

## **Life is a Series of Moments in Time**

Life is a series of moments in time means that your entire life will be filled with moments. Some filled with joy and others filled with sadness. As with all moments they all have a beginning and all have an ending. None will last forever, and all will affect you according to your expectations.

Sounds confusing, well it's a very simple philosophy. Basically if you experience a moment of happiness you will want it to last forever. If you experience a moment of sadness or pain you want it to go away quickly. The truth is you create these moments. You are the only one who controls your feelings of happiness or sadness. Consequently you are also the only one that controls how long you will either be happy or sad. This is part of the two-path philosophy.

Think about the last time some moment made you happy. You may have received good news, a gift, praise, promotion, good grades, money, and the list goes on. The fact is you choose the path to be happy. These same moments could also make you sad. You may have expected better news, a better gift, better grades, or more money. In this case you choose another path of sadness. These moments are the same, but we created different feelings due to our self-created expectations. The point is we have control and we choose the path.

To change the feeling of the moment, change the expectations. I have learned from TaeKwonDo training and instruction that I do not have expectations about the students. I help develop their skills according to each student's ability, and I'm happy and excited about their accomplishments. I choose the path of happiness for these moments because I do not cloud these moments with expectations I would have created.

As you continue down the path of life, these moments will reveal themselves as a fork in the road (two paths). Which path you take determines your feeling of good or evil, happy or sad, love or hate, success or failure, etc. This is Um and yang. The one guarantee is that you must choose a path, and once that path is chosen, another fork in the road will appear.

Master Steinhauser