

Live the Lessons

Written by Gayle Nobel

Monday, 31 January 2011 15:44 - Last Updated Tuesday, 01 February 2011 20:56

Blog-a-thon Day 15

Not feeling too well today, so taking penguin steps on the blog-a-thon trail.

In Austin (to and from) this weekend, I began and finished *Life Lessons, Love Lessons* by Kamini Desai. What a wonderful wisdom-packed book. Yum.

Here's a taste:

"Sometimes there is no other way to get a lesson than to live it. Someone might tell us all about swimming. We might absorb it all. It might make great sense to us. We might even be able to repeat it to others and teach them about swimming. But until we actually experience swimming, it is not real. There is no real depth to the wisdom. It might be accurate, but has not been lived. It is the living that makes the difference. It is what adds depth and understanding to those very same words.

Many times we might judge ourselves for having to "learn the hard way." Why couldn't we have just heard all the right stuff and been done with it? Perhaps for some of the most crucial lessons of our lives there is no other way than the "hard way." It has to be lived. We have to know the lesson to the very core of our being, not just as a concept, but also as an experiential knowing."