



Wisdom of the Ages

EPIC! Rule #17: The trials and triumphs of the past are the treasures that fund the future.

Two weeks ago I had the pleasure of teaching the Decade Game at my happy place, Rancho La Puerta in Tecate Mexico, not far south from San Diego. It was fascinating to share the Decade Game with 30 - 40 people I didn't know, men and women, all ages and stages, intrigued with the idea of designing the best decade of their life, so far. I taught five classes over 5 days with the following themes:.

- Create a Live by Design, not Default
- Uncover Your Purpose
- Discover Your Destiny
- Design Your Decade Game Board
- Playing to Win

I keep reminding people that the Decade Game is not the thing. It's just the model I use to describe the main thing: You can be the hero and heroine of your own story - so make it an EPIC one. After all, the original meaning of EPIC is a long form story of "Derring Do" - daring to be and daring to do.

The origin story of RLP which was founded in 1940 and has been family owned ever since is EPIC. This from the RLP website...

The 1928 Cadillac — once elegant, now old — bounced and swayed over a dirt lane leading toward a stand of oaks in an otherwise open field. A perilously oversized homemade wooden box attached to the bumper contained the worldly goods of Edmond and Deborah Szekely, while they themselves were possessed of an improbable plan: within weeks they hoped to welcome their first guests in June, 1940, to an impromptu summer health camp in the coastal mountains of Baja California, Mexico.

Deborah, 18 years old, was newly married to "the Professor." Edmond was well known for his wide-ranging studies, writings and lectures in the 1930s. His

views on philosophy and ancient religions, the nutritional value of just-picked fresh pesticide-free vegetables, exercise, and what we would call “ecology” today, were revolutionary for the times.

As the horrors of World War II engulfed the globe, the Professor — a Romanian citizen — had become a man without a country when his U.S.-issued papers expired. He was told he had to leave before June 1 or be returned to his country of origin, where his Jewish heritage was a death sentence.

And so they crossed the border south, lacking papers but emboldened by dreams. They found a scrap of land...

And today Rancho La Puerta is a 4000 acre, world-renowned destination health spa. Deborah (who also founded the Golden Door in 1958) is still the “grande dame” of RLP. At 102, she meets with guests every week to share the story of this storied place.

From RLP, I travelled to Denver to spend time with my 95 year old Mom. She was one of only two women in her law school class at the University of Chicago in the 40s and retired 20 years ago as the first woman judge on the Family Court in the area of upstate NY where we grew up. Like Deborah, she has stories to share of almost a century of living, loving, learning, yearning, losing, recovering and dreaming.

She is concerned these days about being a burden. I constantly encourage her to replace the thought of “I am taking up space” with the recognition that she has “created space” for all of us - her three children and their extended families, her 4 grandchildren, and her 6 great grandchildren - not to mention the nieces, nephews, cousins and their progeny.

Time for the next EPIC! Rule of the Game.

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No one can predict the future—either next week or next year. Knowing the future is not necessary to live an EPIC life. The real game is to be equipped—emotionally, spiritually, and intellectually — with the true meaning and import of the story so far. By capitalizing on the gifts of hindsight, forgiveness, resilience, and gratitude, we are able to honor everything that has come before. This journey and how we have navigated both the highs and lows, the trials and the triumphs, has sculpted the person we are now, ready and equipped to embrace an uncertain future, knowing

that we all have everything we need at this moment to discover what is the next best move.

When I was with my mother, we looked at lots of pictures on memory lane. My late husband, a minister, once told me that the hardest part of dying is that we leave in the middle of the story of our loved ones and don't get a chance to find out how their stories end. However, if we have lived and loved well, we will have forever shaped the character of the characters, and will forever be guiding their story lines.

Now that is EPIC!

Sending love and light
Carolyn



PS. Since the New Year, I have been sharing my EPIC! Rules to play the game of life, your way. I have them now posted on the website if you have missed a newsletter or would like to review them. Click below and scroll down to the Rules. (And you can always buy the book.)

[EPIC! Rules of the Game](#)

If you have any questions or would like to talk to me directly, please email me at carolyn@mydecadegame.com and we will set up a time.

You can't get there from
here, but you can get
here from there.

EPIC!

THE
WOMEN'S
*Power
Play
Book*

CAROLYN
BUCK LUCE

