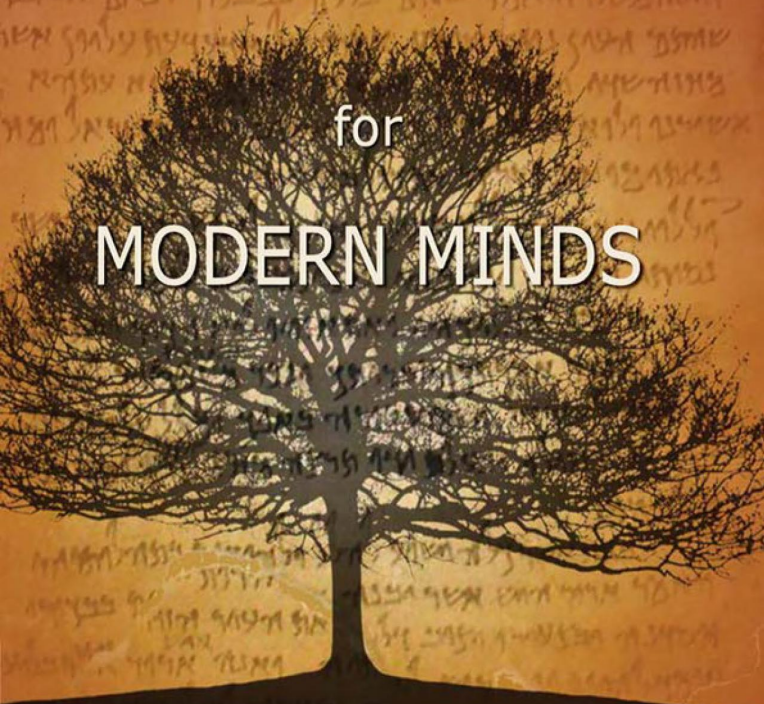


ANCIENT WISDOM

for

MODERN MINDS



JAMES CARLOPIO PhD

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MODERN MINDS

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PREFACE

Ancient wisdom for modern minds

A Thinking Heart and a Feeling Mind

Words of Insight into Our Selves

A feeling heart is good;

A thinking heart is wise.

I like words. Millions of people use words every second of the day and give them very little, if any, serious thought as individuals. Yet somehow, collectively, these neglected individual words seem to work, as many of us carry out our daily routines, with their help.

As individuals some words are uniquely informative. When I do remember to pay some attention to them, they seem to provide me with insight into myself and into the human condition.



The individual words in this book are compiled into phrases – thoughts, reflections and experiences voiced by ancient sages – as coaching conversations. Their wisdom creates a vibrant landscape populated with insights which help us through the emotions of change.

So, please come along with me on a journey experiencing the words in this book. We shall reflect on the wisdom of these ancient coaches with the intention of discovering what we can learn from them about our selves and our lives.

James Carlopio, PhD
Byron Bay – October 2006



AWARENESS OF SELF AND OTHERS



AWARENESS OF SELF AND OTHERS

The two pillars of emotional intelligence are self-awareness as a precursor to learning better self-management, and awareness of others as a precursor to learning better management of others (Goleman et al., 2001; Sosik & Megerian, 1999). Self-awareness and awareness of others are also the keys to happiness, to personal satisfaction, and to successful relationships (Bernstein, 2006; Lawson, 2004). If we want to be successful and happy, we must take responsibility for our feelings, thoughts and behaviours. We must not blame others for our choices. Paradoxically, as we become more self-aware, we become less self-conscious – less worried about how we look to others and about what others think of us. This allows us to be more self-less and better able to work with, support and give to others. Self-awareness also provides us with a richer inner life and the ability to identify and focus on what really matters to us – the people we love. The quotes and reflections in this section are focused on topics such as personal responsibility and choice, giving and sharing, diversity, confidence and security, inner spirit, strength and awareness.



Those who give hoping to be
rewarded with honor are not giving,
they are bargaining.

Philo, Egyptian philosopher (20 BC – 40 AD)

If we give with the expectation of return, or with the expectation of being recognised and rewarded for our generosity, it is not really giving. That is trading, purchasing or bargaining. Giving is selfless. There is no requirement for, or expectation of, return.

*I give and I share. I gain satisfaction from the act
of giving and sharing.*



No man is hurt but by himself.

*Diogenes of Sinope, Greek philosopher
(410 BC – 320 BC)*

It is important for us to remember that no one can hurt our feelings. People can say and do what they like, and if you really do not believe what they say, it cannot hurt you. It is what we think and feel about ourselves that can hurt us. What others think and feel cannot hurt us unless we let it.

*I am confident. I am secure. I choose my thoughts
and my feelings.*



To love is to expire.

Cleopatra, Egyptian Queen (69 BC – 30 BC)

In a sense, when we love fully, we give our Selves and our lives to some one or some idea, and we die or expire metaphorically. In another sense, when we love fully we, our Selves, cease to matter most. The object of our love becomes more important to us so we no longer matter as much and again, metaphorically we expire. We end in the sense that we stop being the most important thing in the world. This can be considered one of the truest, most mature forms of love, to be willing to consciously give your life for or to another.

I love deeply. I am capable of choosing to put someone else's needs before my own.



As to marriage or celibacy, let a man take which course he will, he will be sure to repent.

Socrates, Greek philosopher (469 BC – 399 BC)

Relationships are difficult. So is living alone. The modern media, especially the entertainment media, tend to idealize relationships. Love is often portrayed in its magical ‘happily-ever-after’ phase. We must remember that relationships require energy, effort, discipline and determination. After the initial infatuation is gone, love and successful relationships are as much a matter of decision as they are a matter of feelings. Likewise, remaining celibate, or at least unmarried, also has its costs. Like most things in life, there are costs and benefits to all of our choices.

I create my reality. I am in love because I choose to be in love. I am in relationship because I choose to be in relationship. I am alone because I choose to be alone.

