



### The month for refinement

#### Do Lupercis still run with goat hides?

**F**ebbruary is thought-provoking being the shortest month of the year. The ancient Romans initially used a lunar calendar, which had ten months and a total of three hundred and forty days. However, this calendar did not align well with the solar year. The second month of the current Gregorian calendar consisting of twelve months was originally the last month of the Roman calendar. It was named after Februalia, the Roman festival of purification and was indeed an important month in the Roman calendar as it included festivals related to refinement. One notable festival in February was Lupercalia, a pastoral festival associated with fertility, purification and cleansing. It involved the sacrifice of goats and a ritual where young men, called Luperci, would run through the city, striking people with strips of goat hide, believed to have purifying and fertility-enhancing properties. Amazing!!!

A few relevant thoughts are - Do we need refinements in today's world as well ? Are goat hides still available to refine others ? Do Lupercis still run selflessly to refine other's skills ?

Let us explore this further with the story of the very strong and sincere woodcutter who always used to put his best at work. Once on the first day of an assignment, he could cut ten trees; the next day only eight trees and on day after he could cut only lesser numbers. Despite his best efforts and commitment all through, this diminishing trend continued over days which shook his confidence on his own strength and skill. At that time someone pointed out to him that he needed to sharpen his axe regularly as it was getting blunt with continuous usage and was taking more time to execute. His waning performance had nothing to do with his strength or skill but the tool through which he was implementing his skill. So, the ancient Romans knew it right. Continuous refinement of our tools is not an option.

We all need to dedicate time to sharpen our axe repeatedly to be in shape to survive. Our performance is directly proportional to our skills hence we need to continually upgrade and upskill those tools to optimize our performance and realise our dreams.

As part of the refinement process, we need a teacher to teach us new skills; a coach to refine those skills and a mentor to partner us in realisation of our dreams by guiding us through the right path with refined skills. And that is precisely what we do at Achievers Circle, our coaching, mentoring and training academy.

At Achievers Circle, Lupercis still run with goat hide to produce future achievers.

