

## **“The courage to be”**

**(Message to WYHK Swimmers, 20 Oct, 2016)**

To Our Swimmers:

Last year, you suffered a painful defeat and were relegated to Division 2. You did not try to lessen the pain by saying you didn't mind – you did mind and it really hurt. However, you also recognized that what defines a man is not just the defeat, but also how he responds to it.

And how did you respond? You responded by accepting the defeat and acknowledging the pain that came with it. Then you reflected on the experience and worked towards improving on your physical strength, your skills and your fighting spirit.

This year, you have won by a significant margin – more than enough to get you back to Division One. As one of you mentioned in an interview – you fought as if this was Division One. Yes, this is what it means to respect the game and your opponents – you give it all! My heartfelt congratulations on both your attitude and your performance!

Now, in the same way as you faced defeat last year, you are challenged on how you would respond to victory. This is no less challenging, and definitely trickier than responding to defeat! What would a true sportsman do? Something to reflect and work on in the coming year!

Wahyanites are far from perfect, yet we are all perfectible. Perhaps it is that humility of acknowledging our imperfection, that urge to be better, and that faith that we can indeed move ever closer to perfection (accepting

full well that we can never reach it) that you have demonstrated to us so well in this saga from Division One to Division Two and then back.

Wahyanites talk about freedom a lot, so let me quote Carl Rogers: "...the deeply exciting thing about human beings is that when the individual is inwardly free, he chooses as the good life this process of becoming". "Good life" as defined in this way is "...not for the faint hearted. It involves the stretching and growing of becoming more and more of one's potentialities. It involves the courage to be." (Carl Rogers, On Becoming a Person)

YL So (20 Oct, 2016)