

THOUGHTS OF SPRING – HONESTY

Doesn't 'Spring' feel wonderful? The warmth of the Sun, the smell of the air, the colours of nature, are all there to remind us about life and living in it. Spring is known as the season of renewal. It is the time when nature is reborn. I think it is also the perfect time for us to renew ourselves.

After waking up from our winter daze and breathing in the new air, we should take the energy it gives us to work on our honesty. Why honesty? Because it is a good place to start. I think honesty is the basis of decent living, and because probably everybody needs help in the honesty department. We can all start by being honest with ourselves. We canNOT accomplish anything if we are fooling ourselves. Our school name KENEIKAN itself means “honesty” also emphasizes, “Power of body and mind”

We also have to be honest in our dealings with people. Before we expect honesty from other people, do we take the time to make sure that we are living in it? Sometimes being honest is hurt but it is usually short-lived pain. Dishonesty usually comes back to haunt us over and over again. Lying does not make problems disappear, it just hides them for a while and then usually come back and sometimes bring back worse consequences with them.

We all like people to be honest with us, and if we do not, it is probably because we are not honest with ourselves. We have all heard it before but it bears repeating honesty really is the best policy. So this spring let us renew ourselves by being honest. I guarantee you will be better off in the end. In addition, when you are honest **you feel good about yourself and the power of mind tend to improve.**

Practice daily, practice, practice, and practice. In addition to your physical body, train your mind and have the control of it.

Doubt anything but yourself

YOU GO WHERE YOUR THOUGHTS TAKE YOU

Furthermore, THINK RIGHT “**RIGHT AND POSITIVE THINKING**” (Thinking goes to your **BRAIN** in the form of vibrations) similarly, **NEGATIVE** thinking will affect negatively.

SMALL THINGS ADDUP - A TIDEL WAVE IS MADEUP OF DROPS OF WATER.

...WINNING IS NOT EVERY THING, but, TRYING TO WIN IS...

So, Let us focus on upcoming tournaments now. Is anyone going to the OPEN? Good Luck!!!
See you all in the spring.