



We enable individuals, companies and organisations to transform from their current to their chosen desired state. The coaching process makes it possible to be more focused, and raise the level of performance, thus becoming highly effective. We facilitate personal mastery, the transformation of people's lives, personal reinvention, and enable people to achieve any, or all of their goals, and to lead balanced purposeful, fulfilled lives.

LIFE TIPS (REFLECTIONS / AFFIRMATIONS – Below Life Tips)

A PERSIAN ROSARY

taken from: www.theoracleinstitute.org/cms/a-persian-rosary

1. **Love and serve** humanity.
2. **Praise every soul**. If you cannot praise him, let him pass out of your life.
3. **Dare**, dare and then dare more.
4. **Do not imitate**. Be original. Be inventive. Be yourself. Know yourself. Stand on your own ground. Do not lean on the borrowed staffs of others. Think your own thoughts.
5. **There is** no saint without a past. There is no sinner without a future.
6. **See God and good in every face**. All the perfections and virtues of the Deity are hidden in you. Reveal them. The Savior is also in you. Let his grace emancipate you.
7. Be cheerful. Be courteous. Be a dynamo of irrepressible happiness. Assist everyone. **Let your life be like unto a rose. Though silent it speaks in the language of fragrance**. You are a trinity of body, mind and soul. The food of the soul is Divine Love. Therefore, feed your soul on Divine Love - so that the body and the mind be invigorate.
8. **Be deaf and dumb concerning the faults of others**. Do not listen to gossip. Silence the talebearer with virtuous conversation.
9. **Stop the circulation of the poisonous germs of religious fanaticism** through your veins and arteries and those of your children. Never argue with any soul concerning his religious beliefs. Religious controversies lead to hatred and separation. **Religion is Love and Fellowship not theological dogmas and creeds**. When you have Love and Sympathy in your heart for your fellowmen, you have the highest type of religion, no matter by what name you may call yourself. Rest assured that the emancipation of the world is through the Nameless God of Love and in Nameless Religion of Love.
10. **Develop the qualities of essential goodness**. Every soul is endowed with the attributes of intrinsic beauty. Discover those attributes and hold them before the world.

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11. **Religion is a personal relation** between mankind and his maker. For God's sake, do not interfere with it, do not organise it, neither try to reduce it to so many statements. Organisation, in whatever form, is the death-knell of religion. Do not preach this. Practice and teach it. Let no one dictate to you regarding what you should or what you should not believe and do in your spiritual life. **The ultimate authority is the Authority of the Spirit within you and not that of any man, dead or alive.** The Unerring Witness is standing in the center of your being, all powerful mighty and supreme! His is the final testimony. His is the court of last appeal.
12. **God's love is in you and for you. Share it** with others through association. Do not court separation from the creatures, but unite with them in love. To know yourself through your fellowmen is to know God.
13. **Have courage. Realise your divine origin. You are the ray of the Sun of Immortal Bliss.** You and the Father/Mother are one. The deathless, radiant Self is in you. Reverence your Celestial station. No harm will ever come to you. (In) God's perfect image and likeness you are abiding in the fort of his Protection. Association with all people will lead to spiritual enfoldment and not to the deterioration of the soul.
14. **Live above** the work of faith and infidelity, religion and atheism, orthodoxy and liberalism, truth and error, angel and devil, and you will be living with, and in God - the God of Absolute Good, the God of Absolute Beauty, the God of Absolute Perfection.
15. In relation there is no compulsion. **The path to spiritual enfoldment** is not by restriction and constraints not anathema and excommunication, but by constant progress from world to world, from star to star, from constellation to constellation, forever and without end.
16. **The Light of Lights is in your heart. Uncover it**, and let it shine for the illumination of mankind. Do not expect a favor from a friend or foe, and you shall never be disappointed.
17. **Overcome** malice, envy, personal spite and prejudice, and you are the master of Destiny.
18. **Do not condemn a single soul.** In condemning him, you are condemning yourself. Never for an instant forget that he is also the child of God. Upon the great sea of the spirit, there is room for every sail. In the limitless sky of Truth there is room for every wing.
19. **Do not murder the character of a soul under the guise of religion**, either by bitter blame or faint praise. Spiritual murder is worse than the taking of a man's life. Have a sin-covering eye. See only the beautiful, the lovely, the noble.
20. **Be** gentle. Be lenient. Be forgiving. Be generous. Be merciful. Be wakeful. Be thoughtful. Be frank. Be positive. Soar in the atmosphere of freedom. Walk in your chosen path and let no criticism disturb you in the least. This is the way to success, to happiness, to health, prosperity, to glory. **Let me walk in it during the days of my life!**

Ignore Your Ego

"Remember, most of the things you think you need are ego trips designed to bolster your image and your perception of security.... You'll waste a lot of energy satisfying your ego only to find that, as soon as it's got what it wants, it ignores all your efforts and promptly nails another list of demands to your forehead. The ego will always try to force you to slave for its vision."

Source: Stuart Wilde

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The Secret of Happiness

"The secret of happy, successful and fulfilled people, is having someone to love, something to do and something to look forward to."

Thought submitted by Lesley

Life is Worth it!

"Life is too short to wake up in the morning with regrets. So love the people who treat you right, forget about the ones who don't. Believe that everything happens for a reason. If you get a chance take it! If it changes your life then let it.

Nobody said it would be easy; they just promised it would be WORTH IT!"

Source: Unknown

An Interview with God

"Man: What surprises you most about humankind?"

God: That they get bored with childhood, rush to grow up and then long to be children again. That they lose their health to make money, and then lose their money to restore their health. That by thinking anxiously about the future, they forget the present, such that they live in neither the present nor the future. That they will live as if they will never die, and die as though they had never lived."

Source: Unknown

See the Goodness in Everything

"In everything goodness is there. Our goal is to find it.
In every person the best is there. Our job is to recognise it.
In every situation the positive is there. Our responsibility is to see it.
In every problem the solution is there. Our responsibility is to provide it.
In every crisis the reason is there. Our challenge is to understand it.
By seeing the goodness, we'll be very enthusiastic and our lives will be richer"

Source: Unknown

"The miracle is this—the more we share, the more we have."

Source: Leonard Nimoy about

ALL IS WELL

"Always remember, deep in your heart, that all is well and everything is unfolding as it should. There are no mistakes anywhere, at any time. What appears to be wrong is simply your own false imagination. That's all. You are the Self, that perfect immutable Self. Nothing else exists. Nothing else ever existed. Nothing else will ever exist. There is only one Self and you are That. Rejoice!"

Source - Robert Adams

STEP INTO YOUR POWER, YOUR ESSENCE

You know you're deserving of love, respect and honour on every level and to be who you truly are.

Live in truth from the deepest part of your essence.

You have the power to manifest all your desires and all that nurtures and feeds you.

Flow with the powers that be, even with those that seek to control and relinquish resistance and rebellion.

You are a beautiful soul with much to teach and share. Never let anything stop you from doing so.

There is much yet you have to give to the world.

Stay inspired and in turn inspire others.

Stay empowered and in turn help others to find their power.

Strive for enlightenment each day in every way and walk your path with joy and light.

Never forget who you truly are. Be it. Live it. Love it.

Love the world and all it's people.

Love life and all it's mystery.

Create magic and laugh much.

Love everyone and accept everything for what it is. Know that you are your own universe.

Nothing outside need touch you.

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Connect often to source and the oneness and many questions will dissipate.
No need to seek – just enjoy where you're at.
Be free.
Be calm.
Be loving.
Be everything you came here to be.
Love yourself first and treat yourself with honour and respect.
Flow with the river of life and let it guide you where you need to go.
Just be you.
And the world will sing your symphony in tune .
This is my blessing for you for this year.
Life is full of challenges.
Rise above them.
Be strong. Be true.
Source: Diana Kumst

LESSONS FROM A DONKEY

One day a farmer's donkey fell down into a well.
The animal cried piteously for hours as the farmer tried to figure out what to do.
Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.
He invited all his neighbours to come over and help him.
They all grabbed a shovel and began to shovel dirt into the well.
At first, the donkey realized what was happening and cried horribly..
Then, to everyone's amazement he quieted down.
A few shovel loads later, the farmer finally looked down the well.
He was astonished at what he saw.
With each shovel of dirt that hit his back, the donkey was doing something amazing.
He would shake it off and take a step up.
As the farmer's neighbours continued to shovel dirt on top of the animal, he would shake it off and take a step up.
Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

MORAL:

Life is going to shovel dirt on you, all kinds of dirt.
The trick to getting out of the well is to shake it off and take a step up.
Each of our troubles is a steppingstone.
We can get out of the deepest wells just by not stopping, never giving up!
Shake it off and take a step up.
Remember the five simple rules to be happy:
1. Free your heart from hatred - Forgive.
2. Free your mind from worries - Most never happen.

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3. Live simply and appreciate what you have.
 4. Give more.
 5. Expect less from people but more from God.
- You have two choices...smile and close this page,
or pass this along to someone else to share the lesson!!

Author – Unknown

EACH OF US IS A COMPLETE UNIVERSE

The Intelligence and Heart of our Universe are One, Divine in Origin, and the Source of all Energy in all of Creation.

The Omnipresence of this Intelligence may be expressed spontaneously as instinct (as in the plant and animal kingdoms e.g.), or It may find expression in the conscious mind and/or intuition in humans. In either instance, in humans, this Energy can be, and is directed - whether or not there is an awareness of this now proven scientific truth -with results relevant to whatever kind of energy was projected.

In light of relatively modern scientific studies and ancient spiritual practices - both of which come to the same conclusions - it has now become accepted knowledge that humans who consciously link themselves to Divine Intelligence and acknowledge the Indwelling Presence of the Heart of the Divine, become attuned to their true 'Being': Humans Being' at one with the One, infused with the realisation that they have been given the gift of Life and Love can, in a spirit of humility, now work with their Creator to increase the quality of life on this planet. Remembering that our hearts are in fact connected to the Heart of our Creator, it is not astonishing how wonderfully so many humans achieve miracles of love and labour, in innumerable ways, to bring light wherever they engage with those in need.

These humans, and all those who live and work with love in their hearts, are truly Humans BEING. Surely a human being in tune with the Heart of God, and accessing the Intelligence of the Divine can rightly be called a Human Being.

The Heart of the Universe is one of Unconditional Love.. Accepting our inseparable connection with our Creator (God, Allah, Shiva and all pertinent names), we become increasingly aware, through experience, what it means to be a human being. Connected to our Source, even if erratically initially, increasingly Love will flow in and through our lives. This wonderful Energy (capitalised because it stems from the Divine) extends beyond our immediate environment, touching lives and events not necessarily within our awareness. Love heals, love connects, love and peace of mind co-exist. Love releases inhibition, freeing the mind to visualise that which good, beautiful, possible: to believe that "all things come to those that love the Lord". In modern language, To love the Lord is to accept the power of the Indwelling Spirit, which indeed can make possible whatever is fitting for us "in the eyes of the Lord". Truly, everything in this Universe, is interconnected, and indeed in an ongoing state of re-creation. This is apparent to us as we witness constant change at every conceivable level of our existence. What is important to recognise and to accept is that we ourselves instigate the changes, the re-creation of our world, because of

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our beliefs, thoughts, attitudes, and actions.

It is unfortunate that so many humans, not conscious of their divine connection, all too often send forth vile feelings and thoughts (for instance blind prejudice, intolerance, fear, hate, etc.), all of which severely pollute the planet, environmentally and socially.

It is thus all the more valuable for the sake of the planet and the continuity of the human race to realise that the Heart of our Universe longs for the spread of Love and Goodwill. This possibility depends to a very great extent on the vision, choices and activities of human beings. Those who become aware of the extraordinary recourses encompassed within the physical, mental and spiritual aspects of their Beingness, have the wherewithal to be emissaries of the Divine.

Humans, Being, find a sense of purpose for their lives. They experience greater mental clarity. As they choose to make space in their lives for prayer, meditation and contemplation, Divine Energy is transmitted to the cells of their bodies. These cells are then likely to fulfil their divinely designed function more readily. Scientific research, as well as spiritually-oriented studies, have found physical and mental health to benefit from any of the foregoing mentioned practices. Energy and inspiration increase. During difficult times beneficial experiences help to encourage one to resume the practices if they have been neglected. Attunement is the key.

Humans, Being, become as lighthouses in the world. The Energy which they channel from the Divine affects known and unknown individuals and events. As the Heart and Intelligence of our Divine Source is channelled through each of us, Trust, Peace and Joy will increase exponentially throughout our world.

May it be so.

Author – Pamela Krummeck

I, the ESSENCE

I, Pamela, belong within the Essence which constitutes my being and that of all life on the planet and in the universe.

The Essence is That which was, and is, the Beginning - God - the One of many names and no name - the Love which longs to be made visible and active in Creation.

Author – Pamela Krummeck

TO LOOK BEYOND

Metaphysics - to look beyond appearance and see reality. In metaphysical language:

1. To look beyond physical man and see spiritual being.
2. To look beyond the difference of detail and see universal unity.
3. To look beyond effect and see cause.

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4. To look beyond the letter of the law and see the spirit of the law,
5. To look beyond fact and see Truth.
6. To look beyond human behaviour and see the ultimate divine plan for man.
7. To look beyond existence and see essence.
8. To look beyond the appearance of evil and see a universe that is in essence good.
9. To look beyond human actuality and see human potentiality.
10. To look beyond the fact of poverty and see divine abundance.
11. To look beyond personality and see individuality.
12. To look beyond chaos and see order.
13. To look beyond the fact of illness and see the divine plan for man: wholeness and health.
14. To look beyond the death of the body and see the eternal ongoing life of the spirit.
15. To look beyond thought and see idea.
16. To look beyond failure and see the fact that no act is a total failure, as well as the truth that there is no failure.
17. To look beyond "I was" and "I shall be" and see the eternal "I AM".
18. To look beyond sensate passion and see universal love.
19. To look beyond desire and see faith.
20. To look beyond the transient and see the permanent.
21. To look beyond "I want" and see "I have".
22. To look beyond words and see meaning.
23. To look beyond neighbour and see brother.
24. To look beyond religion and see spirituality.
25. To look beyond brain and nervous system and see Mind.
26. To look beyond time and place and dimension and see the eternal now, and the holiness of this place right here.
27. To look beyond crystallized terminology and the trap of naming and see Being, Principle, and Process at work, to look even beyond these and see Divine Love at work.
28. To look beyond scientific evolution and see divine becoming.
29. To look beyond plant kingdom, animal kingdom, and human being and see essential Life Idea pushing its way into and through existential matter.
30. To look beyond the idea of God in a "place" called heaven and see a universe where God is in everything, is everything, moves everything, sustains everything.

Finally, when we reach a level of consciousness where these ways of looking become habitual, we stop looking at the world of illusion and appearances and we turn within to the kingdom of silence. We stop talking and telling and naming, and we start to listen. We stop fretting and wondering, and we start to know. All attributes of mind, such as conscious and subconscious, dissolve into one

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consciousness. We merge our total being with an ultimate Reality, which is consciousness totally conscious of itself and we continue to know that even this attainment is not a goal and a destination where we rest in self-satisfaction, but rather a state of being and becoming where our human will is merged with the will of God. "Now I know in part; then I shall understand fully."

Author – Unknown

Be Yourself

You were born to be real, not to be perfect. You are here to be you, not to live someone else's life.

Every day you make some progress and every day you make a few mistakes. Through it all, your wisdom continues to grow and your experience continues to broaden.

Be gentle with yourself. **Accept who you are, where you have been, and what you have to work with, for in this moment you can make positive use of it all.**

Reach in and touch the purpose that makes you feel most alive. The world around you is filled with places where that purpose can do great things.

It is never too late to offer your unique and genuine gifts to life. Now is the time to do great things, even in the smallest of ways.

Choose to fully and graciously live life as it comes. The richest rewards by far are the ones to which you most sincerely give of yourself.

Author – Unknown

Work

Then a ploughman said, Speak to us of Work.

And he answered, saying:

You work that you may keep pace with the earth and the soul of the earth. For to be idle is to become a stranger unto the seasons, and to step out of life's procession that marches in majesty and proud submission toward the infinite. When you work you are a flute through whose heart the whispering of the hours turns to music.

Which of you would be a reed, dumb and silent, when all else sings together in unison?

Always you have been told that work is a curse and labour a misfortune.

But I say to you that when you work you fulfil a part of earth's furthest dream, assigned to you when that dream was born,

And in keeping yourself with labour you are in truth loving life.

And to love life through labour is to be intimate with life's inmost secret.

But if you in your pain call birth an affliction and the support of the flesh a curse written upon your brow, then I answer that naught but the sweat of your brow shall wash away that which is written.

You have been told also that life is darkness, and in your weariness you echo

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what was said by the weary.

And I say to you that life is indeed darkness save when there is urge,

And all urge is blind save when there is knowledge,

And all knowledge is vain save when there is work,

And all work is empty save when there is love;

And when you work with love you bind yourself to yourself, and to one another and to God.

And what is it to work with love?

It is to weave the cloth with threads drawn from your heart even as if your beloved were to wear that cloth.

It is to build a house with affection, even as if your beloved were to dwell in that house.

It is to sow seeds with tenderness and reap the harvest with joy, even as if your beloved were to eat the fruit.

It is to charge all things you fashion with a breath of your own spirit,

And to know that all the blessed dead are standing about you and watching.

Often I have heard you say, as if speaking in sleep,

"He who works in marble, and finds the shape of his own soul in the stone, is nobler than he who ploughs the soil.

"And he who seizes the rainbow to lay it on a cloth in the likeness of man, is more than he who makes the sandals for our feet"

But I say, not in sleep, but in the over wakefulness of noontide, that the wind speaks not more sweetly to the giant oaks than to the least of all blades of grass; And he alone is great who turns the voice of the wind into a song made sweeter by his own loving.

Work is love made visible.

And if you cannot work with love but only with distaste, it is better than you should leave your work and sit at the gate of the temple and take alms of those who work with joy.

For if you bake bread with indifference, you bake a bitter bread that feeds but half man's hunger.

And if you grudge the crushing of the grapes, your grudge distils a poison in the wine.

And if you sing though as angels, and love not the singing, you muffle man's ears to the voice of the day and the voices of the night.

T H E P R O P H E T - Kahlil Gibran, p.22

Selfless Love

My wife called, 'How long will you be with that newspaper? Will you come here and make your darling daughter eat her food?

I tossed the paper away and rushed to the scene. My only daughter, Sindu, looked frightened; tears were welling up in her eyes. In front of her was a bowl

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filled to its brim with curd rice. Sindu is a nice child, quite intelligent for her age. I cleared my throat and picked up the bowl. 'Sindu, darling, why don't you take a few mouthful of this curd rice? Just for Dad's sake, dear'.

Sindu softened a bit and wiped her tears with the back of her hands.

'Ok, Dad. I will eat - not just a few mouthfuls, but the whole lot of this. But, you should...' Sindu hesitated. 'Dad, if I eat this entire curd Rice, will you give me whatever I ask for?'

'Promise'. I covered the pink soft hand extended by my daughter with mine, and clinched the deal. Now I became a bit anxious. 'Sindu, dear, you shouldn't insist on getting a computer or any such expensive items.

Dad does not have that kind of money right now. Ok?'

'No, Dad. I do not want anything expensive'. Slowly and painfully, she finished eating the whole quantity. I was silently angry with my wife and my mother for forcing my child to eat something that she detested.

After the ordeal was through, Sindu came to me with her eyes wide with expectation. All our attention was on her.

'Dad, I want to have my head shaved off, this Sunday!' was her demand.

'Atrocious!' shouted my wife, 'A girl child having her head shaved off?

Impossible!'

'Never in our family!' My mother rasped. 'She has been watching too much of television. Our culture is getting totally spoiled with these TV programs!'

'Sindu, darling, why don't you ask for something else? We will be sad seeing you with a clean-shaven head.'

'Please, Sindu, why don't you try to understand our feelings?' I tried to plead with her.

King Harishchandra, and its moral that we should honour our promises no matter what?'

It was time for me to call the shots. 'Our promise must be kept.'

'Are you out of your mind?' chorused my mother and wife.

'No. If we go back on our promises, she will never learn to honour her own.

Sindu, your wish will be fulfilled.'

With her head clean-shaven, Sindu had a round-face, and her eyes looked big and beautiful.

On Monday morning, I dropped her at her school. It was a sight to watch my hairless Sindu walking towards her classroom. She turned around and waved. I waved back with a smile. Just then, a boy alighted from a car, and shouted, 'Sinduja, please wait for me!' What struck me was the hairless head of that boy. 'May be, that is the in-stuff', I thought.

'Sir, your daughter Sinduja is great indeed!' Without introducing herself, a lady got out of the car, and continued, 'that boy who is walking along with your daughter is my son Harish. He is suffering from... leukemia'. She paused to muffle her sobs. 'Harish could not attend the school for the whole of the last month. He lost all his hair due to the side effects of the chemotherapy. He

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refused to come back to school fearing the unintentional but cruel teasing of the schoolmates.

Sinduja visited him last week, and promised him that she will take care of the teasing issue. But, I never imagined she would sacrifice her lovely hair for the sake of my son! Sir, you and your wife are blessed to have such a noble soul as your daughter.'

I stood transfixed and then, I wept.. 'My little Angel, you are teaching me how selfless real love is!'

The happiest people on this planet are not those who live on their own terms but are those who change their terms for the ones whom they love!

With thanks to Anita Jainath

Life is an opportunity.

'In life; expect setbacks, but refuse retreat.'

Do your best, Bring out the best in others.

Yesterday is gone.

Tomorrow is not promised.

The power of living life to the fullest is being and living in the moment.

Be yourself no matter what.

There was this man who saw a scorpion floundering around in the water.

He decided to save it by stretching out his finger, but the scorpion stung him. The man still tried to get the scorpion out of the water, but the scorpion stung him again. Another man nearby told him to

Stop saving the scorpion that kept stinging him. But the man said:

"It is the nature of the scorpion to sting. It is my nature to love. Why should I give up my nature to love just because it is the nature of the Scorpion to sting?"

LESSON:

Don't give up loving? Don't give up your goodness... Even if the people around you, sting -

"The greatness comes not when things go always good for you.

But the greatness comes when you're really tested, when you take some knocks, some disappointments, when sadness comes.

Because only if you've been in the deepest valley can you ever know how magnificent it is to be on the highest mountain."

Author – Unknown

The Awakening

A time comes in your life when you finally get it.... When, in the midst of all your fears and insanity, you stop dead in your tracks and somewhere the voice inside your head cries out ...ENOUGH!

Enough fighting and crying and blaming and struggling to hold on.

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Then, like a child quieting down after a tantrum, you blink back your tears and begin to look at the world through new eyes.

This is Your Awakening.

You realize it's time to stop hoping and waiting for something to change, or for happiness, safety and security to magically appear over the next horizon.

You realize that in the real world there aren't always fairy tale endings, and that any guarantee of "happily ever after" must Begin With You ... and in the process a sense of Serenity is born of Acceptance.

You Awaken ...to the fact that you are not perfect and that not everyone will always love, appreciate or approve of who or what you are ... and that's OK.

They are entitled to their own views and opinions.

You learn the importance of loving and championing yourself....

and in the process a sense of new found confidence is born of self-approval.

You stop complaining and blaming other people for the things they did to you - or didn't do for you

and you learn that the only thing you can really count on is the unexpected.

You learn that people don't always say what they mean or mean what they say and that not everyone will always be there for you and that everything isn't always about you.

So, you learn to stand on your own and to take care of yourself....

and in the process a sense of safety and security is born of self-reliance.

You stop judging and pointing fingers and you begin to accept people as they are and to overlook their shortcomings and human frailties ...

and in the process a sense of peace and contentment is born of forgiveness.

You learn to open up to new worlds and different points of view.

You begin reassessing and redefining who you are and what you really stand for.

You learn the difference between wanting and needing

and you begin to discard the doctrines and values you've outgrown, or should never have bought into to begin with.

You learn that there is power and glory in creating and contributing and you stop manoeuvring through life merely as a "consumer" looking for your next fix.

You learn that principles such as honesty and integrity are not the outdated ideals of a bygone era, but the mortar that holds together the foundation

upon which you must build a life.

You learn that you don't know everything,

it's not your job to save the world and that you can't teach a pig to sing.

You learn that the only cross to bear is the one you choose to carry and that martyrs get burned at the stake.

Then you learn about love.

You learn to look at relationships as they really are and not as you would have them be.

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You learn that alone does not mean lonely.
You stop trying to control people, situations and outcomes.
You learn to distinguish between guilt and responsibility
and the importance of setting boundaries and learning to say NO.
You also stop working so hard at putting your feelings aside,
smoothing things over and ignoring your needs.
You learn that your body really is your temple.
You begin to care for it and treat it with respect.
You begin to eat a balanced diet,
drink more water, and take more time to exercise.
You learn that being tired fuels doubt, fear, and uncertainty and so you take more
time to rest.
And, just as food fuels the body, laughter fuels our soul.
So you take more time to laugh and to play.
You learn that, for the most part, you get in life what you believe you deserve,
and that much of life truly is a self-fulfilling prophecy.
You learn that anything worth achieving is worth working for and that wishing for
something to happen
is different than working toward making it happen.
More importantly, you learn that in order to achieve success
you need direction, discipline and perseverance.
You also learn that no one can do it all alone, and that it's OK to risk asking for
help.
You learn the only thing you must truly fear is fear itself.
You learn to step right into and through your fears
because you know that whatever happens you can handle it
and to give in to fear is to give away the right to live life on your own terms.
You learn to fight for your life and not to squander it living under a cloud of
impending doom.
You learn that life isn't always fair, you don't always get what you think you
deserve
and that sometimes bad things happen to unsuspecting, good people
and you learn not to always take it personally.
You learn that nobody's punishing you and everything isn't always somebody's
fault.
It's just life happening.
You learn to admit when you are wrong and to build bridges instead of walls.
You learn that negative feelings such as anger, envy and resentment must be
understood and redirected
or they will suffocate the life out of you and poison the universe that surrounds
you.
You learn to be thankful and to take comfort in many of the simple things we take
for granted,

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things that millions of people upon the earth can only dream about ...
a full refrigerator, clean running water, a soft warm bed, a long hot shower.
Then, you begin to take responsibility for yourself by yourself
and you make yourself a promise to never betray yourself and to never, ever
settle for less than your heart's desire.
You make it a point to keep smiling, to keep trusting, and to stay open to every
wonderful possibility.
You hang a wind chime outside your window so you can listen to the wind.
Finally, with courage in your heart, you take a stand, you take a deep breath,
and You Begin To Design The Life You Want To Live As Best You Can.
This is stepping into self empowerment and finding inner peace.
It is an awakening to the fact that your happiness depends solely on you and
always has.
Awaken to the beauty you truly hold.

Author – Unknown

If the people in your organisation are not growing within themselves, your
company is dying.

Author – Unknown

Contrary to what would seem like logical thinking, putting up your defences
actually inspires others to put up their offenses.

The Universe

The person who remembers they can always reach out and help others, Steve,
never runs out of things to do, always has friends, and rarely needs advice.
"Give it away, give it away, give it away, give it away y'all,"

The Universe

WHEN YOU THOUGHT I WASN'T LOOKING

A message every adult should read because children
are watching you and doing as you do, not as you say.
When you thought I wasn't looking I saw you hang my
first painting on the refrigerator, and I immediately
wanted to paint another one.
When you thought I wasn't looking I saw you feed a
stray cat, and I learned that it was good to be kind
to animals.
When you thought I wasn't looking I saw you make my
favorite cake for me, and I learned that the little
things can be the special things in life.
When you thought I wasn't looking I heard you say a
prayer, and I knew that there is a God I could always

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talk to, and I learned to trust in Him.

When you thought I wasn't looking I saw you make a meal and take it to a friend who was sick, and I learned that we all have to help take care of each other.

When you thought I wasn't looking, I saw you give of your time and money to help people who had nothing, and I learned that those who have something should give to those who don't.

When you thought I wasn't looking I saw you take care of our house and everyone in it, and I learned we have to take care of what we are given.

When you thought I wasn't looking I saw how you handled your responsibilities, even when you didn't feel good, and I learned that I would have to be responsible when I grow up.

When you thought I wasn't looking I saw tears come from your eyes, and I learned that sometimes things hurt, but it's all right to cry.

When you thought I wasn't looking I saw that you cared, and I wanted to be everything that I could be
When you thought I wasn't looking I learned most of life's lessons that I need to know to be a good and productive person when I grow up.

When you thought I wasn't looking I looked at you and wanted to say, 'Thanks' for all the things I saw when you thought I wasn't looking.'

I AM SENDING THIS TO ALL OF THE PEOPLE I KNOW
WHO DO SO MUCH FOR OTHERS,
BUT THINK THAT NO ONE EVER SEES.

LITTLE EYES SEE A LOT ..

Each of us -

parent, grandparent, aunt, uncle, teacher, friend
- influences the life of a child.

How will you touch the life of someone today?

Just by sending this to someone else, you will probably make them at least think about their influence on others

Live simply.

Love generously.

Care deeply.

Speak kindly.

Leave the rest to God.

Author – Unknown

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One of the most comforting thoughts of all is, knowing that all roads lead "home."
Even more comforting, is understanding that you never left.

The Universe

Who packs your parachute?

Charles Plumb's Parachutes

Charles Plumb was a navy jet pilot. On his seventy-sixth combat mission, he was shot down and parachuted into enemy territory. He was captured and spent six years in prison. He survived and now lectures on the lessons he learned from his experiences.

One day, a man in approached Plumb and his wife in a restaurant, and said, "Are you Plumb the navy pilot?"

"Yes, how did you know?" asked Plumb.

"I packed your parachute," the man replied.

Plumb was amazed - and grateful: "If the chute you packed hadn't worked I wouldn't be here today..."

Plumb refers to this in his lectures: his realisation that the anonymous sailors who packed the parachutes held the pilots' lives in their hands, and yet the pilots never gave these sailors a second thought; never even said hello, let alone said thanks.

Now Plumb asks his audiences, "Who packs your parachutes?..... Who helps you through your life?.... Physically, mentally, emotionally, spiritually?..... Think about who helps you; recognise them and say thanks."

Author - Unknown

If you just whistle every now and then, skip every thousandth step or so; skim the odd stone across the odd pond; go dancing on the occasional blue moon, if only alone in the dark; dress up sometimes, even with nowhere to go... for simply stirring up some little bit of hope, no matter how silly or disconnected your actions seem to be with the rest of the world, magic flashes in the unseen, friends are summoned, connections are timed, stars are aligned, opportunities are crystallized and serendipities are calculated, creating possibilities for new realities that cannot now even be imagined from where you presently stand.

The Universe

The rose within

A certain man planted a rose and watered it faithfully and before it blossomed, he examined it.

He saw the bud that would soon blossom, but noticed thorns upon the stem and he thought, "How can any beautiful flower come from a plant burdened with so many sharp thorns? Saddened by this thought, he neglected to water the rose, and just before it was ready to bloom... it died.

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So it is with many people. Within every soul there is a rose. The God-like qualities planted in us at birth, grow amid the thorns of our faults. Many of us look at ourselves and see only the thorns, the defects.

We despair, thinking that nothing good can possibly come from us. We neglect to water the good within us, and eventually it dies. We never realize our potential.

Some people do not see the rose within themselves; someone else must show it to them. One of the greatest gifts a person can possess is to be able to reach past the thorns of another, and find the rose within them.

This is one of the characteristic of love... to look at a person, know their true faults and accepting that person into your life... all the while recognizing the nobility in their soul. Help others to realize they can overcome their faults. If we show them the "rose" within themselves, they will conquer their thorns. Only then will they blossom many times over.

Author – Unknown

You can make a difference

As she stood in front of her 5th grade class on the very first day of school, she told the children an untruth. Like most teachers, she looked at her students and said that she loved them all the same. However, that was impossible, because there in the front row, slumped in his seat, was a little boy named Teddy Stoddard.

Mrs. Thompson had watched Teddy the year before and noticed that he did not play well with the other children, that his clothes were messy and that he constantly needed a bath. In addition, Teddy could be unpleasant. It got to the point where Mrs. Thompson would actually take delight in marking his papers with a broad red pen, making bold X's and then putting a big "F" at the top of his papers.

At the school where Mrs. Thompson taught, she was required to review each child's past records and she put Teddy's off until last. However, when she reviewed his file, she was in for a surprise.

Teddy's first grade teacher wrote, "Teddy is a bright child with a ready laugh. He does his work neatly and has good manners... he is a joy to be around.."

His second grade teacher wrote, "Teddy is an excellent student, well liked by his classmates, but he is troubled because his mother has a terminal illness and life at home must be a struggle."

His third grade teacher wrote, "His mother's death has been hard on him. He tries to do his best, but his father doesn't show much interest, and his home life will soon affect him if some steps aren't taken."

Teddy's fourth grade teacher wrote, "Teddy is withdrawn and doesn't show much interest in school. He doesn't have many friends and he sometimes sleeps in class."

By now, Mrs. Thompson realized the problem and she was ashamed of herself. She felt even worse when her students brought her Christmas presents, wrapped

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in beautiful ribbons and bright paper, except for Teddy's. His present was clumsily wrapped in the heavy, brown paper that he got from a grocery bag. Mrs. Thompson took pains to open it in the middle of the other presents. Some of the children started to laugh when she found a rhinestone bracelet with some of the stones missing, and a bottle that was one-quarter full of perfume. But she stifled the children's laughter when she exclaimed how pretty the bracelet was, putting it on, and dabbing some of the perfume on her wrist. Teddy Stoddard stayed after school that day just long enough to say, "Mrs. Thompson, today you smelled just like my Mom used to."

After the children left, she cried for at least an hour. On that very day, she quit teaching reading, writing and arithmetic. Instead, she began to teach children. Mrs. Thompson paid particular attention to Teddy. As she worked with him, his mind seemed to come alive. The more she encouraged him, the faster he responded. By the end of the year, Teddy had become one of the smartest children in the class and, despite her lie that she would love all the children the same, Teddy became one of her "teacher's pets.."

A year later, she found a note under her door, from Teddy, telling her that she was the best teacher he ever had in his whole life.

Six years went by before she got another note from Teddy. He then wrote that he had finished high school, third in his class, and she was still the best teacher he ever had in life.

Four years after that, she got another letter, saying that while things had been tough at times, he'd stayed in school, had stuck with it, and would soon graduate from college with the highest of honours. He assured Mrs. Thompson that she was still the best and favourite teacher he had ever had in his whole life.

Then four more years passed and yet another letter came. This time he explained that after he got his bachelor's degree, he decided to go a little further. The letter explained that she was still the best and favourite teacher he ever had. But now his name was a little longer.... The letter was signed, Theodore F. Stoddard, MD. The story does not end there. You see, there was yet another letter that spring. Teddy said he had met this girl and was going to be married. He explained that his father had died a couple of years ago and he was wondering if Mrs. Thompson might agree to sit at the wedding in the place that was usually reserved for the mother of the groom. Of course, Mrs. Thompson did. And guess what? She wore that bracelet, the one with several rhinestones missing. Moreover, she made sure she was wearing the perfume that Teddy remembered his mother wearing on their last Christmas together.

They hugged each other, and Dr. Stoddard whispered in Mrs. Thompson's ear, "Thank you Mrs. Thompson for believing in me. Thank you so much for making me feel important and showing me that I could make a difference."

Mrs. Thompson, with tears in her eyes, whispered back. She said, "Teddy, you have it all wrong. You were the one who taught me that I could make a difference. I didn't know how to teach until I met you."

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(For you that don't know, Teddy Stoddard is the Dr. at Iowa Methodist in Des Moines that has the Stoddard Cancer Wing.)

Warm someone's heart today. . . just try to make a difference in someone's life today? tomorrow? just "do it".

Random acts of kindness, I think they call it!

"Believe in Angels, then return the favour"

Author - Unknown

Perspective

One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live.

They spent a couple of days and nights on the farm of what would be considered a very poor family.

On their return from their trip, the father asked his son, "How was the trip?"

"It was great, Dad."

"Did you see how poor people live?" the father asked.

"Oh yeah," said the son.

"So, tell me, what you learnt from the trip?" asked the father.

The son answered:

"I saw that we have one dog and they had four.

We have a pool that reaches to the middle of our garden and they have a creek that has no end.

We have imported lanterns in our garden and they have the stars at night.

Our patio reaches to the front yard and they have the whole horizon.

We have a small piece of land to live on and they have fields that go beyond our sight.

We have servants who serve us, but they serve others.

We buy our food, but they grow theirs.

We have walls around our property to protect us, they have friends to protect them."

The boy's father was speechless.

Then his son added, "Thanks Dad for showing me how poor we are."

Isn't perspective a wonderful thing? Makes you wonder what would happen if we all gave thanks for everything we have, instead of worrying about what we don't have.

Appreciate every single thing you have, especially your friends!

Pass this on to friends and acquaintances and help them refresh their perspective and appreciation.

"Life is too short and friends are too few."

Author - Unknown

The Island of Feelings

Once upon a time there was an island where all the feelings lived; happiness,

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sadness, knowledge, and all the others, including love.

One day it was announced to all of the feelings that the island was going to sink to the bottom of the ocean. So all the feelings prepared their boats to leave. Love was the only one that stayed. She wanted to preserve the island paradise until the last possible moment. When the island was almost totally under love decided it was time to leave. She began looking for someone to ask for help. Just then Richness was passing by in a grand boat. Love asked, Richness, can I come with you on your boat?" Richness answered, "I'm sorry, but there is a lot of silver and gold on my boat and there would be no room for you anywhere." Then Love decided to ask Vanity for help who was passing in a beautiful vessel. Love cried out, "Vanity, help me please." "I can't help you," Vanity said, "You are all wet and will damage my beautiful boat." Next, Love saw Sadness passing by. Love said, "Sadness, please let me go with you." Sadness answered, "Love, I'm sorry, but I just need to be alone now." Then, Love saw Happiness. Love cried out, "Happiness, please take me with you." But Happiness was so overjoyed that he didn't hear Love calling to him. Love began to cry. Then, she heard a voice say, "Come, Love, I will take you with me." It was an elder. Love felt so blessed and overjoyed that she forgot to ask the elder his name.

When they arrived on land the elder went on his way. Love realized how much she owed the elder. Love then found Knowledge and asked, "Who was it that helped me?"

"It was Time," Knowledge answered.

"But why did Time help me when no one else would?" Love asked.

Knowledge smiled and with deep wisdom and sincerity, answered, "Because only Time is capable of understanding how great Love is!"

Author - Unknown

Attitude is everything

There once was a woman who woke up one morning,
looked in the mirror,
and noticed she had only three hairs on her head.
Well," she said, "I think I'll braid my hair today?"
So she did and she had a wonderful day.

The next day she woke up,
looked in the mirror
and saw that she had only two hairs on her head.
"H-M-M," she said,
"I think I'll part my hair down the middle today?"
So she did and she had a grand day.

The next day she woke up,
looked in the mirror and noticed that she had only one hair on her head.
"Well," she said,

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"today I'm going to wear my hair in a pony tail."
So she did and she had a fun, fun day.
The next day she woke up,
looked in the mirror and noticed that there wasn't a single hair on her head.
"YEA!" she exclaimed,
"I don't have to fix my hair today!"
Attitude is everything.
Be kinder than necessary,
for everyone you meet is fighting some kind of battle.
Live simply,
Love generously,
Care deeply,
Speak kindly.....
Leave the rest to God

Author - Unknown

Just look to those who already possess as you wish to possess or who've already achieved as you wish to achieve, and ask yourself whether or not they have some special gift that you do not have? If they have more angels working on their behalf? If they're any more loved than you are now loved? If they have suffered more, worked harder, or waited longer than you? If I would permit them to be "luckier" or have it easier than you? And you will see, after careful consideration, that their success depended upon none of these things. It arrived simply because they expected it to arrive, and then they lived their life accordingly.

The Universe

Tell me, when you think of taking consistent action in the general direction of your dreams, do you imagine discipline, stamina, work, sacrifice, monotony, courage, and strategies, or are you thinking adventure, discovery, new friends, excitement at the crack of dawn, magic, surprises, fun, laughter, and, on occasion, the Macarena?

The Universe

Law of The Garbage Truck

How often do you let other people's nonsense change your mood?
Do you let a bad driver, rude waiter, curt boss, or an insensitive employee ruin your day? However, the mark of a successful person is how quickly one can get back their focus on what's important.
David J. Pollay explains his story in this way....
Sixteen years ago I learned this lesson. I learned it in the back of a New York City taxi cab. Here's what happened. I hopped in a taxi, and we took off for Grand Central Station. We were driving in the right lane when, all of a sudden, a black car jumped out of a parking space right in front of us. My taxi driver slammed on

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his breaks, skidded, and missed the other car's back end by just inches!
The driver of the other car, the guy who almost caused a big accident, whipped his head around and he started yelling bad words at us. My taxi driver just smiled and waved at the guy. And I mean...he was friendly. So, I said, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!'

And this is when my taxi driver told me what I now call,

'The Law of the Garbage Truck.'

'Many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it. And if you let them, they'll dump it on you. When someone wants to dump on you, don't take it personally. You just smile, wave, wish them well, and move on. You'll be happy you did.'

I started thinking, how often do I let Garbage Trucks run right over me? And how often do I take their garbage and spread it to other people: at work, at home, on the streets? It was that day I said, 'I'm not going to do it anymore.'

Life's too short to wake up in the morning with regrets. Love the people who treat you right. Forget about the ones who don't. Believe that everything happens for a reason.

Author - Unknown

The difference you make in someone else's life will always be smaller than the difference it will make in your own.

The Universe

A Prayer

Keep me, O Lord, from pettiness,
I long to be more conscious of
Thee as the Essence of my Self;
To enliven my earthly connections
with Joy, through Your Presence.
So doing, I can leave off self-seeking,
Put away pettiness and pretence,
And meet others face to face
With neither pity nor prejudice.
With Thy Presence in my heart
I can refrain from hasty judgement.
Thy Will enables me to put into
action my better impulses,
To be straightforward and unafraid.
As I allow my Self time and space
So will calm and serenity bring
gentleness into my days
And help me realise it is the little

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things that create differences;
In the big things of life
we are all as one.
This day and every day may I strive
To know and to touch the
Common Heart of each and everyone.
Only Thy Heart, O Lord, enables me
to love and to be kind.

Author - Thelma Krummeck

What goes around comes around

The man slowly looked up. This was a woman clearly accustomed to the finer things of life. Her coat was new. She looked like she had never missed a meal in her life. His first thought was that she wanted to make fun of him, like so many others had done before.

"Leave me alone," he growled.

To his amazement, the woman continued standing. She was smiling - her even white teeth displayed in dazzling rows.

"Are you hungry?" she asked.

"No," he answered sarcastically. "I've just come from dining with the president. Now go away."

The woman's smile became even broader. Suddenly the man felt a gentle hand under his arm.

"What are you doing, lady?" the man asked angrily. "I said to leave me alone. Just then a policeman came up. "Is there any problem, ma'am?" he asked.

"No problem here, officer," the woman answered. "I'm just trying to get this man to his feet. Will you help me?"

The officer scratched his head. "That's old Jack. He's been a fixture around here for a couple of years. What do you want with him?"

"See that cafeteria over there?" she asked "I'm going to get him something to eat and get him out of the cold for awhile."

"Are you crazy, lady?" the homeless man resisted. "I don't want to go in there!" Then he felt strong hands grab his other arm and lift him up.

"Let me go, officer. I didn't do anything."

"This is a good deal for you, Jack," the officer answered. "Don't blow it."

Finally, and with some difficulty, the woman and the police officer got Jack into the cafeteria and sat him at a table in a remote corner. It was the middle of the morning, so most of the breakfast crowd had already left and the lunch bunch had not yet arrived. The manager strode across the cafeteria and stood by his table.

"What's going on here, officer?" he asked. "What is all this. Is this man in trouble?"

"This lady brought this man in here to be fed," the policeman answered.

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"Not in here!" the manager replied angrily. "Having a person like that here is bad for business."

Old Jack smiled a toothless grin. "See, lady. I told you so. Now if you'll let me go. I didn't want to come here in the first place."

The woman turned to the cafeteria manager and smiled. "Sir, are you familiar with Eddy and Associates, the banking firm down the street?"

"Of course I am," the manager answered impatiently. "They hold their weekly meetings in one of my banquet rooms."

"And do you make a goodly amount of money providing food at these weekly meetings?"

"What business is that of yours?"

"I, sir, am Penelope Eddy, president and CEO of the company"

"Oh."

The woman smiled again. "I thought that might make a difference." She glanced at the cop who was busy stifling a giggle. "Would you like to join us in a cup of coffee and a meal, officer?"

"No thanks, ma'am," the officer replied. "I'm on duty."

"Then, perhaps, a cup of coffee to go?"

"Yes, ma'am. That would be very nice."

The cafeteria manager turned on his heel "I'll get your coffee for you right away, officer."

The officer watched him walk away. "You certainly put him in his place," he said.

"That was not my intent. Believe it or not, I have a reason for all this."

She sat down at the table across from her amazed dinner guest. She stared at him intently. "Jack, do you remember me?"

Old Jack searched her face with his old, rheumy eyes "I think so - I mean you do look familiar."

"I'm a little older perhaps," she said. "Maybe I've even filled out more than in my younger days when you worked here, and I came through that very door, cold and hungry."

"Ma'am?" the officer said questioningly. He couldn't believe that such a magnificently turned out woman could ever have been hungry.

"I was just out of college," the woman began. "I had come to the city looking for a job, but I couldn't find anything. Finally I was down to my last few cents and had been kicked out of my apartment. I walked the streets for days. It was February and I was cold and nearly starving. I saw this place and walked in on the off chance that I could get something to eat."

Jack lit up with a smile. "Now I remember," he said. "I was behind the serving counter. You came up and asked me if you could work for something to eat. I said that it was against company policy."

"I know," the woman continued. "Then you made me the biggest roast beef sandwich that I had ever seen, gave me a cup of coffee, and told me to go over to a corner table and enjoy it. I was afraid that you would get into trouble. Then,

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when I looked over, I saw you put the price of my food in the cash register I knew then that everything would be all right."

"So you started your own business?" Old Jack said.

"I got a job that very afternoon. I worked my way up. Eventually I started my own business that, with the help of God, prospered." She opened her purse and pulled out a business card.

"When you are finished here, I want you to pay a visit to a Mr. Lyons. He's the personnel director of my company. I'll go talk to him now and I'm certain he'll find something for you to do around the office." She smiled. "I think he might even find the funds to give you a little advance so that you can buy some clothes and get a place to live until you get on your feet. If you ever need anything, my door is always opened to you."

There were tears in the old man's eyes. "How can I ever thank you?" he said.

"Don't thank me," the woman answered. "To God goes the glory... He led me to you."

Outside the cafeteria, the officer and the woman paused at the entrance before going their separate ways. "Thank you for all your help, officer," she said.

"On the contrary, Ms. Eddy," he answered. "Thank you. I saw a miracle today, something that I will never forget. And...and thank you for the coffee."

Remember: when you "cast your bread upon the waters," you never know how it will be returned to you.

Author - Unknown

THE HOT CHOCOLATE STORY

A group of graduates, well established in their careers, were talking at a reunion and decided to go visit their old university professor, now retired. During their visit, the conversation turned to complaints about stress in their work and lives. Offering his guests hot chocolate, the professor went into the kitchen and returned with a large pot of hot chocolate and an assortment of cups -- porcelain, glass, crystal, some plain looking, some expensive, some exquisite -- telling them to help themselves to the hot chocolate.

When they all had a cup of hot chocolate in hand, the professor said: 'Notice that all the nice looking expensive cups were taken first, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress.

The cup that you're drinking from adds nothing to the quality of the hot chocolate. In most cases it is just more expensive, and in some cases even hides what we drink. What all of you really wanted was hot chocolate, not the cup. But you consciously went for the best cups...and then you began eyeing each others cups.

Now consider this: Life is the hot chocolate. Your job, money and position in society are the cups. They are just tools to hold and contain life. The cup you have does not define, nor change the quality of life you have. Sometimes, by

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concentrating only on the cup, we fail to enjoy the hot chocolate we have.
The happiest people don't have the best of everything. They just make the best of everything that they have.
Live simply. Love generously. Care deeply. Speak kindly. Thank the Lord for your blessings in 2008. And enjoy your hot chocolate!

Anonymous

"Kindness is the language which the deaf can hear and the blind can see."

Author - Mark Twain

TO CHOOSE TIME IS TO SAVE TIME

Wednesday, December 19, 2007

You always have enough time, if you will but use it wisely.

Your dilemma goes deeper than having a shortage of time, it's basically a problem of priorities.

Most people leave undone those things that should be done, while they do things that they shouldn't be doing.

Set priorities for your goals.

A major part of successful living lies in your ability to put first things first.

Most major goals are not achieved because people put second things first.

Is what your doing getting you closer to your objectives?

Anything that is wasted effort represents wasted time.

Don't serve time, make time serve you.

THE DAILY GURU

OPPORTUNITY LIES IN THE MIDST OF DIFFICULTY

Wednesday, December 12, 2007

Every problem has hidden in it an opportunity so powerful that it literally dwarfs the problem.

The greatest success stories were created by people who recognized a problem and turned it into an opportunity.

You'll find that every situation properly perceived offers you opportunity.

As fast as each opportunity presents itself, use it.

Successful people don't achieve their distinction by having some new talent or opportunity presented to them.

They developed an opportunity that was at hand.

You must make your own opportunities if you want to be successful.

They are all around you.

THE DAILY GURU

PROGRESS BEGINS ONE STEP AT A TIME

Monday, December, 10 2007

There is no sudden leap to greatness.

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Your success lies in doing, day by day.
Your upward reach comes from working well and carefully.
Good work done little by little becomes great work.
The house of success will be built brick by brick.
Adopt the pace of nature.
A bottle fills drop by drop.
The secret is patience.

THE DAILY GURU

HAPPINESS IS A BYPRODUCT OF ACTIVITY

Wednesday, December 5, 2007

Happiness lies in the joy of achievement, the thrill of creative effort.
The human spirit needs to accomplish,
to achieve, to triumph to be happy.
Happiness does not come from doing easy work.
It comes from the afterglow of satisfaction after the achievement of a difficult
task that demands your best.
Your personal growth itself contains the seed of happiness.
You cannot pursue happiness by itself.
There is no happiness except in the realization that you have accomplished
something.
Happiness thrives in activity.
It's a running river, not a stagnant pond.

THE DAILY GURU

SUCCESSFUL ACTION IS CUMULATIVE IN RESULTS

Tuesday, December 4, 2007

Success is the sum of small efforts, repeated day in and day out.
Many people take the first step and stop.
Yet, with every additional step you take, you enhance immensely the value of
your first step.
All masters of success are chiefly distinguished by their power of adding a second,
a third and perhaps a fourth step in a continuous line.
There is no royal road to anything.
One thing at a time, all things in succession is the rule of life.
That which grows fast, withers as rapidly.
That which grows slowly, endures.
Do not despise the bottom rings in your ascent to greatness.

THE DAILY GURU

HO'OPONOPONO

by Joe Vitale

"Two years ago, I heard about a therapist in Hawaii who cured a complete ward

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of criminally insane patients--without ever seeing any of them. The psychologist would study an inmate's chart and then look within himself to see how he created that person's illness. As he improved himself, the patient improved.

"When I first heard this story, I thought it was an urban legend. How could anyone heal anyone else by healing himself? How could even the best self-improvement master cure the criminally insane? It didn't make any sense. It wasn't logical, so I dismissed the story.

"However, I heard it again a year later. I heard that the therapist had used a Hawaiian healing process called Ho'oponopono. I had never heard of it, yet I couldn't let it leave my mind. If the story was at all true, I had to know more. I had always understood "total responsibility" to mean that I am responsible for what I think and do. Beyond that, it's out of my hands. I think that most people think of total responsibility that way. We're responsible for what we do, not what anyone else does--but that's wrong.

"The Hawaiian therapist who healed those mentally ill people would teach me an advanced new perspective about total responsibility. His name is Dr. Ihaleakala Hew Len. We probably spent an hour talking on our first phone call. I asked him to tell me the complete story of his work as a therapist.

He explained that he worked at Hawaii State Hospital for four years. That ward where they kept the criminally insane was dangerous. Psychologists quit on a monthly basis. The staff called in sick a lot or simply quit. People would walk through that ward with their backs against the wall, afraid of being attacked by patients. It was not a pleasant place to live, work, or visit.

"Dr. Len told me that he never saw patients. He agreed to have an office and to review their files. While he looked at those files, he would work on himself. As he worked on himself, patients began to heal.

"'After a few months, patients that had to be shackled were being allowed to walk freely,' he told me. 'Others who had to be heavily medicated were getting off their medications. And those who had no chance of ever being released were being freed.' I was in awe. 'Not only that,' he went on, 'but the staff began to enjoy coming to work.

Absenteeism and turnover disappeared. We ended up with more staff than we needed because patients were being released, and all the staff were showing up at work. Today, that ward is closed.' "This is where I had to ask the million dollar question: 'What were you doing within yourself that caused those people to change?' "I was simply healing the part of me that created them," he said. I didn't understand. Dr. Len explained that total responsibility for your life means that everything in your life- simply because it is in your life-is your responsibility. In a literal sense the entire world is your creation.

"Whew. This is tough to swallow. Being responsible for what I say or do is one thing. Being responsible for what everyone in my life says or does is quite another. Yet, the truth is this: if you take complete responsibility for your life, then everything you see, hear, taste, touch, or in any way experience is your

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responsibility because it is in your life. This means that terrorist activity, the president, the economy or anything you experience and don't like - is up for you to heal. They don't exist, in a manner of speaking, except as projections from inside you. The problem isn't with them, it's with you, and to change them, you have to change you.

"I know this is tough to grasp, let alone accept or actually live. Blame is far easier than total responsibility, but as I spoke with Dr. Len, I began to realize that healing for him and in ho'oponopono means loving yourself.

"If you want to improve your life, you have to heal your life. If you want to cure anyone, even a mentally ill criminal you do it by healing you.

"I asked Dr. Len how he went about healing himself. What was he doing, exactly, when he looked at those patients' files?

"I just kept saying, 'I'm sorry' and 'I love you' over and over again," he explained.

"That's it?"

"That's it.

"Turns out that loving yourself is the greatest way to improve yourself, and as you improve yourself, you improve your world.

"Let me give you a quick example of how this works: one day, someone sent me an email that upset me. In the past I would have handled it by working on my emotional hot buttons or by trying to reason with the person who sent the nasty message. This time, I decided to try Dr. Len's method. I kept silently saying, 'I'm sorry' and 'I love you,' I didn't say it to anyone in particular. I was simply evoking the spirit of love to heal within me what was creating the outer circumstance.

"Within an hour I got an e-mail from the same person. He apologized for his previous message. Keep in mind that I didn't take any outward action to get that apology. I didn't even write him back. Yet, by saying 'I love you,' I somehow healed within me what was creating him.

"I later attended a Ho'oponopono workshop run by Dr. Len. He's now 70 years old, considered a grandfatherly shaman, and is somewhat reclusive. He praised my book, *The Attractor Factor*. He told me that as I improve myself, my book's vibration will raise, and everyone will feel it when they read it. In short, as I improve, my readers will improve.

"What about the books that are already sold and out there?" I asked.

"They aren't out there," he explained, once again blowing my mind with his mystic wisdom. "They are still in you." In short, there is no out there. It would take a whole book to explain this advanced technique with the depth it deserves.

"Suffice it to say that whenever you want to improve anything in your life, there's only one place to look: inside you. When you look, do it with love."

The words of Dr. Ihaleakala Hew Len: "Ho'oponopono is really very simple. For the ancient Hawaiians, all problems begin as thought. But having a thought is not the problem. So what's the problem? The problem is that all our thoughts

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are imbued with painful memories, memories of persons, places, or things. The intellect working alone can't solve these problems, because the intellect only manages. Managing things is no way to solve problems. You want to let them go! When you do Ho'oponopono, what happens is that the Divinity takes the painful thought and neutralizes or purifies it. You don't purify the person, place, or thing. You neutralize the energy you associate with that person, place, or thing. So the first stage of Ho'oponopono is the purification of that energy. Now something wonderful happens. Not only does that energy get neutralized; it also gets released, so there's a brand new slate.

Buddhists call it the Void. The final step is that you allow the Divinity to come in and fill the void with light.

To do Ho'oponopono, you don't have to know what the problem or error is. All you have to do is notice any problem you are experiencing physically, mentally, emotionally, whatever. Once you notice, your responsibility is to immediately begin to clean, to say, "I'm sorry. Please forgive me."

The Invitation

by Oriah Mountain Dreamer

It doesn't interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the centre of your own sorrow, if you have been opened by life's betrayals or have become shrivelled and closed from fear of further pain! I want to know if you can sit with pain, mine or your own, without moving to hide it or fade it, or fix it.

I want to know if you can be with joy, mine or your own, if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, to be realistic, to remember the limitations of being human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself; if you can bear the accusation of betrayal and not betray your own soul; if you can be faithless and therefore trustworthy.

I want to know if you can see beauty even when it's not pretty, every day, and if you can source your own life from its presence.

I want to know if you can live with failure, yours and mine, and still stand on the edge of the lake and shout to the silver of the full moon, "Yes!"

It doesn't interest me to know where you live or how much money you have. I want to know if you can get up, after the night of grief and despair, weary and bruised to the bone, and do what needs to be done to feed the children.

It doesn't interest me who you know or how you came to be here. I want to know

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if you will stand in the centre of the fire with me and not shrink back.
It doesn't interest me where or what or with whom you have studied. I want to know what sustains you, from the inside, when all else falls away.
I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.

"What the caterpillar calls the end of the world the master calls a butterfly."

Author - Richard Bach, American Author

We must not concede to the lie of familiarity. Every act of seeing is an act of selection.

Tune into your Loving Eye. Unless you learn to see everything in the light of love, you don't see at all. Love is the kind of attention that calls forth the possibilities within the person you are communicating with.

Love puts you outside the strategies and politics of others.

Love addresses possibilities.

Those who can be utterly faithful to their own identity, address the Eternal within themselves and the other/others.

Looking away from your own truth and mystery makes you vulnerable.

Vulnerability is what happens when you look down - or up - at the other (a person).

John O'Donohue is a Catholic priest who travels the world giving workshops on LIFE and all the magic you can bring to living

Inspirational Quotes to Encourage & Enable You Manifest a Phenomenal Life

Source: THE SECRET (The worldwide acclaimed film)

"Whatever you are feeling is a perfect reflection of what is in the process of becoming." (Esther Hicks)

"A simple shift of your emotions can change your entire day and life." (Bob Doyle, author)

"You can begin to feel healthy. You can begin to feel prosperous. You can begin to feel the love that is surrounding you, even if it is not there. And what will happen is the Universe will correspond to the nature of your song. The Universe will correspond to the nature of that inner feeling and manifest, because that is the way you feel." (Rev. Dr. Michael Beckwith, Visionary)

"What you think and what you feel and what manifests is always a match; every single time. NO EXCEPTION. (Esther Hicks)

"You create your universe as you go along." (Winston Churchill)

"Bring yourself into alignment with what you are asking for (from G-d/The Universe). When you are in alignment with what you want, you feel wonderful.

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That's what enthusiasm is. That's what appreciation is. That's what that feeling of passion is." (Esther Hicks)

"Take the first step in faith. You don't have to see the whole staircase. Just take the first step." (Dr Martin Luther King Jnr)

"What you are now is the residual outcome of your past thoughts and actions." (James Arthur Ray, Philosopher)

"All that we are is the result of what we have thought." (Buddha)

"Imagination is everything. It is the preview of life's coming attractions." (Albert Einstein)

"What the mind of man can conceive, it can achieve." (W. Clement Stone)

"When you have (an) inspired thought, you have to trust it and you have to act on it." (Jack Canfield, Author)

"If you know your (own) potential to feel good, you would ask no one to be different so that you can feel good." (Esther Hicks)

"Stress has been shown to seriously degrade the body and the functioning of the brain because it is our thoughts and emotions that are continuously re-assembling, re-organising, re-creating our body." (Dr John Hagelin, PhD, Quantum Physicist)

"Man becomes what he thinks about." (Morris Goodman, The Miracle Man)

"As we push against the unwanted, we add power to it." (Esther Hicks)

"What you resist persists." (Dr Carl Jung, Psychiatrist)

"If you are anti-war, be pro-peace. If you are anti-hunger, be pro people having more than enough to eat. If you are anti a particular politician, be pro his opponent." (Hale Drouskin, Author)

"The more we talk about what we don't want, or how bad it is, and read about that all the time, and then say how terrible it is, we are creating more of that." (Jack Canfield, Author)

"Learn to become still, and to take your attention away from what you don't want, and all the emotional charge around it, and place the attention on what you wish to experience." (Rev Dr Michael Beckwith, Dr of Divinity, Visionary)

"You are not here to try to get the world to be just as you want it to be. You are here to create the world around you that you choose, while you allow the world as others choose it to be to exist also." (Esther Hicks)

"Now, the truth is, there is more than enough to go around; there are more than enough creative ideas, there is more than enough power, there is more than enough love, there is more than enough joy. All of this begins to come (about) through a mind that is aware of its own infinite nature." (Rev Dr Michael Beckwith, Dr of Divinity)

"There is enough for everyone. If you believe it, if you can see it, if you act from it, it will show up for you. That's the truth." (Rev Dr Michael Beckwith, Dr of Divinity)

"Whether you think you can or you can't, either way you are right." (Henry Ford)

"Follow your bliss and the Universe will open doors for you where there were only

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walls.” (Joseph Campbell)

“If we were talking to you on your first day of physical life experience, we would say to you, Welcome to Planet Earth.

There is nothing that you cannot be, do or have. You are a magnificent creator, and you are here by your powerful and deliberate wanting to be here. Go forth, giving thought to what you are wanting, attracting life experience to help you decide what you want, and once you have decided, giving thought only unto that. Most of your time will be spent collecting data; data that will help you decide what it is you want. But your real work is to decide what you want, and then to focus upon it: for it is focusing upon what you want that you will attract it. That is the process of creating.” (Author unknown)

“I believe that you are great, that there is something magnificent about you. Regardless of what has happened to you in your life, regardless of how young or old you think you might be, the moment you begin to think properly that there is something within you, there is power within that is greater than the world, it will begin to emerge, it will take over your life, it will feed you, it will clothe you, it will guide you, protect you, direct you, sustain your very existence, IF YOU LET IT!”

Rev. Dr Michael Beckwith (Dr Divinity) - Visionary

Believe you are a creator

"Every moment of your life is infinitely creative and the universe is endlessly bountiful. Just put forth a clear enough request, and everything your heart desires must come to you."

-- Shakti Gawain

We hold the power to create whatever we desire. Our ability to manifest the changes we desire depends on the depth and passion of our beliefs and on the focus of our attention.

With this understanding, we, as individuals and as society, can design a whole new future for ourselves. Our challenge is to break free of society's world view, to truly empower our imaginations to create brand new realities. It brings a whole new meaning to 'vision.'

What do you passionately desire for your own life? For the planet?

"By believing passionately in something that still does not exist, we create it. The non-existent is whatever we have not sufficiently desired."

-- Nikos Kazantzakis

A little something to put things in perspective... An article in National Geographic several years ago provided an interesting picture of God's Wings.

After a forest fire in Yellowstone National Park, forest rangers began their trek up a mountain to assess the inferno's damage. One ranger found a bird literally petrified in ashes, perched statuesquely on the ground at the base of a tree.

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Somewhat sickened by the eerie sight, he knocked over the bird with a stick. When he gently struck it, three tiny chicks scurried from under their dead mother's wings. The loving mother, keenly aware of impending disaster, had carried her offspring to the base of the tree and had gathered them under her wings, instinctively knowing that the toxic smoke would rise.

She could have flown to safety but had refused to abandon her babies. Then the blaze had arrived and the heat had scorched her small body, the mother had remained steadfast. Because she had been willing to die, so those under the cover of her wings would live.

He will cover you with his feathers, and under his wings you will find refuge." (Psalm 91:4).

Being loved this much should make a difference in your life. Remember the One who loves you, and then be different because of it.

To realize the value of a friend...lose one.

Time waits for no one. Treasure every moment you have. You will treasure it even more when you can share it with someone special.

"My philosophy is that not only are you responsible for your life, but **doing the best** at this moment puts you in the best place for the **next moment**.

"Oprah Winfrey (1954 -)

TV host and producer, publisher, philanthropist.

"If you **take risks**, you may still fail. But if you do not take risks, you will surely fail. The greatest risk of all is to do nothing."

Roberto C. Goizueta (1931-1997)

You can complain because roses have thorns, or you can rejoice because thorns have roses.

Ziggy

Is your glass in life half empty or half full? You decide.

Life is what you make it.

"It is **our choices** that show what we truly are, far more than our abilities."

J.K. Rowling

English novelist

What is love?

"When mystics use the word love, they use it very carefully -- in the deeply spiritual sense, where to love is to know; to love is to act. If you really love, from the depths of your Consciousness, that love gives you a native wisdom. You perceive the needs of others intuitively and clearly, with detachment from any personal desires; and you know how to act creatively to meet those needs,

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dexterously surmounting any obstacle that comes in the way. Such is the immense, driving power of love."

-- **Eknath Easwaran**

"Therefore, when I say that 'I love,' it is not I who love, but in reality Love who acts through me. Love is not so much something I do as something that I am. Love is not a doing but a state of being - a relatedness, a connectedness to another mortal, an identification with her or him that simply flows within me and through me, independent of my intentions or my efforts."

-- **Robert A. Johnson**

"When you are aware that you are the force that is Life, anything is possible. Miracles happen all the time, because those miracles are performed by the heart. The heart is in direct communion with the human soul, and when the heart speaks, even with the resistance of the head, something inside you changes; your heart opens another heart, and true love is possible."

-- **Don Miguel Ruiz**

Dare to risk

"To try is to risk failure. But risk must be taken because the greatest hazard of life is to risk nothing. The person who risks nothing does nothing, has nothing, is nothing. He may avoid suffering and sorrow, but he simply cannot learn, feel, change, grow, live, and love."

-- Leo Buscaglia

Daring to risk is an essential step to self empowerment. This is the key to breaking out of stuck thinking and behaviour. It is about breaking through the comfort zones and barriers. It is about experiencing new levels of mind and feelings. It is about experiencing more life.

"A life spent in making mistakes is not only more honourable, but more useful than a life spent doing nothing."

-- George Bernard Shaw

"Only those who risk going too far can know how far they can go."

Go for passion!

"There is no end. There is no beginning. There is only the infinite passion of life."

-- **Frederico Fellini**

How do you ration your passion?

In what situations have you experienced your life to the fullest? Do you live your passion as fully as you can? How do you limit your experience of passion?

Passion emerges when your essence expresses itself. How do you stop yourself from fully expressing who you are?

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"Without passion man is a mere latent force and possibility, like the flint which awaits the shock of the iron before it can give forth its spark."

Source - Henri Frederic Amiel

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REFLECTIONS / AFFIRMATIONS

The truth about life is the infinite love of God for all things. Each man is my brother, bound to me by immortal and everlasting ties. I love all people; they dwell in my Father and my Father in them. I surrender my heart to humanity, and humanity serves me with love. I surrender my heart to God, and the love of God becomes complete in me. I am one with all the power and vigour and knowledge of the universe. I let go of fear and confusion; they are illusions and cannot live with truth, which is love, which is complete and fulfilled in me now. The great reality of Universal Subconscious Mind is forever present at the centre of my being. I draw from it perfect intelligence, perfect health, perfect peace, perfect happiness, perfect love. I surrender all the built-up inhibitions that have been impressed upon me by the illusions of the world. I refuse to accept anything but truth, which is always the good and the positive. I move in accord with Divine Intelligence. I accept the will and the love of God, which I express in laughter and joy and pleasure and service. Only the good, the great, the significant, and the constructive do I add unto myself. Nothing else is allowed into the creative depths of my being. The surging desire of each man is to know the fulfilment of love. The way to this fulfilment is through contact with the centre of consciousness, through communion with the silent dweller within. I surrender my doubts and confusions and fears. Universal love is complete in me. I am united with God, move with God. I am serene and sure, joyful and achieving, confident of ultimate splendour.

Source Unkwown.

I look for the good and the good only. I see good in everything and everybody. The higher power (G-d / Universe) is good and It gives to me above all I ask or think. I perceive the harmony of all things, and the beneficent mind of the Universe. I am today only thinking high and fine thoughts. I am filled with the brightest and finest faith and emotions. I am a child of Spirit – perfect and complete. My thoughts are thoughts of health and harmony. I now receive health and harmony; Creative Mind is working to create for me a perfect correspondent to my thoughts. My thought is perfect, my faith is sure.

I thank thee, Higher Universal Spirit / G-d that you always hear me. I am sure of myself and you.

THE LAW OF MIND IN ACTION – FENWICKE L. HOLMES (Fifth impression 1951)

I live in a world of mind and will obey its laws. I have my being in a world of spirit and can control my own conditions. I exist in the heart of the Infinite and will enjoy its fruits of love, for the fruits of Spirit are love, joy, and peace.

Today let me choose to live under the highest law of being, and let me go on in perfect security. If I keep my law, my law will keep me. If I obey my law, it will

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obey me. Let me not forget that I make my world by the thought I think.
THE LAW OF MIND IN ACTION – FENWICKE L. HOLMES (Fifth impression
1951)

My law today is love, faith, prosperity, and truth. I look unfalteringly into the future, for I am today sowing the seed for my future harvest, and it is good, I expect a good harvest. So today I rest in peace and faith. I trust in the Higher Power. Its law is love.

THE LAW OF MIND IN ACTION – FENWICKE L. HOLMES (Fifth impression
1951)

The consciousness of the Perfect Spirit is mine, and I know it and feel it flowing through my whole being, bringing with it strength, power, and perfect peace. I am free and healthy and embrace love/positive energy every moment of the day.

Health, hope, peace, life, love, truth, and plenty are mine.

THE LAW OF MIND IN ACTION – FENWICKE L. HOLMES (Fifth impression
1951)