

Retreat vs. Defeat

Often we suffer
defeat
by failing to
retreat.

Retreat is stepping
back to go
forward;
defeat is falling
down and out.

On retreat you
recuperate and rejuvenate;
in defeat you
capitulate.

Retreat
is a type of
treat;
defeat
is no kind of
feat.

To avoid
defeat
you don't
cheat
by going into
retreat.

On retreat
you meet
yourself;
defeat
will unseat
one's self.
In retreat
we realign and
redesign;
in defeat
we are forced to
resign.

Difficulty
is not resolved by
constant engagement
without
temporary withdrawal.
Victory
is not ensured by
continuous involvement
without
momentary respite.

Therefore,
life's tensions
are an occasion for
retreat;
they should not
become causes of
defeat.

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