



# Sun-Optikos

"Seeing the Whole Together"

No. 46 - Summer 2007

## Keep a-Goin'

If you strike a thorn or rose,  
    Keep a-goin'!  
If it hails or if it snows,  
    Keep a-goin'!  
'Taint no use to sit an' whine  
When the fish ain't on your line;  
Bait your hook an' keep a-tryin'—  
    Keep a-goin'!

When the weather kills your crop,  
    Keep a-goin'!  
Though 'tis work to reach the top,  
    Keep a-goin'!  
S'pose you're out o' ev'ry dime,  
Gittin' broke ain't any crime;  
Tell the world you're feelin' *prime*—  
    Keep a-goin'!

When it looks like all is up,  
    Keep a-goin'!  
Drain the sweetness from the cup,  
    Keep a-goin'!  
See the wild birds on the wing,  
Hear the bells that sweetly ring,  
When you feel like surgin', sing—  
    Keep a-goin'!

**Frank L. Stanton**  
(b.1857-d.1927)

## Begin Here

Here I Am now  
Again  
I feel  
Life is only begining  
The Cycle ends  
In a bright beginning...

We are singing a song  
With great motion and spirit  
Driving ahead  
To our destination  
Grunting and moaning  
We travel through each day  
No matter what we do  
We are unfinished  
We begin again  
Fresh

Purification is the Source  
For Rejuvination

Planting each day  
A new day  
A new beginning  
Will  
Begin today...

**Dayz in Passion**

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The heart of the universe is no different from one's own heart. What is the heart of the universe? It contains the poles of existence, the four directions, past and present, all there is-it is universal love. Love does not fight. Love has no enemies. If your mind harbors enmity and hatred, you have lost the universal mind.

—Morihei Ueshiba

Have regular hours for work and play; make each day both useful and pleasant, and prove that you understand the worth of time by employing it well. Then youth will be delightful, old age will bring few regrets, and life will become a beautiful success.

—Louisa May Alcott

Succeeding in life is a matter of succeeding with yourself. Before you are capable of making and keeping promises to others, you must first be able to keep the promises that you make to yourself. Think back and be honest now. How often in the past did you keep the promises that you made to yourself? If the answer is, not very often, then do you really think that when you tell yourself something, you will actually believe it? The fact of the matter is, that you will remember that you lied to yourself and you will not be convinced by anything you tell yourself. If there is something you want to accomplish and you tell yourself that you are going to do it, you will not be confident, nor why should you? You know very well how small your success rate is when promising things to yourself. How many times did you promise yourself to reduce your body weight to a certain level and maintain it? How many times did you promise yourself to quit smoking? Or perhaps, promising yourself to clean out the garage on the weekend. Most of the things that we promise ourselves and fail to do we forget about, only subconsciously we do remember and become habituated to failure. Every procrastination, every unfulfilled intention is further evidence to you, not to mention others, that you can not believe yourself. O.K. You know yourself to be a Liar. You know in your heart that you would be foolish to believe yourself. And you must recognize that you can not really succeed in life until you are capable of keeping the promises that you make yourself.

How can you turn this all around? First you must quit lying to yourself. You must keep every promise you make yourself and slowly build up a history of success. The larger that history of success grows the more realistic your confidence can be in the next thing you tell yourself. Soon you will know that you are no longer a liar. You will be able to plan and establish goals and approach the solution of problems with confidence...

from *Practical Philosophy* by Ivar Vikingstad

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