Courage
Patience
Honour
Challenge
Presence
When challenged how do you respond, with defensiveness or with possibility?
All the challenges we face now, have been faced and overcome in the past.

- Apryll Parata
We can’t live in the past, the past lives in us.

- Charles Perkins

Learn from the past, savour the present and anticipate the future.
Emancipate yourselves from mental slavery, none but ourselves can free our minds.

- Bob Marley
Its not trespassing to go beyond your own boundaries
We don’t see the world as it really is, we see it as we are.

- Gandhi
When we think we have the truth we stop learning ....and listening.
No amount of excellent logic will make up for errors of perception.

- Edward DeBono