, too, it might eventually make you a winner in your chosen field, if that's what you're looking for, and then people will refer to you as a master. But that's not really the point.

What is mastery? At the heart of it, mastery is practice. Mastery is staying on the path.”

Source: *Mastery*

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“A ship is safe in a harbor, but that is not what ships are built for.”

Source: *Salt from My Attic*

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“On the ineffectiveness of anger: “Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else — you are the one who gets burned.”

Source: *Buddhist Sayings*

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*“So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.”*

*- Galatians 6:10*

BAME - Be the Architect of My Environment

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David Trent believes that wisdom comes from continually seeking to learn and grow through relationships and reading, which leads to personal development. In an effort to inspire learning in others, David Trent sends out weekly Wisdom Sessions. He recommends purchasing and reading any book source used in these Wisdom Sessions.