

maFastbreaks

A MEMBER NEWSLETTER FROM MARTIAL ARTS INDUSTRY ASSOCIATION

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Eating Our Words

A nineteenth-century folktale tells of a man who went about town slandering the town's wise man. One day, he went to the wise man's home and asked for forgiveness. The wise man, realizing that this man had not internalized the gravity of his transgressions, told him that he would forgive him on one condition: that he go home, take a feather pillow from his house, cut it up and scatter the feathers to the wind. After he had done so, he should then return to the wise man's house.

Though puzzled by this strange request, the man was happy to be let off with such an easy penance. He quickly cut up the pillow, scattered the feathers and returned to the house. "Am I now forgiven?" he asked.

"Just one more thing," the wise man said. "Go now and gather all the feathers."

"But that's impossible. The wind has already scattered them."

Continued on page 4

To Forgive is Divine

Wow! The director took time out of his busy schedule to call about last month's project. "What were you thinking?" the director yelled. He insulted everything the team did and placed all the blame for the continually falling numbers on their heads. Stunned, everybody was hurt, concerned about their future with the company and unable to concentrate on work the rest of the day.

The next day, anger took over when they realized they had done exactly what they had been told to do, and all of his points were ones they had made before, but were powerless to change. Oops, it was his job to make the changes. He must have realized that at the same time, because the team then received a phone call with an apology.

That should have made everything better, except the director was too busy to call with his apology. Instead, he had an assistant call to say he was sorry for blowing up over something that wasn't their fault. Disbelief filled the office. This director lost much of his team's respect and admiration, and it could have been prevented with a two-minute phone call with a sincere apology. By avoiding to apologize directly, this team could not immediately forgive and move on; an important step to healing.

We're all taught as kids to say, "I'm sorry," but as we grow

Continued on page 2

Quotes to Ponder

It is very easy to forgive others their mistakes; it takes more grit and gumption to forgive them for having witnessed your own.

— *Jessamyn West*

Forgive your enemies, but never forget their names.

— *John F. Kennedy*

We read that we ought to forgive our enemies; but we do not read that we ought to forgive our friends.

— *Sir Francis Bacon*

No snowflake in an avalanche ever feels responsible.

— *Voltaire*

The person who goes farthest is generally the one who is willing to do and dare. The sure-thing boat never gets far from shore.

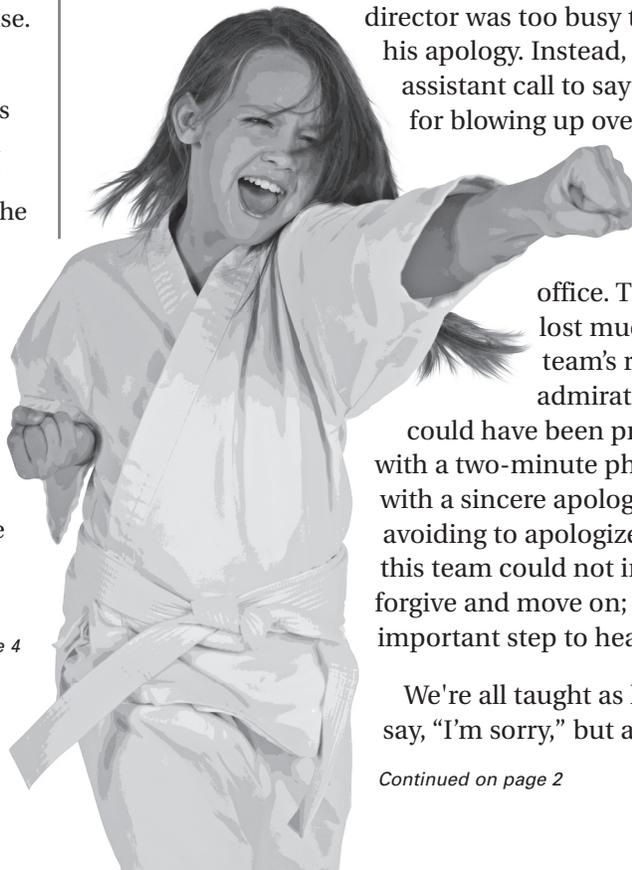
— *Dale Carnegie*

Teachers open the door, but you must enter by yourself.

— *Chinese Proverb*

The mind is like a parachute, it works best when it is opened.

— *Unknown*



To Forgive is Divine

Continued from page 1

older and into more important positions, those words appear to show weakness and are more difficult to say. No, we shouldn't apologize for things we haven't done, but sometimes an apology is the only way to move forward. As difficult as an apology may seem, sometimes forgiveness is even more difficult.

Once an apology is presented, it is up to the other person to decide whether or not he or she is able to forgive. It's easy to forgive someone for a trivial matter or an accident, but it is much more difficult to forgive someone when the offense breached trust. Alexander Pope's, "To err is human; to forgive divine," is exceedingly

true in this instance. People may say they forgive you, but in reality they don't have that same sense of trust and are unable to be as open as before. They may have given forgiveness verbally, but for reestablishing trust may take a little longer as the offender needs to earn that trust again.

That director could have smoothed things over with a personal and sincere apology, and he would have had to re-earn his team's trust, but instead he chose to delegate the apology. Remember, you can't be forgiven until you apologize.

Old Facts

The U.S. has forty-eight states; no one has walked on the moon; no one has run a 4-minute mile. Today, everyone knows these statements aren't true, but at one time they were common knowledge. So what happened? Progress. Progress changes everything from the way we cook to the way we work. What was once fact is now incorrect, and what is good for you today, may be harmful tomorrow. Studies, research and progress have improved many activities, but none more so than the computer work station. Some people spend 10-12 hours everyday sitting at a computer, so it's wise to stay current on ways to avoid carpal tunnel syndrome, vision problems and the dreaded bad back. Just like computers, many safety tips that just one year ago were cutting edge are now outdated. It's to everyone's advantage and health to occasionally check current ergonomic standards and adapt those that fit their situation.

Computer users used to situate the monitor closer and at eye level, but current research suggests placing the screen farther away and look slightly down without flexing the neck downward. Also, your lighting should prevent a glare on your screen, but allow you to do other office work. You may need to employ adjustable desktop lighting to accomplish all of your tasks. If you wear

bifocals or progressive lenses and have difficulty, you should speak with your optometrist about what is best for you.

Chairs should be comfortable with a back support. Sitting erect at a 90 degree rigid angle isn't comfortable, and the good news is it isn't good for you either. Sitting slightly slouched or reclining back in the chair at a 100-110 degree angle is better as long as your feet are able to rest flat on the floor and you are comfortable.

Your keyboard can be the most difficult equipment to adjust. An adjustable keyboard tray should be used and situated so the wrists are flat and straight, not angled upward. Elbows should be angled at more than a 90 degree angle to avoid nerve compression, but without causing the user to have to overreach.

Taking breaks is still the most important aspect of computer work. Ideally, you should get up and move around for 10-15 minutes every one to two hours, but micro-breaks are just as important. Take 30 seconds every 10-15 minutes to stand, stretch and look away. If you monitor the ergonomic changes that are always taking place, plus listen to your body, you will be a happier computer user.





Eating Our Words

Continued from page 1

“Precisely,” he answered. “And though you may truly wish to correct the evil you have done, it is as impossible to repair the damage done by your words as it is impossible to recover the feathers. Your words are out there in the marketplace, spreading hate, even as we speak.”

How interesting it is that we, as human beings, so quick to believe the bad that others say about someone, so accepting of the news, and so ready to assume the worst regarding another’s actions, actually allow ourselves to believe that the evil we spread about someone won’t really matter. Incredible that we can’t seem to immediately and resolutely accept the fact that the gossip we speak can — and often does — significantly damage the other person.



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