

THE MESSENGER'S LIST

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If we look back through time, every person we revere had wisdom, and the more wisdom they had, the more lasting has been their place in history. Each had learned the Art of Living and shared their hard-earned wisdom with us in their unique way.

Cicero said, "Wisdom is understanding how eternal truth can be applied to life."

It would seem then, if we desire to master the Art of Living, we must also figure out just what are the "eternal truths," and apply them in our own lives. We have been taught the search for those truths is incredibly difficult and reserved for philosophers and priests. We common folks can only hope to dabble around the edges and gain a few crumbs, but great wisdom will escape almost all of us.

Thankfully, this is not an inescapable conclusion. On the contrary, the "eternal truths" have been staring us in the face since man first became man, but we have been too blind and too busy to see them for what they truly are. The eternal truths are the principles by which the brightest and best of us lived, and live.

How principles actually work appears to have been the real secret all along. Principles are classified in the dictionary as nouns, but in the *Art of Living Dictionary*, principles are adverbs. How knowledge is used is at least as important as the knowledge itself, if not more so.

Principles guide us to the highest possible use of knowledge, regardless of the era in which they are to be used. Wisdom has also been defined as "the freedom and ability to make the kinds of choices that evolve our lives and benefit the planet." Our individual responsibility in the process is to choose. What we choose to think determines our choice of actions. The principled use of knowledge yields the wise course of action.

So, the eternal truths are always available for us to use and we need struggle no longer searching for them. In our hearts we already know the right "thing to do." We simply need to practice until thinking that way becomes a habit.

Here is a partial list of the Eternal Truths.

Acceptance, Accountability, Alertness, Appreciation, Balance, Bravery, Calmness, Caring, Caution, Compassion, Cooperation, Courage, Courtesy, Creativity, Curiosity, Defiance, Determination, Devotion, Discretion, Endurance, Flexibility, Focus, Forgiveness, Generosity, Gentleness, Gratitude, Honesty, Humbleness, Humor, Impartiality, Industry, Innocence, Justice, Kindness, Magnanimity, Majesty, Mercy, Moderation, Modesty, Nurturing, Obedience, Openness, Optimism, Patience, Peace, Prudence, Purpose, Receptivity, Reliability, Responsibility, Restraint, Self-Respect, Sensitivity, Simplicity, Sincerity, Sobriety, Spontaneity, Steadfastness, Strength, Striving, Thoughtfulness, Tolerance, Toughness, Tranquility, Trust, Trustworthiness, Truthfulness, Understanding

At this time of year we celebrate many Messages of Eternal Wisdom. The instructions to Love one another are indeed possible if we let *The Messenger's List* guide our thoughts.

Peace and Joy,

Doug