



Peninsula Chinese Business Association

美國華聯商會

Leading because we care

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Writer Message

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Dear Members and Friends:

Flowers bloom in spring, leaves show strength and provide shade in summer, foliage deepens in color in autumn, and then withers and falls in winter. That is the cycle of the four seasons, which nature offers to humans. During the growing season, flowers, grasses, trees, vegetables, and fruits grow again, producing fruit and seeds at their own respective times. When that season ends, they wither and die. There are natural times and seasons for everything in nature; they are selfless and open. That is the admirable beauty of nature, and order prevails.

The human journey should learn from nature, marked by the four seasons, pausing now and then to admire a blossom at each stage of life, contemplating natural laws, managing oneself, and seeing things through to the end. Our happiness depends on striving to be as fearless as the flower in the wilderness and as pure as the oasis spring in the desert.

Each of us has a unique path to follow. That path is our own life, precious and sent from heaven. We don't know exactly where this path will lead us, but we see no one else will have the same. Our path guides us through open spaces or narrow spots. It might lift us high at times and bring us down at others. We must always flow with the current, stay alert to clear obstacles ahead, and navigate each wave.

The journey may feel long in any season. Still, by progressing without stopping and "seasoning the seasons," our path will gain layers of experience from our efforts, opening a much wider route that leads to happiness.

In the previous highlights, I explained that Time Wealth is far more valuable than money and possessions. In this highlight, I share how to increase your available time by seasoning each season and building your future time machine from your strengths, rectitude, and wisdom.

Happy Holidays!

With gratitude,

Johnny Da Rosa



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Seasoning the Seasons

“How should you evaluate your life journey in harmony with the nature of the four seasons?”

If life is a journey through four seasons, then “seasoning your seasons” could mean adding meaning, flavor, or richness to each stage of your life. Bring the right qualities to each phase so none feel bland; you savor and flavor them, just as a good cook layers spices to create a memorable dish. And so, the journey moves through each season not as a burden but as a seasoned experience—each moment a dish of meaning meant to nourish the heart across all time.

“Are you living in the right seasons?”

In Spring, we plant seeds of wonder, infusing our yearly planning with laughter and light, a pinch of play, a dash of dreaming, and the zest of mornings just beginning. In reflection, are we fostering curiosity, encouraging learning, and creating new experiences? A willingness to start fresh, embrace mistakes, and keep planting seeds—even if the harvest is far away—indicates alignment. Staying stuck in fear of change or refusing to adapt signals misalignment.

In summer, the fire ignites; season your tasks with courage, passion, and song, a pinch of risk, a handful of joy, the spice of living boldly and powerfully. Do we put our heart and soul fully into the goals we want to achieve, building stronger relationships, and pursuing our passions? Do we feel a sense of enthusiasm, growth, courage, and joy in the present? Or are we overexerting ourselves without pleasure, or chasing success without meaning?

In autumn, the air turns golden; we stir with gratitude, wisdom, and grace — a taste of harvest, a warmth of giving, the slow savor of life’s embrace. Do we pause to appreciate what we’ve built and share the fruits of our labor with others? Letting go gracefully, giving back, savoring what has ripened? Do we cling to what’s fading or fail to see the value in what’s been gathered?

In winter, silence quietly settles, and we fill the days with patience and peace—a blend of stories, a legacy simmering, the soul’s deep flavor, a rich release. Do we make space for rest, stillness, and inner reflection? Peace, acceptance, clarity, and wisdom are passed down. Resisting rest, fearing endings, or neglecting one’s inner life will lead to a loss of strength to start another cycle.

Johnny DaRosa





Build a time machine to plan your future time

***We all should have a dream, something we aspire to.
What our dreams reveal when we mentally travel into the future and
create paintings we imagined is profoundly moving.***

Thinking positively about the future is a trait that humans have developed. If we imagine a better world in our minds, one adequately equipped for the complexities of the present, we can work toward it.

Time travel isn't a first-class flight to fantasy land. It's a mental journey to build a positive and livable future. Neuroscience reveals what happens in our brains that enables mental time travel, allowing us to rewind our past and see how this capacity impacts our present-day experiences and decisions. It also broadens to include collective memory and collective future thinking. Whatever occurs in our brains when we remember the past, we do the same when we imagine the future. These journeys push the boundaries of reality as we know it, helping create the future we desire.

The desire for time travel helps us embrace the future by encouraging us to think more vividly about what lies ahead. Defining structure, adding colors, and including small details are ways to motivate us to act confidently, as we tend to have a positivity bias when imagining the future. We remember more positive events and episodes from our past than negative ones. It inspires us to set goals and generate positive emotions, which in turn increases the likelihood of taking the actions needed to turn those goals into reality. The future will only happen if we make it happen.

The stories we tell about our future are important. Suppose I want to start a relationship with someone I don't know well but really like. The mental image I create will be based on all the impressions I have stored in my mind. For example, my sense of humor can make conversations more enjoyable with this person, and our shared interests can create a connection between us. Maybe we have similar tastes in food and other things. My subconscious hands me a file with "go-ahead" written on it, aligning memories of past experiences with current goals, self-image, self-confidence, and self-belief. When I'm building this mental simulation, I'm essentially creating a model of reality.

Mental simulations of the future offer us notable benefits. In addition to psychological gains, they help us become more adaptable and flexible in everyday life. With regular practice, more details come into focus, allowing us to create plans, solve issues, and set goals. One of the most fascinating parts is how we imagine the future and then adjust our behavior and emotions to make it happen.

Next time you try to imagine the future, look back on your memories to help build it. You'll find bright, sparkly, and exciting memories already there to shape your new stories and keep them. When you're feeling anxious or depressed, seek out those stories to counteract your negative views and start to see your dreamed stories waiting to happen.

Building our time machine is a robust process. Mental time travels enable us to believe that other futures exist, that they are possible, that they are in front of us, and that we can live as if they are already here. We can rehearse different futures. This makes the necessary changes easier because we can see beyond the undesirable effort and into the desirable outcome, thereby enriching the concept of Time-Wealth.

Source: Rob Hopkins (How to Fall in Love with the Future)

Johnny DaRosa



Seasons of Our Soul

Plant your dreams with courage this spring.

Begin planting dreams despite uncertainty, but with courage. Understand that hope is stronger than fear, and that believing in ourselves is the first seed of every meaningful chapter.

We don't need to see the whole garden to plant our first seed.

Build strength with confidence this summer.

Success isn't just about producing more; it's about living a quality life. When we slow down to breathe and reflect, we can rediscover how to thrive. Life is for growing, sharing, appreciating, laughing, nurturing relationships, and not forgetting self-care.

Even the brightest sun needs shade.

Discover the essence of clarity through autumn.

Letting go isn't losing; it's about maturing and evolving. Change is a part of growth, marking the start of a new chapter after we release what no longer serves us. See the beauty in transformation and honor the lessons from our past experiences.

A tree is never afraid that its leaves will fall; it trusts spring will bring them back.

Share your wisdom and find peace this winter.

Rest is not the end; it's renewal. Stillness is powerful, reflection is sacred, and life's value isn't measured by busyness.

During the peaceful winter, we discover the roots of who we truly are.

Real life doesn't move in a straight line; it flows through seasons. We shouldn't stay in one season but learn to live fully through all seasons.

Johnny DaRosa



Zen Wisdom for the Anxious

by Priest Shinsuke Hosokawa

Spring arrives everywhere; some cherry blossoms bloom early, while others bloom late. Some cherry blossoms form short stems, while others form long ones. But what is the point of comparing them? Early or late blossoms; attractive or less attractive blossoms; short or long stems—all are beautiful.

Over our lives, we will notice differences between ourselves and others. But what do we gain from comparing ourselves to them? Live our lives as best as we can, and don't get distracted by trivial things.

A day has a morning, an afternoon, and an evening. A year has a certain number of seasons. Until we become aware of these obvious truths and appreciate how blessed we are by their existence, we all suffer and continue to make life challenging for ourselves.

It is only after completing a full circle and returning to the very place we started that we become aware of where happiness is for the first time.

Happiness is right there.



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