

# THE CORNERSTONE EAGLE

December & November 2015 Edition



**Warm wishes for a Merry Christmas and a Splendid 2016!**



Cornerstone International Group's **MISSION** is to be the best executive recruiting group worldwide, but our **VISION** is to be a true mentor and coach, one-on-one, with our clients, candidates and partners locally.

We believe the way to do it is to promote our 3C **VALUES** of **Community, Credibility, and Continuity**. The Cornerstone Eagle is not a sales letter to promote activities of our 70 offices globally, but a 3C tool to inspire you to maximize your personal and

professional potential to be a Better Leader and a Better Person both at home and at business.

We shall be your Faithful Companion / Coach / Mentor on your life and career journey, supporting you to discover yourself and offering good advice regarding the SIX important aspects of your professional Life: Identity, Money, Career Options, Health, Relationships and Your Future (spiritual and your legacy reminders).

**Love, Forgiveness and Peace** is our focus for this December / November edition as Christmas beckons, in our relationships at home, in the family and with friends, at work and in our world at large; in spite of the cruelty and hatred we see in last week's terrorists attack in Paris.

We pray that these powerful wings of the Eagle shall continue to enable you to soar to new heights.

Best Wishes,

**Simon Wan**

Chief Executive

**Cornerstone International Group**

☎ Phone No.: +86 21 6474 7064 | ✉: [simon-wan@cornerstone-group.com](mailto:simon-wan@cornerstone-group.com)

---

## LOVE, FORGIVENESS and PEACE

**At the closing days of 2015, we bring you the 'Power of a Three-Legged Stool.'**

### **Love**

We had explored and examined Love in reasonable detail in our last edition of the October Eagle. One of the defining factors is:

*... Love enables us to have a broader view to include those around us and have their well-being within our vision. Love empowers us to take action for the good of others. Love is the greatest of Motivators to drive us to do good in our life and in this world. When there is Love, there will be no war. When there is love, there will be no killings. When there is Love, there will be no fraud, deceit and harm to other human beings.*

### **Forgiveness**



A definition for forgiveness could be -- giving up my right to hurt you for hurting me. It is impossible to live on this fallen planet without getting hurt, offended, misunderstood, lied to, and rejected. Learning how to respond properly is one of the basics of living.

The word "forgive" means to wipe the slate clean, to pardon, to cancel a debt. When we wrong someone, we seek his or her forgiveness in order for the relationship to be restored. It is important to remember that forgiveness is not granted because a person deserves to be forgiven. Instead, it is an act of love, mercy, and grace.

We forgive others to gain control of our lives from hurt emotions. We forgive so we won't become bitter and defile those around us. By forgiving others, we free ourselves spiritually and emotionally.

### **10 Keys to Forgiveness**

1) Let Go of the Anger – Holding on to the anger can lead to hate, and perhaps a lingering desire for retaliation or revenge. This is destructive and causes an emotional drain on us even if we don't realize it.

---

2) Don't Be Stubborn - Be willing to compromise in order to move forward. Stubbornness, like anger keeps us from moving beyond hurt feelings, and it also perpetuates a strained relationship.

3) Stop Thinking of Yourself as a Victim – Bishop Desmond Tutu, in his book titled 'There Is No Future Without Forgiveness', tells a classic story of forgiveness about former soldiers visiting the Vietnam War Memorial, when one veteran asks another, "Have you forgiven those who held you as a prisoner of war?" He replied, "I will never forgive them!" **The other veteran responded, "Then it seems they still have you in prison, don't they?"** Years later he was still holding deep-seated resentment for what his captors had put him through.

If we cannot get beyond the "victim mentality" we cannot expect to think about forgiving others.

4) Focus On The Future - Usually what has been done cannot be undone and dwelling on the past only perpetuates the hurt feelings that resulted from what caused the problem in the first place. Continually bringing up sore points or issues of the past will only make the rift larger.

5) Re-Learn to Trust – Complete forgiveness means that we must re-learn to trust the individual that caused the hurt in the first place. Re-learning to trust involves some degree of reconciliation. Reconciliation will help prevent further deterioration of the relationship.



6) Be Reasonable in Your Expectations of Others – In the midst of anger, our emotions are high and frequently our judgment of fairness is clouded. We expect others to recognize the injustice they have done, and apologize immediately and profusely. We want the person to atone to us in some elaborate or excessive manner. This mind-set is our way of ensuring that an apology is genuine if one is offered.

7) Expect That It Will Take Time To Forgive – At this point in human evolution, we have grown accustomed to and expect "quick fixes" and "instant gratification" from solutions to almost every problem. Healing from a hurt may generally come with the passage of time, but you must allow yourself time to reach the level of forgiveness appropriate for the circumstances.

8) Examine Your Heart – Look within yourself to see if you are contributing to situations that you may later regret and will need to seek forgiveness. Would you be willing to forgive someone for the same offense you committed against someone else? And would you expect the person offended to forgive you? The concept here is to be honest with yourself in considering your own behavior and whether it contributes to strained or hurtful relationships.

9) Let Forgiveness Become an Everyday Practice – What a transforming experience it would be in our

---

lives if we were able to forgive someone immediately upon them committing the offense – without hanging on to the anger for a much longer period of time. This might be possible if we let forgiveness become an integral part of our lives and a guiding value to live by.

Count your blessings. Remember the good things about your life and don't dwell on hurt feelings. Let forgiveness become an essential part of your life.

10) Ask God for Guidance – Being able to forgive or seek forgiveness is not just an intellectual decision, but there is also a spiritual dimension involved.

## **Peace**

Peace of mind is something that we all want. We all want to be able to rest, to not have to worry, to feel free to enjoy life, family, friends, work, church, hobbies, entertainment, etc. We want to be able to enjoy ourselves and not be burdened down with worries that rob us of vigor, life, and purpose.

Sometimes when we can't find peace of mind, we get depressed. We often get angry and lash out at God or someone else near to you.

At this Christmastide, allow Love and Forgiveness be central themes in our attitude and actions. And Peace, which may have been elusive before will follow.

Seen on a Christmas card last week:

'Every time a hand reaches out to help another ... that is Christmas.

Every time we put conflict aside and strive for understanding ... that is Christmas.

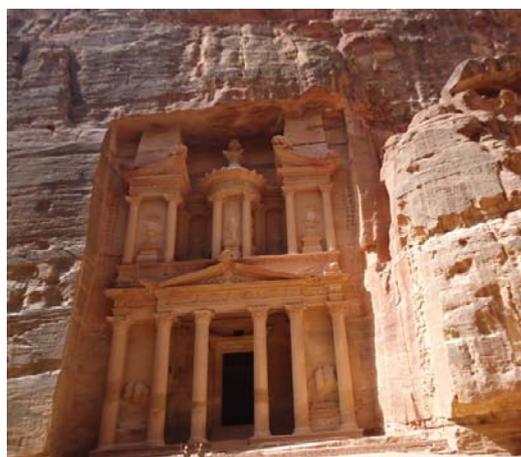
Every time people forget their differences and realize their love for each other ... that is Christmas.'

As Dada Vaswani said: "Happiness, true happiness, is an inner quality. It is a state of mind. If your mind is at peace, you are happy. If your mind is at peace, but you have nothing else, you can be happy. If you have everything the world can give - pleasure, possessions, power - but lack peace of mind, you can never be happy."

## **On a recent trip to Jordan and Israel ...**

The only constant feature in our world today is conflict and strife. Peace seems so unreachable. This was brought home at first hand on a recent trip to Jordan and Israel. A fragmented and broken region with deep divisions, the walled settlements for Palestinians are prominent features in Israel, and they are sharp, daily reminders of distrust and disharmony.

Nevertheless, it is a region of great beauty, and indisputable



---

significance in the Christian faith where head knowledge can be transformed into heart knowledge. I came away with the message of Love and Forgiveness deeply imprinted in my heart, and the Peace that will ensue.

## Notable Quotes on Peace

### ***Martin Luther King, Jr.***

“I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality... I believe that unarmed truth and unconditional love will have the final word.”

### ***Albert Einstein***

“Peace cannot be kept by force; it can only be achieved by understanding.”

### ***Mahatma Gandhi***

“An eye for an eye only ends up making the whole world blind.”

### ***Ronald Reagan***

“Peace is not absence of conflict, it is the ability to handle conflict by peaceful means”.

### ***Indira Gandhi***

“You cannot shake hands with a clenched fist.”

### ***Henry David Thoreau***

“Pursue some path, however narrow and crooked, in which you can walk with love and reverence.”

### ***Jimi Hendrix***

“When the power of love overcomes the love of power the world will know peace.”

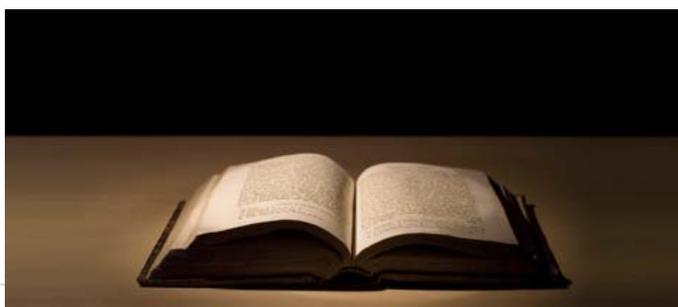
### ***Francis of Assisi***

“Lord, make me an instrument of thy peace. Where there is hatred, let me sow love.”

## From the Bible:

### **(Matthew 18:21)**

“Then Peter came to Jesus and asked, Lord, how many times shall I forgive my brother when he sins against me? Up to seven times? Jesus



---

answered, I tell you, not seven times, but seventy-seven times.”

**In Luke 6:36-37, Christ admonishes us,**

“Be merciful, just as your Father is merciful. Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive and you will be forgiven.”

**Matthew 6:12**

We cannot overlook the petitions of the Lord’s Prayer – “Forgive us our trespasses, as we forgive those who trespass against us”.

**In Colossians 3:12-14, Paul writes,**

“Therefore as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. ”

***Our Editor, Nancy Chu at [nancy-chu@cornerstone-group.com](mailto:nancy-chu@cornerstone-group.com) would love to hear from you if you have special thoughts to share.***

## **About Cornerstone International Group**

**Cornerstone International Group** takes pride in its 25 years in executive search and as trusted advisors to CEOs. A global member of the Association of Executive Search and Leadership Consultants (AESC), Cornerstone is recognized as having the highest level of quality in the executive search industry. With 70 offices in key cities around the world, we make lasting contribution to the success of our clients locally and internationally. Our work is INTEGRITY based, RESULTS driven and SATISFACTION guaranteed. Awards received around the world & in China includes 'The Most Trusted China Recruitment Firm 2015'; 'China Recruitment Firm of the Year' & 'Trustworthy HR Unit'.

**'Achieve More With Cornerstone'<sup>™</sup>** Visit us at [www.cornerstone-group.com](http://www.cornerstone-group.com) to see why you can 'Achieve More With Cornerstone'<sup>™</sup>

