



### Remember this November

Do you like November? When the trees change from their summer splendour to patches of red and gold; when you wake up feeling refreshed and cool and the nights are getting cold; when the sky is higher and clearer and the air seems so much fresher; when the sun is no longer a wicked scorcher but gets warm and tender, you know this is November, the loveliest month of the year. But November also means endless work, numerous tasks and tedious drudgery and to me, in this November, difficulties set in from all sides. Fatigued and exhausted, I had the sense of frustration, of not being half as good as I should be, and the feeling of helplessness was as unsettling as the November rain. If you had asked me in mid-November whether life was enjoyable, I would have told you that life was barely endurable.

Yet, as more work was done and tasks accomplished, I began to see things differently. If I had not worked as I did, if problems and difficulties had not closed in, I would not have missed the clear blue sky and the autumn sunshine so much. These days, whenever I look out of the window and see the cloudless sky, my heart is overwhelmed with a desire to take a walk in the countryside, to immerse myself in the warm, mellow sun. If I had not worked as I did, a friend's smile and greeting would not have been so heart-warming. Then I realized that rest from work is real rest. Without work, rest is not rest but idling. There is no rest without work. How true this is!

Similarly, there is no happiness of reunion without the sadness of separation; no thrill of success without the disappointment of failure; no joy of reconciliation between friends without a falling out. Life is not complete without these experiences. I know, I know, this is cliché. But cliché is always true, especially for perfectionists and escapists like you and me.

So my dear friends, if you feel you are overburdened and down and out, or if you failed after you had tried hard, just remember, these moments will pass and when good times come, you will only cherish them more; if you are idling, however, it's time you rise and shine; otherwise, you will never experience genuine rest.

To end my sharing, let me share a catchy song with you which has lingered in my mind these days. You may not like the pretty-boy image of the singers but you'll find the song delightful and encouraging. Do listen.

<http://tw.youtube.com/watch?v=dxMQmOSzeVo>

Your teacher



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