



TESS Newsletter

Accordance to Article 7  
Section 3 of its Constitution

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“ Turning Possibilities into Realities ”

## Building a Global Movement for Change [UNSG]: The Promise (part 29)



### “Working Hard at Working Smart” (part XL)

# The Pinnacle of Excellence: Wisdom



“Education is the  
most powerful  
weapon which  
you can use to  
change the  
world”

Nelson Rolihlahla Mandela,  
(18 July 1918 – 05 December 2013)  
Nobel Peace Prize Laureate 1993,  
Abolisher of Apartheid in RSA  
President of South Africa from 1994  
to 1999, the first ever to be elected  
in a fully representative democratic  
election.



**“After climbing a great hill, one only finds that there are many more hills to climb”** [Madiba]

## The future we want: The Promise: The Force Beyond

# How to Develop and Cultivate Wisdom

Source: Dean L. Forbes - *Powerful Principles of Personal Growth*

Contrary to what many believe, wisdom is not simply a byproduct of aging and getting old. Sure, for the most part we all will gain some wisdom from our life experiences over time BUT, that's really just one facet of wisdom. **True sage-like wisdom** requires real effort and takes time to develop, however, it can be done and the best part is... YOU can begin developing and cultivating it at any age.

Firstly, let me make one thing clear... wisdom is not simply a level of knowledge you acquire like a degree and then you graduate... rather it is an on-going and consistent process. Real wisdom lies in the constant growing and learning of an individual. **This is a life-long process in your personal growth and development that requires a deep level of Commitment.**

## The Fundamental Building Blocks of Wisdom

Developing and cultivating wisdom requires that you consistently feed the four quadrants of you... **your mind, body, heart and spirit.**

**True wisdom is found in the oneness of these four parts of the self.** The more harmonized the quadrants, the wiser your decisions will be and the more successful and impactful your actions. The difference between success and failure lie in the decisions we make and the actions we take. Aligning the four quadrants of you will certainly serve you well in making positive changes in your personal growth and development... **in your life.**

## Feed Your Mind

**Wisdom begins with knowledge and as such, you must consistently feed the mind.** Notice that I said mind and not brain. The reason for this is that feeding your mind doesn't just consist of the knowledge you consume into your brain, it also includes stimulating the mind with ideas and new experiences. It involves communicating and connecting with others on an intellectual level. It requires the desire to understand things and people on a deeper level rather than just a superficial one.

*Here's a starter list of some examples of feeding the mind.*

**“We must use time wisely and forever realize that the time is always ripe to do right”** [Madiba]

## Read

Reading is fundamental and it could not be truer than in the case of the pursuit of developing and cultivating wisdom. From books, to articles, to blogs and all types of literature, you should always be reading something. You should even read literature that is not in line with your core principles and values because it will either make you more convicted in your beliefs or give you a new perspective.

## Share Experiences

Another effective way to develop and cultivate wisdom is to gain insight to how others experience the world and have them learn how you experience it. It doesn't much matter what the experiences are so long as they are real. Although you will find many commonalities, the real gems are in the discovery of how two people can experience the same thing in entirely different ways.

## Talk

**You have to talk to people if you want to gain deeper insight and understanding of them.** When I say talk to people, I don't mean walking up to your random stranger and striking up a conversation... although I have done that. Start with people you know, your family, your friends and co-workers. Exchange ideas with the intent to understand their point of view so well that you can repeat it back to them with clarity. This will help you develop a sharp wit and intuition about people in general and **also help you hone in on what makes a person tick.** The one caveat here is that you have to be absolutely genuine in your actions. You have to desire to truly exchange ideas and understand the other person or people to whom you are speaking. **Simply put superficial and meaningless chit-chat won't work.**

## Go Places

**The mind needs constant newness in order to continue growing so you have to go places and see new things if you want to do this.**

Seriously, when was the last time you went some place where you really learned something new... saw the world in a different light... from a different angle? I can't stress enough how important this is. I am not saying that you have to be some kind of history, art and culture junkie but it wouldn't hurt to gain some insight on how other people lived and live besides you. Learning about the world around you is an effective way to feed the mind. Equally, so is learning and understanding the past as it will give you insight into where we are coming from and foresight about the future.

**“Let there be work, bread, water and salt for all” [Madiba]**

## Feed Your Body

**Many people think that the body has nothing to do with wisdom.** These are the same people who probably live inside their own heads without ever taking the time to come out and play with others.

Feeding your body is vital to the process of developing and cultivating wisdom because your body houses the mind – just for starters. Think about it for a moment... how will you diligently seek to feed the mind or any other quadrant for that matter

if you are physically incapable? Without a healthy body, you won't be able to mount the effort it will take to develop and cultivate wisdom.

**Your body needs many things in order to function optimally.** Here are a few suggestions on the more important elements to feed the body for the purposes of developing and cultivating wisdom.

## Exercise

Didn't you just know this was going to come up? Well, at the risk of sounding cliché, exercise is an absolute must. The fact is that it is proven that you feel better, have more energy and radiate more positivity when you exercise – not to mention improved sex drive and vitality.



## Rest

This is so important and in many cases the hardest to accomplish. Rest is vital because it keeps your body fresh and balanced. It renews you when you've had enough and makes you feel revitalized. A good rule of thumb is to aim for approximately 8 hours of sleep between the hours of 10 PM and 6 AM. This time frame is considered by many experts to be optimal for the body's calibration.

## Eat Healthily

Now, this bit of information could be considered subjective, however, speaking from experience, I'd say that it makes a major difference. Your diet is what fuels the cells of the body allowing it to function appropriately. It stands to reason then, that if you feed the body crap food, you'll get crap functionality. You know... **garbage in – garbage out.**

### Do not eat in fast food restaurants

- **Stay away from processed foods**
- **Eat natural and organic foods**
- **Drink lots of pure filtered water** – I am extremely challenged with this one but I know from experience that it works; 8 glasses a day should do the trick.

**“A good head and a good heart are always a formidable combination” [Madiba]**

## Feed Your Heart

**If you don't feed your heart, you will be much less able to connect with people on a deeper level.** Most wise choices require a strong synergy between the mind and heart. Feeding the heart will make you more apt to deal with emotional situations; it will help you discern the best course of action in seemingly muddy waters. Many believe that it is in the matters of the heart lies the greatest wisdom. I don't know if I'd go that far but I'd say that there is certainly a great deal of wisdom in dealing with matters of the heart.

You can make connections through direct or indirect channels. By direct channels I mean that you can seek to truly connect with the people you know, meet and come in contact with. By indirect channels on the other hand, I mean that you can volunteer your time and/or services to help those in need or donate to a cause that moves you. Either

way, you feed your heart... real connections with people feed the heart.

**Why is this important?** This is important because through these acts you will gain invaluable insight into the different things that motivate others. You will discover the little things that inspire and give others direction.

**Why is this important?** This is important because in order to exercise true wisdom in your decisions and your actions, you need to know what moves people. It's not so much that you need to know what moves every single person individually but more that you need to understand how to reach people on a deeper level. This helps you develop your intuition and you will develop the ability to empathize with anyone in most any situation.

**“I stand here before you not as a prophet, but as a humble servant of you, the people” [Madiba]**

## Feed Your Spirit

**Feeding your spirit really rounds out the others because the spirit is your body's inner compass.** It is the beacon of faith through which belief is strengthened. This is how you renew yourself on a whole so that you can continuously begin anew. As you gather information, learn new things and discover different insights, renewing is the part of the process that helps you boil it all down into meaningful experiences.

**When I say feed your spirit, it is not simply about your religious beliefs, it goes much deeper than that.** It's about your personal growth and development and how you process the changes you've made in your life. It's how you improve your self-awareness and align your values with your actions. Feeding your spirit is all about leading a life that enriches the soul and fulfills your deepest human desires.

## Private Time

**This is a time for you and you alone in solace.** It is a time for reflection and re-evaluation. If you have a journal, you should be writing in it a lot during this time. Many people, including me, often make light of private time but it is so important to your growth. I have now put it on a schedule to ensure that I keep the appointment with myself. YES... it's that important!

## Meditate

**This is an extremely powerful exercise no matter what method you choose.** Meditation clears up so much clutter when you commit to doing it, it's almost uncanny. I don't think I meditate often enough but the times that I have, I have experienced deep cleansing and clarity beyond my imagination. Clearing your mind gives you a chance to re-work the pieces of the puzzle and put it back together in your head in a way that works best for you. It improves your lucidity and precision in your decisions and actions – you know development and cultivation of wisdom.

## Seek Fellowship

**Whether you find it in your house of worship or around the dinner table, fellowship is crucial to the growth of the spirit. It renews your sense of why you are who you are and why you do what you do. It really brings to light the values that are most important to you.**

Getting together with family can be an extremely uplifting experience especially when there is hearty laughter and unconditional sharing involved. It doesn't matter who you are, where you're from and what you do, we all need to form bonds with other people. Whether we know it or not, there are no bonds more important than those formed between human beings. It is through these bonds that we

## Give thanks

**You should give thanks everyday for your many blessings.** Say thank you to the ones you love often for their love and support and say thank you privately to the universe for delivering your blessings. I actually state this in my **Personal Mission Statement** as something I will do every day. This should be elementary but so often we forget to do these simple things... pay this simple tribute of giving thanks for the things we have. **Do it until it's a habit.**

**“No country can really  
develop unless its citizens  
are educated”**  
[Madiba]



learn, grow and change the most. There is a reason why people ultimately go crazy when they reside in seclusion for long periods of time... they lack human contact.

Fellowship with others nurtures synergy and helps you harness the power of oneness not only with self but with others. **The Pinnacle of Excellence in building relationships is the ability to work effectively in unison with others.**

If you are not close to your immediate family, seek fellowship with your friends; if you don't have many friends, join a club. The point is that, fellowship is an important part of developing and cultivating wisdom.

**“Any man or institution that tries to rob me of my dignity will lose” [Madiba]**

## All or Nothing

If you are willing to practice in these four areas, I guarantee you will see significant and profoundly positive results in your decisions and your actions. You will realize, just as I did, that wisdom is not a level of degree you acquire but rather it's an on-going journey of growth and personal development. Others will begin coming to you for advice because you've exercised such wisdom in your own life.

If on the other hand you are not willing to go the distance and practice feeding the four quadrants of you consistently, you will fall short in your wisdom development and cultivation. Eventually, as the world changes, your decisions and your actions will be out of touch with reality because you lack the right foods.

The fact is the more closely aligned these four quadrants are, the wiser the decisions you make and the actions you take.

**“I have retired, but if there's anything that would kill me it is to wake up in the morning not knowing what to do”**

[Madiba]

**May your sweet soul rest in peace.**



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**The journey continues...**