

## The art of living ... Gabriel Wells. Christmas 1942.

The Art of Living

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Gift

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Gabriel Wells

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Dec 30, 1942

THE ART OF LIVING

What, then, is Life? *Aspiration*. And what is Art? *Selection*. Thus the Art of Living consists in Aspiring Selectively.

The clutter and confusion of life comes largely from indiscriminate behavior. The fact is overlooked that man is not a mass unit, but an individual unit, with specific personal traits.

Aspiration is the prelude to human conduct, just as Selection is a prelude to human method. Human Life moves vertically, resulting in Development, while Animal Life moves horizontally, bearing Growth.

We often speak of Life as a mystery. And so it is, in the simple, ordinary sense of being veiled. This is due to the fact that Life is not a ready-made, fixed affair, but is of itself a Potentiality. Hence: *Life in its Actuality is what we make it*. And in order to make it meaningful, rational, spiritual, we must use Perspective and thereby see Life as a Whole.

Most important to bear in mind is that it is given us to mould our own life. It behooves us, therefore, to shoulder the responsibility for our actual state of being, and not shift the blame for an unworthy course of our life on to others.

Man's cardinal distinction is Self-Reliance. Upon it are based the high qualities of Courage, Liberty and Dignity.

Underlying all, being the key to rational living, is Selection.

**GABRIEL WELLS**

CHRISTMAS 1942

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