

# The Ebb & Flow of Life



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# The Ebb & Flow of Life Series

**L1. A talk to college-bound students (JV)**

**L2. Parents & Children Relationship (JV)**

**L3. How to make sense in a turbulent world?  
(RTY)**

L4. How to create your life journey? (PCY)

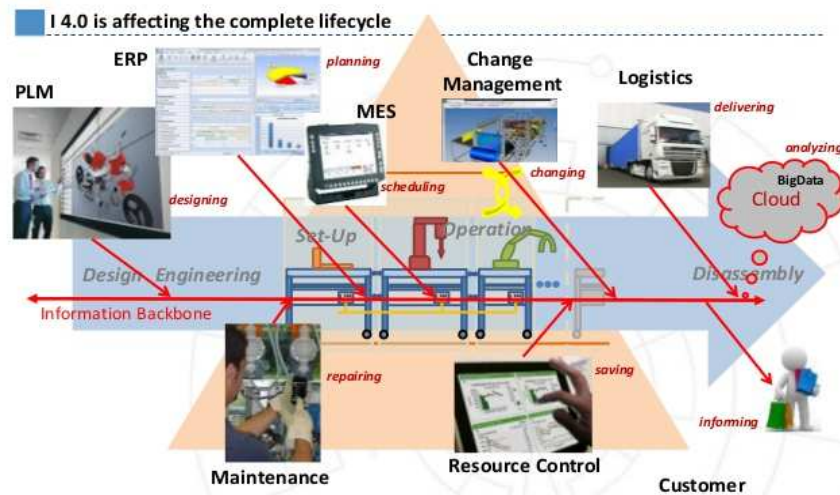
L5. How to build harmonious relationships?  
(PCY)

L6. How to make changes in life? (RTY)

# We Live in a Turbulent World!

The destruction of environment

Great Pacific garbage patch :  
twice the size of France!





# Making Sense in a Turbulent World?





# The Journey of life is a balancing Act!



*Each of us experiences life in our own context, but for all of us there is a struggle to balance the reality of life with our needs and our dreams. Perhaps the most difficult thing of all is to value our life and who we are, and to direct our life in a manner that honors it.*

– Lauri Harper: A Taste for Life.

# Key Capabilities for the Journey of Life!

*An Inspiration from the 4 Noble Truth*



Tranquility: the ability to be at ease with oneself so as not be affected by the external conditions;

Clarity: the ability to see differently in order to “do the right things”;

Respect: the ability to “do things right” by developing trusting relationships with people and surrounding environment;

Energizing: the ability to take action and inspire others to act in the same direction.

# The Power of Tranquility

## *At Ease!*



*“Quiet minds cannot be perplexed or frightened  
but go on in fortune or misfortune at their own private pace,  
like a clock during a thunderstorm.”*

-- Robert Louis Stevenson --

# Some Tips on being at ease with self!

1. Take time to reflect each day!
2. Be mindful!
3. Establish a sufficiency mindset;
- 4 Be grateful to the little joys of life!
5. Learn to trust your first thought!



# The Power of Clarity

## *Story of a cleaning woman!*



*“I believe that this nation should commit itself to achieving the goal, before this decade is out, of landing a man on the moon and returning him safely to the earth.”*

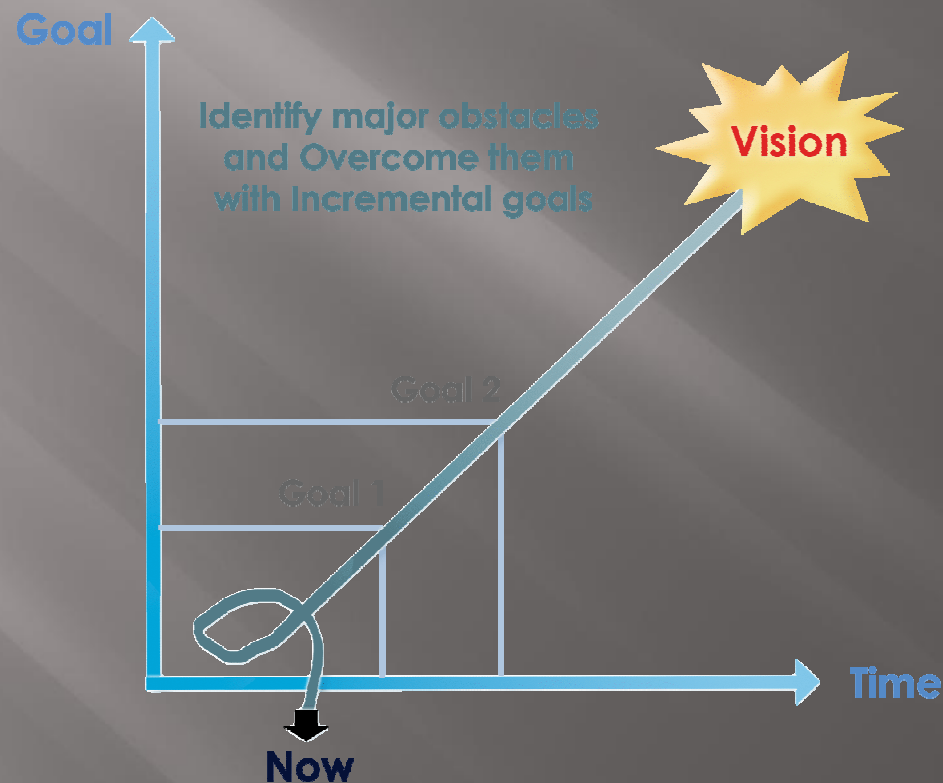
JFK, Man on the Moon Speech  
Joint Session of Congress May 25, 1961

# Some Tips on Envisioning!

1. Looking back while moving forward!
2. Understand what fits you!
3. Use scenario analysis!

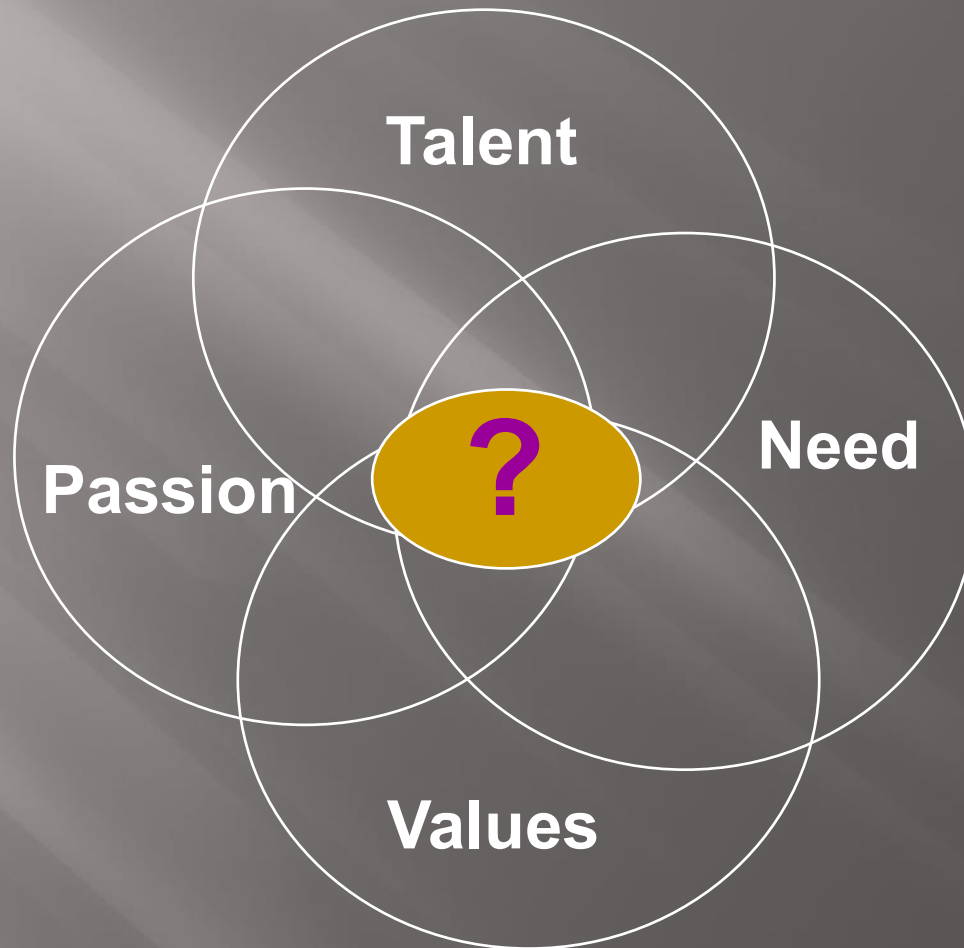
# Looking Backward while Moving Forward!

## *A Framework for Visioning*





# Understand What Fits You?



# Coming up with different *Scenarios*



# The Power of Respect

## *Trust*

**Trustworthiness** { Character  
Competence



**Mutual Trust**  
Everyone embodies  
the same vision & values

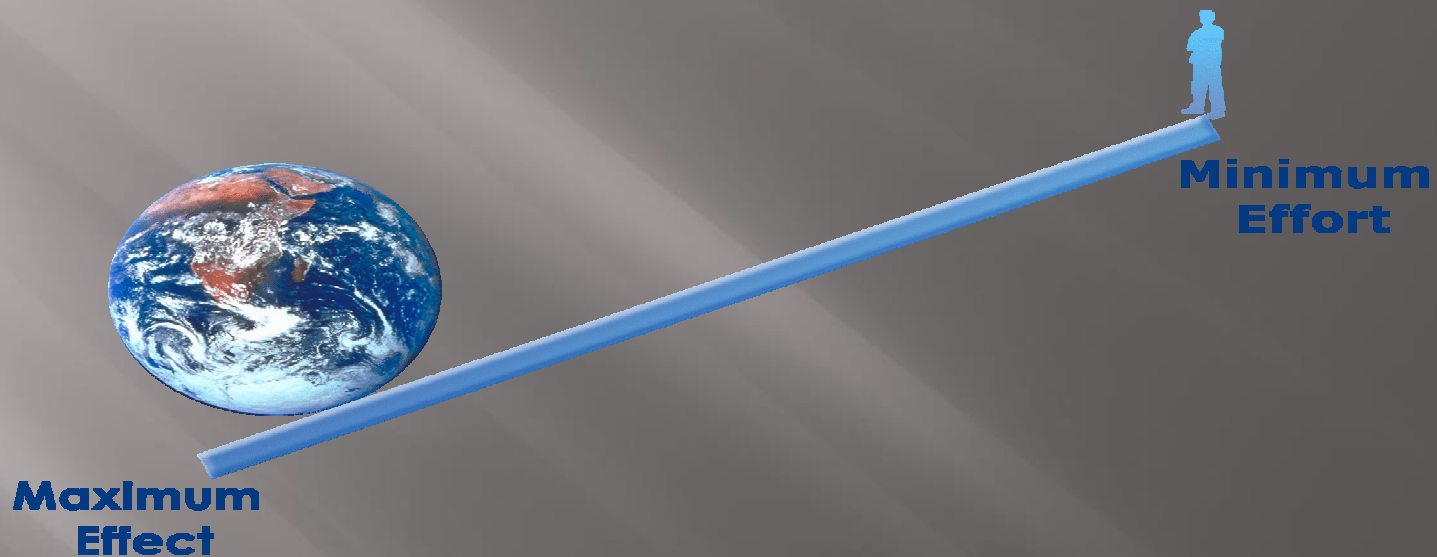
**Empowerment**

- Self –directed
- Simple rules
- Opportunities for mastery



# The Power of Respect

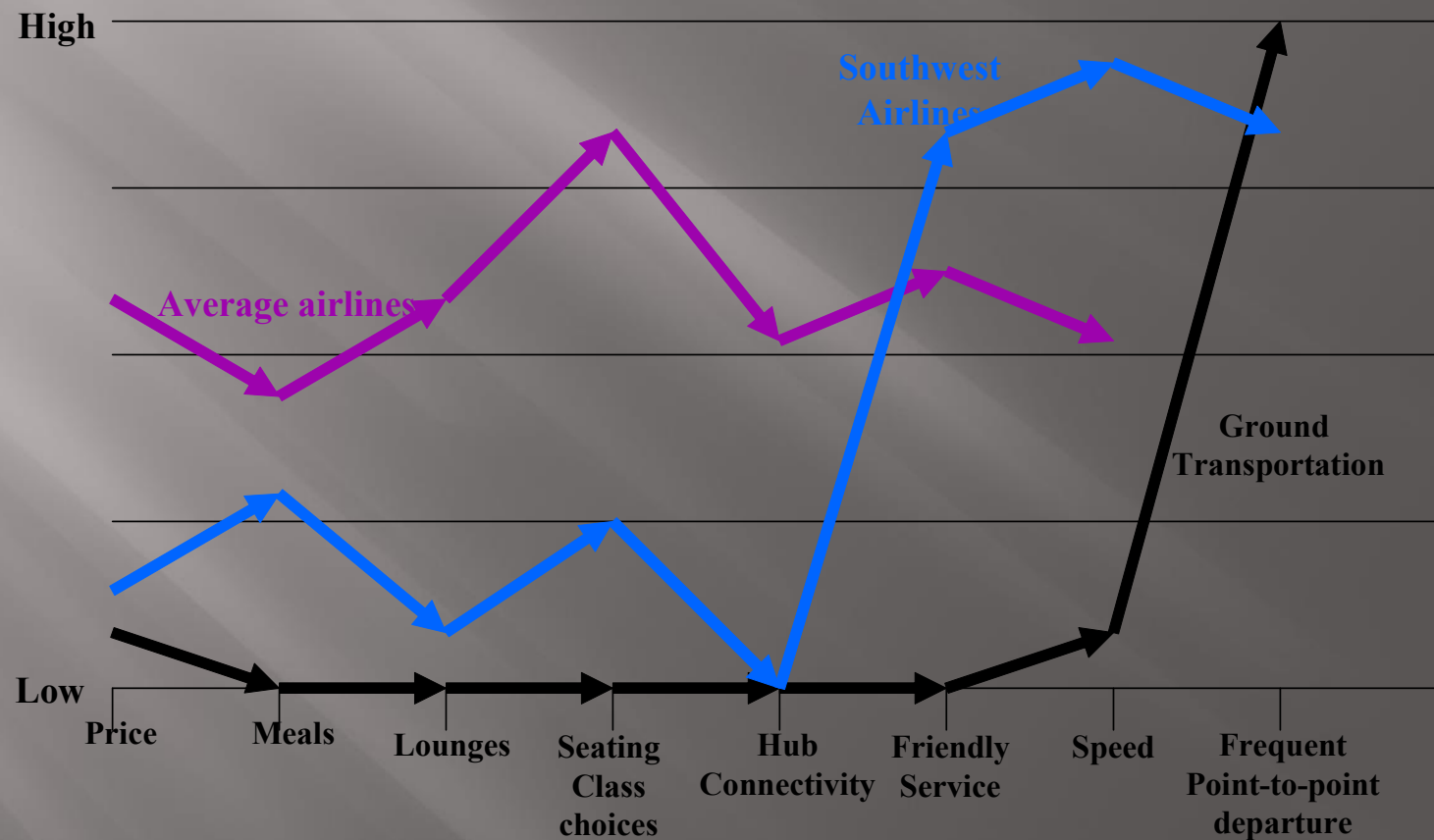
## *Leverage*



*“Give me a lever long enough and a fulcrum on which to place it, and I shall move the world.”*  
-- Archimedes --

# The Power of Respect

## *The SWA Story*



Look beyond its own industry in order to eliminate unnecessary cost, add values customers cared.

# Tips on Relationship

1. Listen deeply without judgement;

Learn from Guanyin Bodhisattva.

2. Ask “what do you think?”;

President Eisenhower’s story.

3. Be Ethical!

4. Be of Service!

*“In order to seek the unsurpassed Bodhi, we need to lower ourselves, in relation to all beings, like that having the mind of a servant.”*

– The Buddha --

4. Have good closure!

*“There isn’t time, so brief is life, for the bickering, apologies, heartburns, callings to account. There is only time for loving, and but an instant, so to speak, for that.”*

-- Mark Twin --



# The Power of Energizing

Hard working and *Inspiring collective actions!*



# Tips on how to work and inspire

1. Build a little edge everyday;  
Bob block's story.

2. Pick up the loose balls;  
My story.

3. Be quick but don't hurry!  
John Wooden's story

4. Forgive!  
Nelson Mandela's story

*"If we could read the secret history of our enemies.  
We should find in each man's life sorrow and suffering to disarm all  
hostility".*

– Henry Longfellow –

# Putting it together

**Tranquility**

:

**Observing**

**Clarity**

:

**Sensing/Envision**

**Respect**

:

**Matching/Strategy**

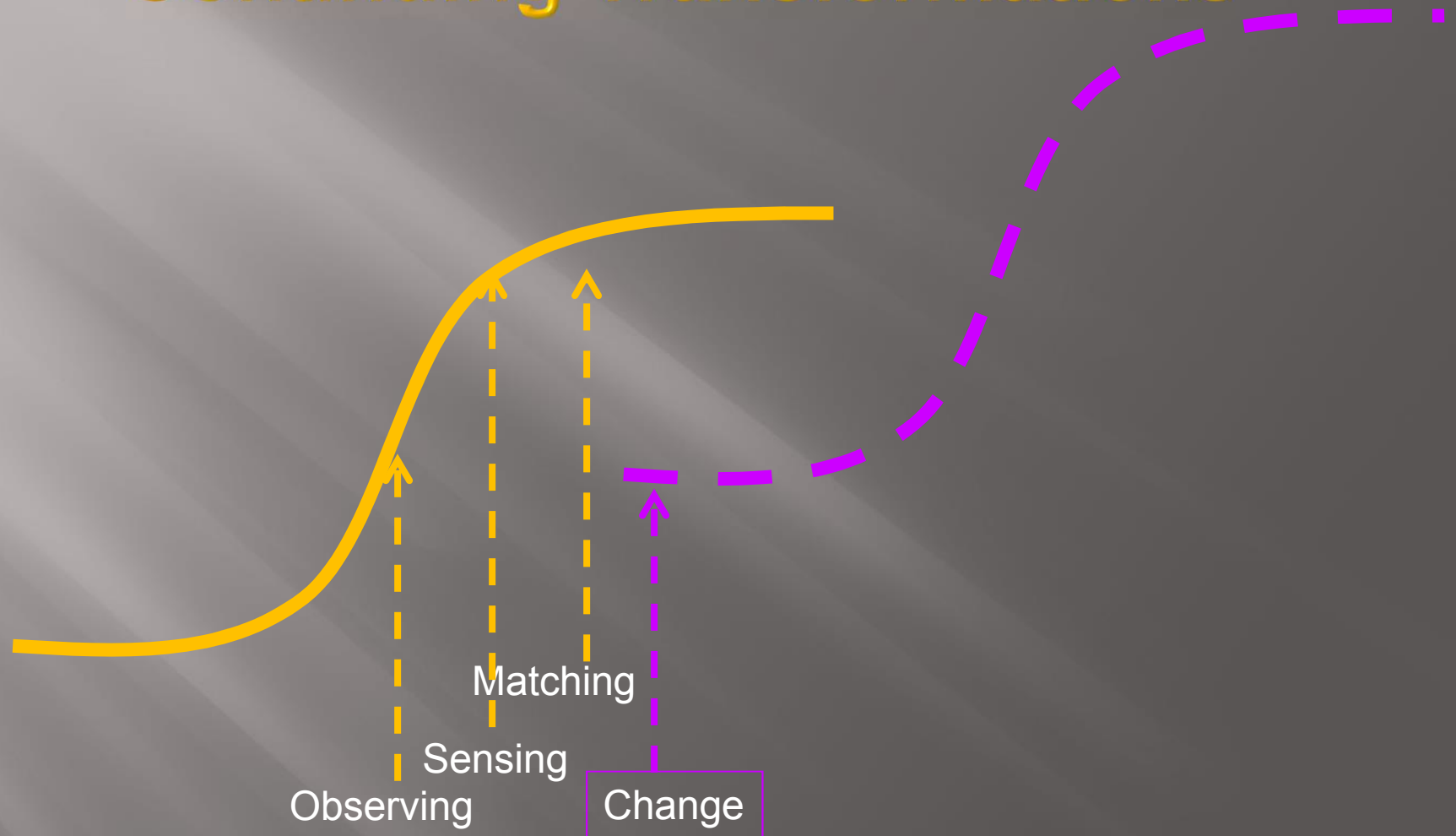
**Energizing**

:

**Execution/Change**



# The Double S-curve of Continuing Transformations



# Transforming a Nation

## President Lincoln's Gettysburg Address

November 19, 1863

*(The Past)*

*Four score and seven years ago our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.*

*(The Present)*

*Now we are engaged in a great civil war, testing whether that nation, or any nation so conceived and so dedicated, can long endure. We are met on a great battle-field of that war. We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.*

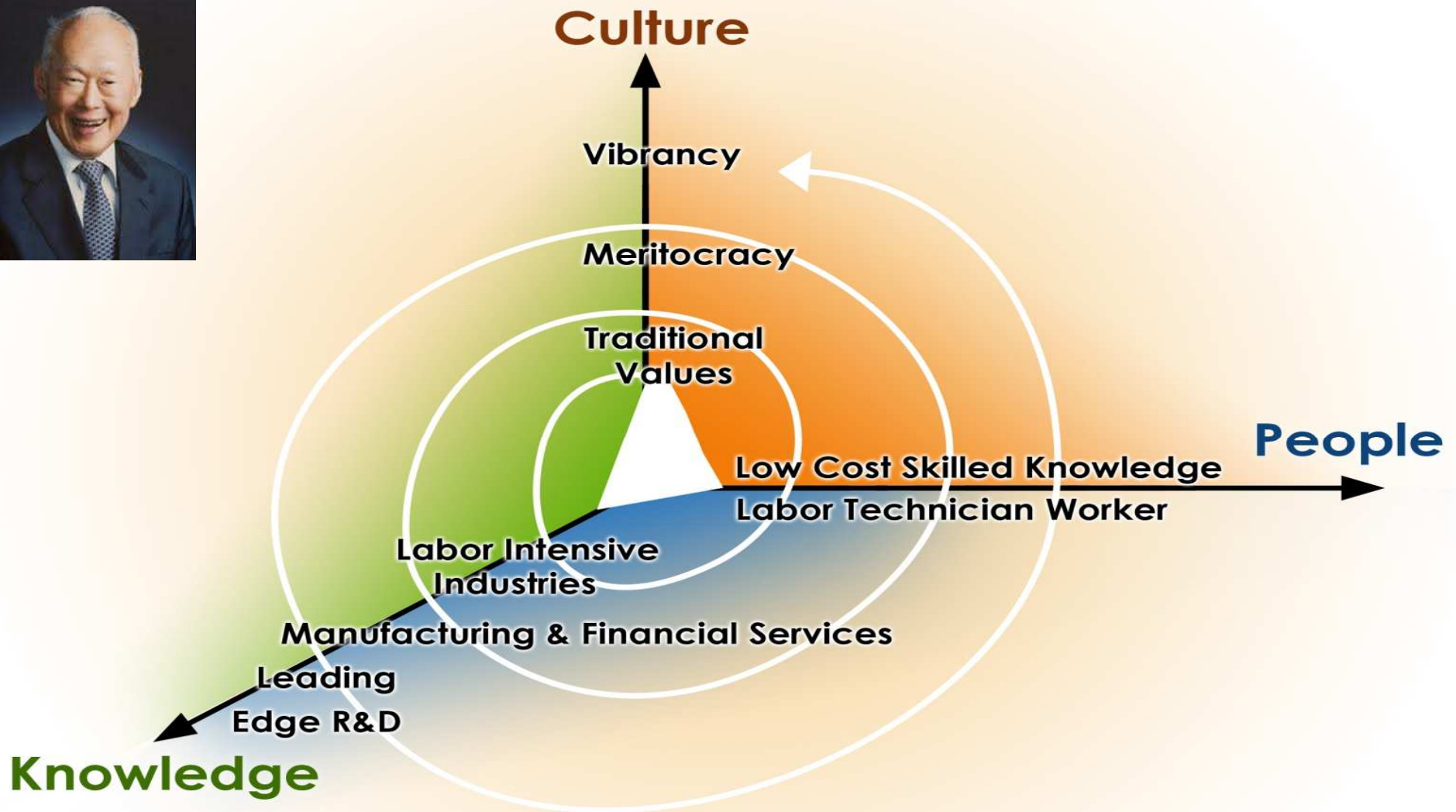
*(Renewal with Vigor)*

*But, in a larger sense, we can not dedicate -- we can not consecrate -- we can not hallow -- this ground. The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here. It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion -- that we here highly resolve that these dead shall not have died in vain -- that this nation, under God, shall have a new birth of freedom --*

*(The Future)*

*and that government of the people, by the people, for the people, shall not perish from the earth.*

# Singapore's Constant Evolution of Her Capability





# Where to?



I shall be telling this with a sigh  
Ages and ages hence;  
Two roads diverge in a road, and I –  
I took the one less travelled by,  
And that has made all the difference.  
--Stephen Foster --

# The Many Splendid Faces of Life Adventurers!



*The mark of a moderate man  
Is freedom from his own ideas...  
Nothing is impossible for him.  
Because he has let go,  
He can care for the people's welfare.  
-- Lao Tzu --*

