

Repetition

As T S Eliot wrote:

What we call the beginning is often the end
And to make an end is to make a beginning.
The end is where we start from...
We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.

Repetition is hearing or seeing something again, for the first time. If we are repeating something, how can it be for the first time?

Too often we race through life not truly seeing or hearing. Sure, we are quick, we are smart, and we are perceptive, so we can get it all quickly. We know how good we are.

Well, we are good, we are quick, and we are perceptive. However, with all of those attributes, we still need repetition. We still drift when seeing or hearing something. We still have thoughts, ideas, and interruptions that distract us.

Yes, everytime we read something, we read it differently from the previous time. Our personal space and interaction with all that is changes, and as that changes, what we read and percieve changes. So, reading something for the second time is to read it for the first time. Often, the lightbulb, as they say, goes off with repeated readings. Even when we read something we had read 20 years earlier, we see it from a totally different perspective.

Repetition is good for all of us and provides us all with a greater and better understanding. Read it once and, if it has value, then read it again. Personally, I usually skim a book to get the gist of the book and validate if I want to read it in detail. If the book appears to have the value, then I read it in detail a second time. That second time I get a lot out of the book. Some books I even read a third time outlining

them. Yes, it is a lot of work and time consuming. However, if the book has the value, and I want to review it again and again, the outline is the way that works for me. In the end I have a better learning and understanding and can more easily review it in the future.

As a child I read Think and Grow Rich. While I had not read it in years, I did get a copy for my son and reread it first. Well, it could have been the first time. Sure, I still remembered much of it as I have practiced it over the years. However, now the rich part has changed and has a different meaning. When I first read it I felt it was all about money and obtaining money. Well, it is about being rich and that includes money. However, it is much, much more than just money. When money for my young, growing family was my focus, it is no wonder that money is what I read in the book.

Repetition leads to success. When you see an actor or a band hit it big time, you might think of it as instant success. The fact is that most of them labored for years practicing and repeating their actions until they fine tuned them. Yes, repetition was a key to their success.

Repetition is what builds confidence. Boats are a good example. When one gets a new boat, operating and docking it is a challenge. The more the boat is used, the more comfortable and confident the captain becomes. Then, if not careful, they become overconfident with their repetition, and then they make a mistake. Yes, one can be too confident and repeat something so often that they then make a mistake.

Repetition is good, allows us to learn, see new insights on the same subject, builds confidence and leads to success. Embrace repetition and all it has to offer.