



“Do You Have The Heart To Dance???”

December 2019

So here we are about to say goodbye to another year; let us take a moment to ponder some thoughts. Wow, what a roller coaster of a year! Challenges in our professional lives, challenges in our personal lives. Then as we look back, it was a year of crazy politics as we have never seen before. We open a newspaper or listen to current events, and it makes our head spin. But as we'll sit around the Holiday gatherings, some of the most common remarks we'll hear people say, "I've made some mistakes this year ", or "I've made some bad financial decisions", or "I wish I could start over", "things aren't the way they used to be". So here is the question - where do we go from here? How do we make a better tomorrow? How do we look forward in hope rather than look back with regrets? Maybe the following story can help our thought process. "Do YOU have the heart to dance??"

"You are never given a wish without also having been given the power to make it come true."

-- Richard Bach. ...Trite? But true.

What you need is patience, perseverance, and a burning desire that constantly needs to be fueled. The quest for the realization of your dreams is like waging a momentous battle during which you might encounter severe setbacks. But success comes to those who turn adversities into opportunities, overcome their limitations and bounce back with renewed vigor.

If you have fallen down, get up and brush the dust off your knees and move on. A temporary setback is not a defeat. For that matter, there's no such thing as defeat.

Nothing is impossible in this world. If you have the will to win, you can achieve anything. And always remember that the whole world will, or perhaps will not, help you when you want to achieve something, your job is to keep trying.

Just imagine a young girl who learned dancing when she was three-years old and whose greatest passion remains dancing. She loses one of her legs in an accident.

Read on this true incident that took place almost 20 years ago and find out whether she gives up dancing or fights back to realize what she believes in:

Sudha Chandran, a classical dancer from India, was cut off in the prime of her career - quite literally - when her right leg had to be amputated after a car accident. Though the incident brought her bright career to a halt, she didn't give up.

In the painful months that followed, she met a doctor who developed an artificial limb made from vulcanized rubber filled with sponge. So intense was her desire that she decided to go back to dancing after she had been fitted with an artificial leg. Sudha knew that she believed in herself and could fulfill her dream. She began her courageous journey back to the world of dancing - learning to balance, bend, stretch, walk, turn, twist, twirl and finally dance.

After every public recital, she would ask her Dad about her performance. "You did well, but you still have a long way to go, don't give up" was the answer she used to get in return.

In January 1984, Sudha made a historic comeback by giving a public recital in Bombay. She performed in such a marvelous manner that it moved everyone to tears while catapulting her to the number one position again. That evening when she asked the usual question to her dad, he didn't say anything, he just smiled as tears of joy ran down his face. He touched her feet as a tribute to a great artiste.

Sudha's comeback was so heart-warming that a film producer was inspired to capture the incident into a celluloid box office hit, 'Mayuri.' When someone asked Sudha how she had managed to dance again, she said quite simply:

"YOU DON'T NEED FEET TO DANCE, ONLY A WILLING HEART."End of story.

So the question we need to ask ourselves is, "Do WE have the heart to dance?" How will we react to those challenges that throw us completely out of whack? Are we going to give into physical limitations or soar to the sky with our hearts???

As we are about to say goodbye to year 2019 and welcome a new year 2020, let's take a moment to reflect. There were good times that made us laugh, and there

were times that made us shed tears, and then there were moments that left us so numb, that we did not know how to react or what to say. It is inevitable, but we all have those moments where we say to ourselves "I wish I could go back and do things over". Please remember one the best quotes I have ever heard: "YOU CAN'T TURN THE CLOCK BACK AND MAKE A NEW BEGINNING, BUT WE CAN ALL START TODAY AND MAKE A BETTER ENDING".

As you look forward to a new year, keep in mind two thoughts:

- 1) sometimes a good dance is healthy for the heart, even if your feet don't feel like it, and
- 2) find something to laugh about each day, even if it means to look in the mirror.

And please let's not forget that we are ALL one family regardless of our background. So please, let's reach out with love and friendship to anyone of our members who are alone or lonely. Look around at rollcall or during your watch for the opportunity of inviting someone who is alone to your Holiday meal or bringing a smile to a lonely heart - you will both have a more joyous Holiday!

On behalf of ALL your Chaplains Best wishes to all for a Happy, Healthy and safe Holiday season.

Should you need a shoulder to lean on, an ear to listen or perhaps have some good humor to share, please do not hesitate to give us a call we are here 24/7 to assist any way we can.

May G-d bless you and keep you safe, today and always. Amen.

Compliments of your Police Chaplain
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