



## GOOD WEEKEND COLUMN

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Dear Petrea: Thanks for sharing your wisdom! If your answers are just a couple of words, you'll need to tackle most of these; if more comprehensive, more like a dozen. The following are just suggestions; there may be other topics not listed that resonate with you. Answers can be funny, quirky or serious, but just not predictable or clichéd (e.g. happiness: that you can't buy it, etc)

**PETREA KING**  
Counsellor and author

### WHAT I NOW KNOW ABOUT...

#### **Commonsense**

Something we're trained to have no faith in unless it is scientifically proven.

#### **Survival**

There's more to life than survival. To thrive in the present we need to resolve the issues of the past.

#### **Worry**

A good day's worry is far more exhausting than a good day with an axe.

#### **Forgiveness**

I agree with a six foot five transsexual in a frock who stood up at a conference I was attending and said, "Forgiveness is giving up all hopes for a better past".

#### **Health**

Health is not the absence of disease. Health is a dynamic state of being in which we feel fully alive and able to embrace the present moment with a clear mind and an open heart.

#### **Cancer**

Can be a catalyst for profound personal growth.

#### **Will**

Environment is far more powerful than will power. Change requires an effort of will *and* a supportive environment.

#### **Grief**

Lasts a lifetime but we can get more comfortable with our discomfort.

#### **Cures**

Curing focuses on the body. Healing is an inner movement towards wholeness and can take place at physical, mental, emotional and spiritual levels.

**Pain**

The level to which we're willing to experience our own pain, fear, despair, panic, love, joy or other emotion is the level to which we'll be able to join with others in their own explorations.

**Peace**

Is ours when we live from the inside out instead of from the outside in.

**What matters**

Your life matters. You're not here for the kids, the career or the mortgage. You're here to make the journey of your life *via* the kids, the career, the mortgage. The journey matters more than the destination.

**Humour**

Don't come to the planet without a sense of one.

**Power**

True power lies in the realm of our spirit.

**Age**

Is irrelevant. We have one life, many bodies.

**My body**

Is a spacesuit for planet earth. You can't have a human existence unless you get yourself a body.

**Love**

Is all there is.

**Happiness**

Is an inside job.

**Death/loss** break us open to compassion, wisdom and understanding. There's nothing like contemplating death to sharpen our appreciation of life.

**Listening**

Sometimes we don't know what we think until we hear what we say. Finding a listening heart can be a treasure indeed.

**Human nature**

The only reason we're alive and breathing is to release everything that has become second nature to us and bring to light our first nature.

footnote

Petrea King is the author of *Your Life Matters: The Power of Living Now*