

JADEN SMITH & LIFE

GQ Magazine in its November issue interviewed [Jaden Smith](#) – the now famous son of the inimitable Will Smith. Here’s an excerpt from the interview-

Ask him what he wants to be when he grows up and he'll look at you almost with pity. "There's no end of the process," he explains. "Life is a process. It's an ongoing journey that you'll never reach the end of. I'll never read every single book, or go to every single place. But I'll die in the trying of it."

In the book, "The Struggle toward Self-Realization," the author argues that it is *spontaneity*, fueled by one’s intuitive emotions, that leads to healthy human development. This brings me to the question – why did I tug a car tire for 4 hours and run another 3 over an I-95 overpass Saturday morning? The answer, in some crazy way, is that tire pulling is integral to my ongoing journey. It is part of my path. Avocationally, I participate in endurance sports: ultra-running, ironman, mountain climbing, et cetera. In order to prepare for these events, a certain amount of unorthodox training is required. In reflection, I’ve learned that rigorous, long duration training allows the process of life to come together. I’ve observed, under the extreme demands of physical exertion, the windowpane of life looks clearer. Work, play, family, friends, seemingly pleasant and unpleasant situations somehow make more sense and are far more appreciated if they are tried and tested along the way. Think for a moment about the undertakings that you are proudest of in your life. I’ll venture to say these accomplishments have helped shape each of us into better versions of ourselves. I contend that raising the bar and aiming for the stars is essential in building our self-esteem. I’ve been asked what it takes to become an endurance athlete, an entrepreneur, financially independent, a writer, a more compassionate, caring person. For me, the answer has been to never, ever settle. At times it is a struggle; *a very difficult task*. A closer inspection reveals that all our heroes have struggled. The greater the success, the greater the endeavor. Artists, athletes, actors, sole-proprietors, Presidents of the United States and everyone else who makes choices to better themselves share something in common – at times it will be a struggle along the way, but the rewards are worth it.



Nature teaches us to labor. Notice a mother bird. At sunrise she takes to the sky in search of nourishment; next, she labors to build a safe, protective nest to lay her eggs. Her nest is built one twig or piece of straw at a time. She flies up and down, back and forth, and remains meticulous to the task at hand. Then she rests until the next day, when it begins again. Human beings are far more ingenious and can get by on far less effort. Less effort, at times, can become the bane of existence. More is not a bad four-letter word; it is the passageway to a higher self. Life as young Jaden says, "Is a process." To be part of the process comes down to the pursuit of life’s opportunities. It is essential to accept each impediment as it comes along, and to learn from it. It is neither bad nor good; it’s all experience. The pathway to one’s best self emanates from one’s understanding and awareness of these experiences, which in turn leads to passion, focus and determination.

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