

## Weekly Wisdom 1-25-2017

~Stephen Sarchet

There is a philosopher and his small group of friends that just about all of us have known just about all our lives. He ponders big meaningful things like friendship, patience, and love, but somehow he's able to express such great big thoughts in small little ways that reach us all. These little truths have become part of the back drop of our lives and hang on the boughs of our own experiences waiting to be heard again at the tug of a memory from a place and time we once shared with him.

*"If you live to be a hundred, I want to live to be a hundred minus one day so I never have to live without you,"* is a popular, sentimental quote I've seen a lot of recently. I came across a pair of his thoughts the other day that felt meaningful to me when I read them. Like most of his thoughts they're a little funny, innocently expressed, but they ring like tiny bells of truth when we hear them. Probably, I think, because we see ourselves a little bit in these simple words of Pooh.

*"Rabbit's clever," said Pooh thoughtfully.*

*"Yes," said Piglet, "Rabbit's clever."*

*"And he has Brain."*

*"Yes," said Piglet, "Rabbit has Brain."*

*There was a long silence.*

*"I suppose," said Pooh, "that that's why he never understands anything."*

Some may find this exchange meaningless, some might even be a little offended by it...I guess it depends on who you identify with. Of course we all have brains and we're all reasonable people, but we're also all a little bit of Rabbit and a little bit of Pooh, which is why we don't always understand each other.

*"When you are a Bear of Very Little Brain, and you Think of Things, you find sometimes that a Thing which seemed very Thingish inside you is quite different when it gets out into the open and has other people looking at it."*

We do have stresses that burdens us, weigh us down, keep us awake at night, and make us afraid to say or do something. We've read articles or heard news about how stress can be both good and bad for us. It can motivate us to achieve or it can grow into an awful thing that hurts our health, hurts our relationships, and holds us back from doing things we wish we could. A wise little bear reminds us our stress is often much more Thingish when we carry it around inside because we fear what might happen if the terrible Thing gets out. Whether we confide in a good friend or a family member, or meditate, or exercise to relieve ourselves of the Thingish Things in our lives, finding relief is important. It's not always easy, though. Fear is a terrible guardian of Things while it's having its way with us it is, but maybe there is one last bit of wisdom that can help when we find ourselves hurting and worrying over our Thingish things. I'll bet more than one of you already knows

*"You're braver than you believe, stronger than you seem, and smarter than you think."*