

Nuggets and Bright Lines

- *How may I serve?*
- *No man is an island*
- *Trust yourself*
- *Be humble*
- *Memento mori*
- *Judge not*
- *Do the basics well*



A Month of Tolstoy 1

Blessed with a beautiful volume I delved into it with excitement when it arrived, I could hardly actually believe that something as this existed. A sublimely bound hardback that feels solid and soft to the touch containing thoughts and quotes as the essence of the distilled wisdom from the world's sacred texts as selected by Leo Tolstoy. I wonder how something so beautiful and valuable containing the considered favourite wisdom from a lifetime of study and thought by one of the world's greatest philosophers and writers could be so readily available and undersold. The world's values seem so upside down.

It is presented and entitled as 'A Calendar of Wisdom' by the man himself to enjoy reading a little of the 'intellectual heritage', as he calls it, everyday to arouse your best thoughts and feelings. Having read it each morning as part of my 2019 circle of reading I am inspired to share what Leo gave us for month by month.

It is presented in bite size, one sentence summaries to make it simple. You can allow it to personally mean to you whatever it does.

Select what you read and accept very carefully so you only get the best. Out of all that is available choose wisely, disregard the mediocre and bathe in the great works that can change your life.

Have a faith, no matter what it is. Believe in something.

Serve. Live a life of service asking: "How may I serve?"

Remember that no man is an island.

Use your words carefully and speak only of that which is good.

Life is a constant battle to do what is right. Stay present and just aim to do your best in each moment.

Be kind.

Love. whatever that means to you.

Trust yourself.

Recognise the divinity in every being.

Be humble.

Be responsible.

Judge not.

Learn from the evil as well as the pure and simple.

Remember it is an internal journey of the soul not an external physical one.

Live a life of meaning. In contrast to one with no thought or one of all theory.

Remember we are all part of the great whole, the circle of life, The Tao or whatever you wish to call it.

Memento mori. Develop an understanding of life and death so you do not fear it. It will help you live a better life.

Beware of anger and rage.

It is the direction we travel and not where we are.

Do the basics well.

Balance your giving and receiving.

The Author

Rob is a UEFA qualified coach with a League Managers Association qualification and a science and medicine background. He has worked in the football industry in Europe, The USA, Asia and Africa; at International, Premiership, League, Non-League and grass roots levels with both World Cup and European Championship experience.



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