



Motivational Articles and Quotes

Preface

*This book is dedicated to the many people out in the world who care for other people.
May they find inspiration to continue on with their good work.*

Over the years I have read many books on personal development.

This e-book started off with a picture on the front of a carrot dangling on a string! On 26 May 2009, an e-mail came to me with some lovely pictures—the one on the front cover being one of them—and I decided to go with this one instead. I guess that this epitomises my feelings and love for my fellow man, and this book has been written in an endeavour to help other people come to the same place of peace and contentment in their lives.

Close friends and business associates have sent me many articles on this topic, as they knew of my interest in this area. I have found some of those articles inspirational, motivational and very moving and have shared them with my close friends. Now I have decided to assemble little stories, pictures and words of wisdom into an e-book, hoping that you will also be inspired and motivated.

Different people will open this e-book and have different feelings and emotions. Some of you will decide it is trivial, unimportant, of no value and decide not to read further. Others will read some of the articles and reflect on what has been said. Maybe they will review their own attitudes and behaviours, especially towards others. I sincerely hope it will help them to modify their behaviour.

It is said that people mirror our behaviour. Is the behaviour that you see in others what you want to see or would you like to see it change? Then change yourself and see what happens.

There have been times when I have been in a particular (emotional) place with my networking business when suddenly I receive one of these articles. It is like a light goes on in my head, and I am energized with renewed vigour and passion. I continue on my way, grateful for the wake-up call.

I hope you will find inspiration and motivation in the pages of this e-book, and I encourage you to share this e-book with your close friends.

Sincerely,
Marilyn Vine
<http://www.freeglobalbiz.com/marilynvine>
<http://www.healthymoneyvine.com>
healthymoneyvine@gmail.com
June 2009

Content

Preface	i
A Meeting of the Souls	1
Ho’oponopono Prayer	2
Saint Theresa's Prayer	2
Prayer of Thy Healing Angels,	3
Prosperity Affirmation	3
The Power of Worrying	4
Stand by Me	5
Running in the Rain!	5
Curing Victimitis	6
What Is a Friend?	6
Inner Peace	7
Who I Am Makes a Difference	8
Darrell Scott’s Address to the House Judiciary Committee’s Subcommittee	9
I Believe	11
Breakfast at McDonalds	13
Words of Wisdom	15
Strength and Courage	16
The Law of the Seed	18
Sisters	19
Injured Lion	20
Apache Seasons	21
Feed the Positive Dog	22
Live Every Day	23
Sometimes When You’re Angry with Someone...	24
It is Not How Old You Are...	24



I thought I would start this book off on a light note with a story I read recently. I found it very moving! The article was written in response to another proposed cull of Australian kangaroos. Perhaps we can take a lesson from this kangaroo and change our own habits or attitudes.

A Meeting of the Souls

As I am sure you know, there is a proposed mass “kill” of kangaroos, termed “cull”.

There are many arguments being put forward for it. I leave the experts to debate statistics. Statistics, I suspect can be fudged according to intent.

There is another side to the debate: I once saved a wild male kangaroo from a fence which he had attempted to hop over to safety. I got him out, put him on our truck and we drove him home. I put him under shelter and gave him food and water. He was afraid (his fear of mankind understandably learned) and so coughed hoarsely at me to keep my distance.

Next morning, I went in, taking food and water. He again postured aggressively. Then he stopped, looked at me, reached out and took my hand in both of his (they are so like ours) and licked it for having helped him.

Amazing, in that he had never been handled and to do so demonstrated an intelligent capacity to think about a situation and change instinctive behaviour (how I wish so many of our species would do that). Then he chose to reach across any “barrier” between species and express gratitude.

Source: Carol Lyn (Rural Property) Orange NSW – The Palerang and District Bulletin – May 2009



Some of you may be familiar with Dr Joe Vitale. Dr Vitale was one of the participants in “The Secret”. Dr Vitale has become involved with Dr Ihaleakala Hew Len, who is a master teacher of modern Ho’oponopono. Dr Hew Len using the principles of Ho’oponopono was able to heal the inmates in the high security part of a goal simply by reading their files and using the Ho’oponopono prayer. The prayer is contained [below](#); however, an abridged version that you can say (in your head) is:

- I am sorry
- I forgive you
- I love you
- I thank you

You may consider that this is quite trivial, and I can’t explain to you just how powerful these four sentences are! If you are walking with a person who is perhaps feeling a bit angry or aggressive, if you quietly say these words over and over in your head, you will suddenly find that the person beside you has lost their anger or their aggression. As I have already said, I cannot explain this. All I know is that it works! I have passed this advice across to friends who have implemented it and have come back to me and said that it had worked for them too!

Ho’oponopono Prayer

Divine Creator, father, mother, son as one

If I, my family, relatives, and ancestors have offended you, your family, your relatives and ancestors in thoughts, words, deeds, and actions from the beginning of our creation to the present, we ask your forgiveness.

Let this cleanse, purify, release, cut all the negative memories, blocks, energies, and vibrations and transmute these unwanted energies to pure light.

And it is done.

Source: Dr Joe Vitale’s book – Zero Limits – page 45

Saint Theresa's Prayer

May today there be peace within.

May you trust God that you are exactly where you are meant to be

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing,

Dance, praise and love.

It is there for each and every one of us.

Source: Unknown – received via email

Prayer of Thy Healing Angels,

That is carried from God by Michael, Thy Archangel.

Pour out, Thy Healing Angels,
Thy Heavenly Host upon me,
And upon those that I love,
Let me feel the beam of Thy Healing Angels upon me,
The light of your Healing Hands.
I will let Thy Healing begin,
Whatever way God grants it,
Amen

Source: Lorna Byrne's book Angels in my Hair

Prosperity Affirmation

Received from Dr Joe Vitale of the Secret on 24 January 2009.

I posted this prayer on my blog a few days ago and so many people loved it that I thought I would share it with you here too. It was sent to me by Will Bowen, author of A Complaint-Free World, who said it was the greatest consciousness conditioner available to attract prosperity.

[Read aloud every day for 30 days]

I am the source of all wealth. I am rich with creative ideas. My mind abounds with new, original, inspired thoughts. What I have to offer is unique, and the world desires it.

My value is beyond reckoning. What the world needs and desires, I am ready to produce and give. What the world needs and desires, I recognize and fulfil. The bounty of my mind is without hindrance or limit. Nothing can stand in the way of my inspired creativeness.

The overflowing power of God life energy overcomes every obstacle, & pours out into the world, blessing & prospering everyone, & everything through me.
I radiate blessings, I radiate creativity, I radiate prosperity, I radiate loving service. I radiate Joy, Beauty, Peace, Wisdom & Power. Humanity seeks me and rewards me. I am beloved of the world. I am wanted wherever I go.

I am appreciated. What I have to offer is greatly desired. What I have to offer brings a rich reward. Through my vision the world is blessed. Through my clear thinking & steadfast purpose, wonderful new values come into expression.

My vision is as the vision of the mighty ones. My faith is as the faith of the undefeatable. My power to accomplish is unlimited. I, in my uttermost God Source, am all wealth, all power, all productivity. I hereby declare my financial freedom, NOW and henceforth forever!

Love, Joe

PS -- Please forward this email to all those you feel would welcome this prayer. Thank you.

The Power of Worrying

Here's a good inspirational message. Keep it in your hearts.

Death was walking toward a city one morning and a man asked, "What are you going to do?"

"I'm going to take 100 people." death replied. "That's horrible!" the man said. "That's the way it is." death said.

"That's what I do."

The man hurried to warn everyone he could about death's plan. As evening fell, he met death again. "You told me you were going to take 100 people," the man said. "Why did 1,000 die?"

"I kept my word," death responded. "I only took 100 people. Worry took the others."

This interesting tale portrays so well what the National Mental Health Committee reported a few years ago -- Half of all the people in America's hospital beds are constant worriers. Mental distress can lead to migraine headaches, arthritis, heart trouble, cystitis, colitis, backaches, ulcers, depression, digestive disorders and yes, even death.

Add to that list the mental fatigue of nights without sleep and days without peace, then we get a glimpse of the havoc worry plays in destroying the quality and quantity of life.

Worry is, and always will be, a fatal disease of the heart, for its beginning signals the end of faith. Worry intrudes on God's compassionate ability to provide. When we allow our problems to overshadow God's promises, we unknowingly, doom ourselves to a defeat that was never part of God's eternal plans.

Release the regrets of yesterday, refuse the fears of tomorrow and receive instead, the peace of today.

Yes, my friend, simply let go and let God.

Read the following poem:

As children bring their broken toys
With tears for us to mend,
I brought my broken dreams to God
Because He is my friend.
But then, instead of leaving Him
In peace to work alone,
I hung around and tried to help
With ways that were my own..
At last I snatched them back and cried,
"How can you be so slow?"
"My child," He said, "What could I do?
You never did let go!"

-- Unknown Author



Stand by Me

We all need someone to "stand by me". This video was put together over a period of five years by many people from many countries. Take five minutes out of your busy schedule and stop and listen to the music and the message. May many people stand by you!

http://vimeo.com/moogaloop.swf?clip_id=2539741



This article was forwarded to me by a very dear friend in an email and I have no knowledge of the source.

Running in the Rain!

A little girl had been shopping with her Mum in Target. She must have been 6 years old, this beautiful red haired, freckle faced image of innocence. It was pouring outside. The kind of rain that gushes over the top of rain gutters, so much in a hurry to hit the earth it has no time to flow down the spout. We all stood there under the awning and just inside the door of the Target.

We waited, some patiently, others irritated because nature messed up their hurried day. I am always mesmerized by rainfall. I got lost in the sound and sight of the heavens washing away the dirt and dust of the world. Memories of running, splashing so carefree as a child came pouring in as a welcome reprieve from the worries of my day.

The little voice was so sweet as it broke the hypnotic trance we were all caught in 'Mum let's run through the rain,' she said

'What?' Mum asked.

'Lets run through the rain!' She repeated

'No, honey. We'll wait until it slows down a bit,' Mum replied.

This young child waited about another minute and repeated: 'Mum, let's run through the rain,'

'We'll get soaked if we do,' Mum said.

'No, we won't, Mum. That's not what you said this morning,' the young girl said as she tugged at her Mum's arm.

'This morning? When did I say we could run through the rain and not get wet?'

'Don't you remember? When you were talking to Daddy about his cancer, you said, 'If God can get us through this, he can get us through anything!'

The entire crowd stopped dead silent. I swear you couldn't hear anything but the rain. We all stood silently. No one came or left in the next few minutes.

Mum paused and thought for a moment about what she would say. Now some would laugh it off and scold her for being silly. Some might even ignore what was said. But this was a moment of affirmation in a young child's life. A time when innocent trust can be nurtured so that it will bloom into faith.

'Honey, you are absolutely right. Let's run through the rain. If GOD lets us get wet, well maybe we just needed washing,' Mum said.

Then off they ran. We all stood watching, smiling and laughing as they darted past the cars and yes, through the puddles. They held their shopping bags over their heads just in case. They got soaked. But they were followed by a few who screamed and laughed like children all the way to their cars.

And yes, I did. I ran. I got wet. I needed washing.

Circumstances or people can take away your material possessions, they can take away your money, and they can take away your health. But no one can ever take away your precious memories. So, don't forget to make time and take the opportunities to make memories everyday. To everything there is a season and a time to every purpose under heaven.

HOPE YOU STILL TAKE THE TIME TO RUN THROUGH THE RAIN.

They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them. Send this to the people you'll never forget and remember to also send it to the person who sent it to you.. It's a short message to let them know that you'll never forget them.

If you don't send it to anyone, it means you're in a hurry.

Take the time to live!!!

Keep in touch with your friends, you never know when you'll need each other -- and don't forget to run in the rain!

Curing Victimitis

Watch your thoughts; they lead to attitudes.
Watch your attitudes; they lead to words.
Watch your words; they lead to actions.
Watch your actions; they lead to habits.
Watch your habits; they form your character.
Watch your character; it determines your destiny.
-Source Unknown

What Is a Friend?

Your Heart is your Love,
Your love is your Family,
Your family is your Future,
Your future is your Destiny,
Your destiny is your Ambition,
Your ambition is your Aspiration,
Your aspiration is your Motivation,
Your motivation is your Belief,
Your belief is your Peace,
Your peace is your Target,
Your target is Heaven,
Heaven is no fun without FRIENDS

Inner Peace



If you can start the day without caffeine,
If you can get going without pep pills,
I, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food every day and be grateful for it,
If you can understand when your loved ones are too busy to give you any time,
If you can take criticism and blame without resentment,
friend better than a poor friend,
If you can conquer tension without medical help,
If you can relax without liquor,
If you can sleep without the aid of drugs,



Then You Are Probably The Family Dog!



Who I Am Makes a Difference

A teacher in New York decided to honour each of her seniors in High School by telling them the difference each of them had made.

She called each student to the front of the class, one at a time. First she told each of them how they had made a difference to her, and the class.

Then she presented each of them with a blue ribbon, imprinted with the letters, which read, "***Who I am Makes a Difference***".

Afterwards the teacher decided to do a class project, to see what kind of impact recognition would have on a community.

She gave each student three more blue ribbons, and instructed them to go out and spread this acknowledgement ceremony. Then they were to follow up on the results, see who honoured whom, and report to the class in about a week.

One of the boys in the class went to a junior executive in a nearby company, and honoured him for helping him with his career planning. He gave him a blue ribbon, and put it on his shirt.

Then he gave him two extra ribbons and said "We're doing a class project on recognition and we'd like for you to go out, find some one to honour, and give them a blue ribbon."

Later that day the junior executive went into see his boss, who had a reputation of being kind of a grouchy fellow. He told him that he deeply admired him for being a creative genius.

The boss seemed very surprised. The junior executive asked him if he would accept the gift of the blue ribbon, and give him permission to put it on him. His boss said, "Well sure". The junior executive took one of the blue ribbons and placed it right on his boss's jacket, above his heart.

And then he asked, offering him the last ribbon. "Would you take this extra ribbon and pass it on by honouring somebody else? The teenager who gave me these is doing a school project, and we want to keep this ribbon ceremony going and see how it affects people."

That night, the boss came home and sat down with his 14-year-old son. He said, "The most incredible thing happened to me today. I was in my office, and one of my employees came in and told me had admired me, and gave me a blue ribbon for being a creative genius.

"Image! He thinks I am a creative genius! Then he put a blue ribbon on me that says, 'Who I Am Makes A Difference.' He gave me an extra ribbon and asked me to find somebody else to honour. As I was driving home tonight I started thinking about who I would honour with this ribbon, and I thought about you. I want to honour you.

"My days are hectic and when I come home I don't pay a lot of attention to you. I yell at you for not getting good enough grades and for your messy bedroom. Somehow, tonight I just wanted to sit here and, well, just let you know that you do make a difference to me.

"Besides your mother, you are the most important person in my life. You're a great kid, and I love you!"

The startled boy started to sob and sob, and he couldn't stop crying. His whole body shook.

He looked up at his father and said through his tears. "Dad earlier tonight I sat in my room and wrote a letter to you and Mom, explaining why I had took my life, and I asked you to forgive me.

"I was going to commit suicide tonight after you were asleep. I just didn't think that you cared at all. The letter is upstairs. I don't think I'll need it after all".

His father walked upstairs and found a heartfelt letter full of anguish and pain.

The boss went back to work a changed man. He was no longer a grouch, but made sure to let all of his employees know that they made a difference.

The junior executive helped many other young people with career planning, one being the boss's son, and never forgot to let them know that they made a difference in his life.



Who you are does make a difference and I wanted you to know that.



On 26 May 2009, an email came to me with the following article. I believe that this is a most appropriate place to show in this e-book. It should give us all cause to pause and reflect on how we are living our lives and what we can do in our own personal lives that will stop events like this occurring in the future.

My dear friend, Phillip Day, from Campaign for Truth in Medicine and Credence Publications is always talking about the "mind altering drugs" that are being given to our young children. In fact, at one stage he even had his research team investigate how many of the school massacres involved children either currently on mind altering drugs or coming off of them. The results were quite astounding. You can read about Phillip at <http://www.healthymoneyvine.com/credence-publications.html> I have almost 100% of the books, videos, CDs that Phillip has produced and I highly recommend them to anyone who has the remotest interest in the health of themselves and their families.

Darrell Scott's Address to the House Judiciary Committee's Subcommittee

Guess our national leaders didn't expect this, hmm? On Thursday, Darrell Scott, the father of Rachel Scott, a victim of the Columbine High School shootings in Littleton, Colorado, was invited to address the House Judiciary Committee's subcommittee. What he said to our national leaders during this special session of Congress was painfully truthful.

They were not prepared for what he was to say, nor was it received well. It needs to be heard by every parent, every teacher, every politician, every sociologist, every psychologist, and every so-called expert! These courageous words spoken by Darrell Scott are powerful, penetrating, and deeply personal. There is no doubt that God sent this man as a voice crying in the wilderness. The following is a portion of the transcript:

"Since the dawn of creation there has been both good & evil in the hearts of men and women. We all contain the seeds of kindness or the seeds of violence. The death of my wonderful daughter, Rachel Joy Scott, and the deaths of that heroic teacher, and the other eleven children who died must not be in vain. Their blood cries out for answers.

"The first recorded act of violence was when Cain slew his brother Abel out in the field. The villain was not the club he used.. Neither was it the NCA, the National Club Association. The true killer was Cain, and the reason for the murder could only be found in Cain's heart.

"In the days that followed the Columbine tragedy, I was amazed at how quickly fingers began to be pointed at groups such as the NRA. I am not a member of the NRA. I am not a hunter. I do not even own a gun. I am not here to represent or defend the NRA - because I don't believe that they are responsible for my daughter's death. Therefore I do not believe that they need to be defended. If I believed they had anything to do with Rachel's murder I would be their strongest opponent.

"I am here today to declare that Columbine was not just a tragedy -- it was a spiritual event that should be forcing us to look at where the real blame lies! Much of the blame lies here in this room. Much of the blame lies behind the pointing fingers of the accusers themselves. I wrote a poem just four nights ago that expresses my feelings best. This was written way before I knew I would be speaking here today:

*Your laws ignore our deepest needs,
Your words are empty air
You've stripped away our heritage,
You've outlawed simple prayer.
Now gunshots fill our classrooms,
And precious children die
. You seek for answers everywhere,
And ask the question "Why?"
You regulate restrictive laws,
Through legislative creed.
And yet you fail to understand,
That God is what we need!*

"Men and women are three-part beings. We all consist of body, mind, and spirit. When we refuse to acknowledge a third part of our make-up, we create a void that allows evil, prejudice, and hatred to rush in and wreak havoc. Spiritual presences were present within our educational systems for most of our nation's history. Many of our major colleges began as theological seminaries. This is a historical fact. What has happened to us as a nation? We have refused to honor God, and in so doing, we open the doors to hatred and violence. And when something as terrible as Columbine's tragedy occurs -- politicians immediately look for a scapegoat such as the NRA... They immediately seek to pass more restrictive laws that contribute to erode away our personal and private liberties. We do not need more restrictive laws. Eric and Dylan would not have been stopped by metal detectors. No amount of gun laws can stop someone who spends months planning this type of massacre. The real villain lies within our own hearts.

"As my son Craig lay under that table in the school library and saw his two friends murdered before his very eyes, he did not hesitate to pray in school. I defy any law or politician to deny him that right! I challenge every young person in America, and around the world, to realize that on April 20, 1999, at Columbine High School prayer was brought back to our schools. Do not let the many prayers offered by those students be in vain. Dare to move into the new millennium with a sacred disregard for legislation that violates your God-given right to communicate with Him. To those of you who would point your finger at the NRA -- I give to you a sincere challenge. Dare to examine your own heart before casting the first stone!

"My daughter's death will not be in vain! The young people of this country will not allow that to happen!"

Do what the media did not - - let the nation hear this man's speech...

Please send this out to everyone you can.

I Believe

Birth Certificate shows that we were born
A Death Certificate shows that we died
Pictures show that we lived!
Have a seat . . . Relax . . . And read this slowly.

I Believe...

That just because two people argue, it doesn't mean they don't love each other. And just because they don't argue, it doesn't mean they do love each other.

I Believe...

That we don't have to change friends if we understand that friends change.

I Believe...

That no matter how good a friend is, they're going to hurt you every once in a while, and you must forgive them for that.

I Believe...

That true friendship continues to grow, even over the longest distance. Same goes for true love.

I Believe...

That you can do something in an instant that will give you heartache for life.

I Believe...

That it's taking me a long time to become the person I want to be.

I Believe...

That you should always leave loved ones with loving words. It may be the last time you see them.

I Believe...

That you can keep going long after you think you can't.

I Believe...

That we are responsible for what we do, no matter how we feel.

I Believe...

That either you control your attitude or it controls you.

I Believe...

That heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.

I Believe...

That money is a lousy way of keeping score.

I Believe...

That my best friend and I can do anything, or nothing, and have the best time.

I Believe...

That sometimes the people you expect to kick you when you're down, will be the ones to help you get back up.

I Believe...

That sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.

I Believe...

That maturity has more to do with what types of experiences you've had and what you've learned from them, and less to do with how many birthdays you've celebrated.

I Believe...

That it isn't always enough, to be forgiven by others. Sometimes, you have to learn to forgive yourself.

I Believe...

That no matter how bad your heart is broken the world doesn't stop for your grief.

I Believe...

That our background and circumstances may have influenced who we are, but,
we are responsible for who we become.

I Believe...

That you shouldn't be so eager to find out a secret. It could change your life Forever.

I Believe...

Two people can look at the exact same thing and see something totally different.

I Believe...

That your life can be changed in a matter of hours by people who don't even know you.

I Believe...

That even when you think you have no more to give,
when a friend cries out to you - you will find the strength to help.

I Believe...

That credentials on the wall do not make you a decent human being.

I Believe...

That the people you care about most in life are taken from you too soon.

I Believe...

That you should send this to all of the people that you believe in, I just did.

"The happiest of people don't necessarily have the best of everything; they just make the most of everything."

Source: MDuart@aol.com

Breakfast at McDonalds

This is a good story and is true, please read it all the way through until the end! (After the story, there are some very interesting facts!):

I am a mother of three (ages 14, 12, 3) and have recently completed my college degree

The last class I had to take was Sociology.

The teacher was absolutely inspiring with the qualities that I wish every human being had been graced with. Her last project of the term was called, 'Smile.'

The class was asked to go out and smile at three people and document their reactions.

I am a very friendly person and always smile at everyone and say hello anyway. So, I thought this would be a piece of cake, literally.

Soon after we were assigned the project, my husband, youngest son, and I went out to McDonald's one crisp March morning.

It was just our way of sharing special playtime with our son.

We were standing in line, waiting to be served, when all of a sudden everyone around us began to back away, and then even my husband did.

I did not move an inch... an overwhelming feeling of panic welled up inside of me as I turned to see why they had moved.

As I turned around I smelled a horrible 'dirty body' smell, and there standing behind me were two poor homeless men.

As I looked down at the short gentleman, close to me, he was 'smiling'

His beautiful sky blue eyes were full of God's Light as he searched for acceptance.

He said, 'Good day' as he counted the few coins he had been clutching.

The second man fumbled with his hands as he stood behind his friend. I realized the second man was mentally challenged and the blue-eyed gentleman was his salvation.

I held my tears as I stood there with them.

The young lady at the counter asked him what they wanted..

He said, 'Coffee is all Miss' because that was all they could afford. (If they wanted to sit in the restaurant and warm up, they had to buy something. He just wanted to be warm).

Then I really felt it - the compulsion was so great I almost reached out and embraced the little man with the blue eyes. That is when I noticed all eyes in the restaurant were set on me, judging my every action.

I smiled and asked the young lady behind the counter to give me two more breakfast meals on a separate tray.

I then walked around the corner to the table that the men had chosen as a resting spot. I put the tray on the table and laid my hand on the blue-eyed gentleman's cold hand.

He looked up at me, with tears in his eyes, and said, 'Thank you.'

I leaned over, began to pat his hand and said, 'I did not do this for you. God is here working through me to give you hope.'

I started to cry as I walked away to join my husband and son. When I sat down my husband smiled at me and said, 'That is why God gave you to me, Honey, to give me hope.'

We held hands for a moment and at that time, we knew that only because of the Grace that we had been given were we able to give.

We are not church goers, but we are believers.

That day showed me the pure Light of God's sweet love.

I returned to college, on the last evening of class, with this story in hand.

I turned in 'my project' and the instructor read it.

Then she looked up at me and said, 'Can I share this?'

I slowly nodded as she got the attention of the class.

She began to read and that is when I knew that we as human beings and being part of God share this need to heal people and to be healed.

In my own way I had touched the people at McDonald's, my son, the instructor, and every soul that shared the classroom on the last night I spent as a college student.

I graduated with one of the biggest lessons I would ever learn:

Unconditional Acceptance.

Much love and compassion is sent to each and every person who may read this and learn how to:

LOVE PEOPLE AND USE THINGS

NOT LOVE THINGS AND USE PEOPLE.

Please pass this on to people that you regard as your friend.

Source: Unknown – sent to me via email

Words of Wisdom

One day at a time - this is enough.
Do not look back and grieve over the past, for it is gone:
and do not be troubled about the future, for it has not yet come.
Live in the present, and make it so beautiful that it will be worth remembering.
- *Ida Scott Taylor*
1820-1915, Author

You can have anything you want - if you want it badly enough.
You can be anything you want to be, do anything you set out to accomplish, if you hold to that desire with
singleness of purpose.
- *Abraham Lincoln*

Your living is determined not so much by what life brings you as by the attitude you bring to life.
Not so much by what happens to you as by the way your mind looks at what happens.
- *Lewis L. Dunnington, Author*

If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be
filled with gratitude, a feeling that nurtures the soul.
- *Rabbi Harold Kushner*
Author of [When Bad Things Happen To Good People](#)

Treat people as if they were what they ought to be,
and you help them to become what they are capable of being.
- *Johann Wolfgang van Goethe*
1749-1832, Novelist and Poet

You can achieve anything you want in life if you have the courage to dream it.
The intelligence to make a realistic plan.
And the will to see that plan through to the end.
- *Sidney A Freidman, Entrepreneur, Speaker and Author*
Source: *Insight of the Day* – Peggy McColl – 13 December 2007

That you may retain your self-respect, it is better to displease the people by doing what you know is right than to
temporarily please them by doing what you know is wrong.
- *William J H Boetcker*
1872-1963 – Religious Leader and Speaker

Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising which tempt you to believe that your critics are right.
To map out a course of action and follow it to an end requires courage.
- *Ralph Waldo Emerson*
1803-1882 – *Poet and Essayist*

Reflect upon your present blessings, of which every man has plenty.
Not on your past misfortunes, of which all men have some.
- *Source: Unknown*

When health is absent
Wisdom cannot reveal itself
Art cannot become manifested
Strength cannot be exerted
Wealth is useless
Reason is powerless
- *Herophilus, 300 BC*

Believe in yourself and there will come a day when others have no choice but to believe with you.
- *Cynthia Kersey, Author of Unstoppable Women*
Source: Peggy McColl – Insight of the Day

Changing your thinking will change what you say
Changing what you say will change your behaviour
Changing your behaviour will change the way people respond to you
Changing the way people respond to you will change your results for the benefit of both of you.
- *Source: Unknown*

Strength and Courage

It takes strength to be certain,
It takes courage to have doubts.
It takes strength to fit in,
It takes courage to stand out.
It takes strength to share a friend's pain,
It takes courage to feel your own pain.
It takes strength to hide your own pain,
It takes courage to show it and deal with it.
It takes strength to stand guard,
It takes courage to let down your guard.
It takes strength to conquer,
It takes courage to surrender.
It takes strength to endure abuse,
It takes courage to stop it.
It takes strength to stand alone,
It takes courage to lean on a friend.

It takes strength to love,
It takes courage to be loved.
It takes strength to survive,
It takes courage to live.
- *Source: Unknown*

It isn't what people think that is important
But the reason they think what they think.
- *In the words of Eugene Ionesco*
Your world and everything in it
Is a reflection of your own attitude towards yourself.
- *Earl Nightingale*

Obstacles can't stop you
Problems can't stop you
Most of all other people can't stop you
Only you can stop you.
- *Jeffrey Gitomer*
Author and Sales Trainer

Let there be nothing within thee that is not very beautiful and very gentle
And there will be nothing without thee that is not soft and beautiful and softened by the spell of thy presence.
- *James Allen, Author (1864 – 1912)*

Watch your thoughts: They become your words.
Watch your words: They become your actions.
Watch your actions: They become your habits.
Watch your habits: They become your character.
Watch your character: It becomes your destiny.
- *Source: Unknown*

You can achieve anything you want in life if you have the courage to dream it, the intelligence to make a realistic plan, and the will to see that plan through to the end.
- *Sidney A. Friedman*
Entrepreneur, Speaker and Author

The Law of the Seed

Take a look at an apple tree. There might be five hundred apples on the tree, but each apple has just ten seeds. That's a lot of seeds! We might ask, "Why would you need so many seeds to grow just a few more apple trees?"

Nature has something to teach us here. It's telling us: "Not all seeds grow. In life, most seeds never grow. So if you really want to make something happen, you had better try more than once."

This might mean:

You'll attend twenty interviews to get one job. You'll interview forty people to find one good employee. You'll talk to fifty people to sell one house, one car, one vacuum cleaner, one insurance policy, or a business idea. And you might meet a hundred acquaintances just to find one special friend.

When we understand the "Law of the Seed", we don't get so disappointed. We stop feeling like victims. We learn how to deal with things that happen to us.

Laws of nature are not things to take personally. We just need to understand them - and work with them.

IN A NUTSHELL

Successful people fail more often. But they plant more seeds.

When Things Are Beyond your control, here's something that you must NOT DO so as to be happy: You must not decide how you think the world SHOULD be. You must not make rules for how everyone SHOULD behave. Many times, such thoughts can bring you spiralling down into more unhappiness.

On the other hand, let's say you expect that:

- Friends SHOULD return favours.
- People SHOULD appreciate you.
- Planes SHOULD arrive on time.
- Everyone SHOULD be honest.
- Your husband or best friend SHOULD remember your birthday.

These expectations may sound reasonable. But often, these things won't happen! So you end up frustrated and disappointed.

There's a better strategy. Demand less, and instead, have preferences! For things that are beyond your control, tell yourself:

"I WOULD PREFER "A", BUT IF "B" HAPPENS, IT'S OK TOO!"

You prefer that people are polite... but when they are rude, it doesn't ruin your day. You prefer sunshine... But if it rains, it is okay too!

To become happier, we either need to:

- a) Change the world, or
- b) Change our thinking.
- c) It is easier to change our Thinking!

IN A NUTSHELL

It is not the problem that is the issue, but rather it is your attitude attending to the problem that is the problem. It's not what happens to you that determine your happiness but rather how you think about what happens to you!

Source unknown – again sent to me via email

Sisters

A young wife sat on a sofa on a hot humid day, drinking iced tea and visiting with her Mother. As they talked about life, about marriage, about the responsibilities of life and the obligations of adulthood, the mother clinked the ice cubes in her glass thoughtfully and turned a clear, sober glance upon her daughter.

"Don't forget your Sisters," she advised, swirling the tea leaves to the bottom of her glass.

"They'll be more important as you get older.

"No matter how much you love your husband, no matter how much you love the children you may have, you are still going to need Sisters.

"Remember to go places with them now and then; do things with them.

"Remember that 'Sisters' means ALL the women... your girlfriends, your daughters, and all your other women relatives too.

"You'll need other women. Women always do."

The young woman thought, "What a funny piece of advice!

"Haven't I just gotten married?

"Haven't I just joined the couple-world?

"I'm now a married woman, for goodness sake! A grownup!

"Surely my husband and the family we may start will be all I need to make my life worthwhile!"

But she listened to her Mother.

She kept contact with her Sisters and made more women friends each year.

As the years tumbled by, one after another, she gradually came to understand that her Mom really knew what she was talking about.

As time and nature work their changes and their mysteries upon a woman, Sisters are the mainstays of her life.

After more than 50 years of living in this world, here is what I've learned:

THIS SAYS IT ALL:

Time passes.

Life happens.

Distance separates.

Children grow up.

Jobs come and go.

Love waxes and wanes.

Men don't do what they're supposed to do.

Hearts break.

Parents die.

Colleagues forget favours.

Careers end.

BUT.....

Sisters are there, no matter how much time and how many miles are between you. A girl friend is never farther away than needing her can reach.

When you have to walk that lonesome valley and you have to walk it by yourself, the women in your life will be on the valley's rim, cheering you on, praying for you, pulling for you, intervening on your behalf, and waiting with open arms at the valley's end.

Sometimes, they will even break the rules and walk beside you...Or come in and carry you out. Girlfriends, daughters, granddaughters, daughters-in-law, sisters, sisters-in-law, Mothers, Grandmothers, aunts, nieces, cousins, and extended family, all bless our life!

The world wouldn't be the same without women, and neither would I.

When we began this adventure called womanhood, we had no idea of the incredible joys or sorrows that lay ahead.

Nor did we know how much we would need each other.

Every day, we need each other still.

Pass this on to all the women who help make your life meaningful. I just did. Short and very sweet.



Injured Lion

This is simply amazing! The woman in the video found a lion injured in the forest ready to die. She took the lion with her and nursed the lion back to health. When the lion was better she made arrangements with a zoo to take the lion and give it a new and happy home.

The video was taken when the woman, after some time, went to visit the lion to see how he was doing.

Watch the lion's reaction when he sees her.

<http://www.youtube.com/watch?v=cyT6weHRQK4>

Apache Seasons

There was an Indian Chief who had four sons. He wanted his sons to learn not to judge things too quickly. So he sent them each on a quest, in turn, to go and look at a pear tree that was a great distance away.



The first son went in the winter, the second in the spring, the third in summer, and the youngest son in the fall.

When they had all gone and come back, he called them together to describe what they had seen.

The first son said that the tree was ugly, bent, and twisted.

The second son said; no, it was covered with green buds and full of promise.

The third son disagreed; he said it was laden with blossoms that smelt so sweet and looked so beautiful, it was the most graceful thing he had ever seen.

The last son disagreed with all of them; he said it was ripe and drooping with fruit, full of life and fulfilment.

The Chief then explained to his sons that they were all right, because they had each seen but only one season in the tree's life.

He told them that you cannot judge a tree, or a person, by only one season, and that the essence of who they are and the pleasure, joy, and love that come from that life can only be measured at the end, when all the seasons are up.

If you give up when it's winter, you will miss the promise of your spring, the beauty of your summer, fulfilment of your fall.

Moral:

Don't let the pain of one season destroy the joy of all the rest.
Don't judge life by one difficult season.
Live Simply.
Love Generously.
Care Deeply.
Speak Kindly.
Leave the Rest to God.
Happiness keeps You Sweet,
Trials keep You Strong,
Sorrows keep You Human,
Failures keep You Humble,
Success keeps You Glowing,
But Only God keeps You Going!

Source Unknown – again this was sent to me via email.

Feed the Positive Dog

CNN reported the other night that one-third of all Americans are losing sleep over the economy, 8 out of 10 people are stressed out, and an increasing number of people are turning to popping pills to deal with the stress and lack of sleep. While these pills may work in the short term, there is a better way. It's the secret weapon against stress, it doesn't cost a dime and it is only a thought away.

The answer is to feed the positive dog.

If you read [The Energy Bus](#) you know I share a simple story about a man who travels to the village to speak to the wise man. He says to the wise man, "I feel like there are two dogs inside me. One dog is positive, loving, kind and optimistic and then I have this fearful, pessimistic, angry and negative dog and they fight all the time. I don't know who is going to win." The wise man thinks for a moment and responds, "I know who is going to win. The one you feed the most. So feed the positive dog."

The fact is we all have a positive and negative dog inside of us. It's part of our human nature. The key is to feed the positive dog and starve the negative dog. The more we feed the positive dog the bigger it gets and the stronger it becomes. The actions are simple. We just need to make them a habit and do them every day. Here are a few ways to feed the positive dog.



- Practice Gratitude - You can't be stressed and thankful at the same time. Gratitude is like muscle the more you do it the stronger it gets. Take 10 minutes each day and make a list of what you are thankful for. You will fill your body and brain with costless and priceless anti-depressants.
- Take a Walk of Gratitude/Prayer - I do this each morning and it feeds me all day long.
- Turn off the News - Starve the negative dog.
- Smile More - It enhances your serotonin levels and uplifts you.
- Focus on Get to vs Have to - [Read the article here.](#)
- Read Uplifting Books - I happen to know of a few good ones :)
- Get together with a positive, uplifting person.
- Call or visit someone who has made a difference in your life and thank them. (research shows this is a huge happiness booster)
- Write a Few Thank You Notes Today - When you thank others you feed them and yourself.
- Focus on God instead of Gold - For more read, Matthew 6:33
- Start a Success Journal - Write down the one great thing about your day. The more you look for success, the more you will find it.
- Practice the 5 Things To Do Instead of Complain. [Download here.](#) (PDF)
- Decide to Make a Difference - When you help other people with their problems you forget about your own.

I Challenge You:

I challenge you to pick 1, 2 or 3 strategies identified above and make them a daily habit. Do them for 10 minutes a day, every day for 30 days. Don't wait. **Start them today.** Don't just read this newsletter, say "that's nice" and put it away. Identify what you will do, when you will do it and commit to it. Your positive energy and natural anti-depressants are more powerful and effective than any pill. After 30 days, email me your results at info@jongordon.com. I read every email that comes to us. I look forward to hearing from you.

Stay Positive!

Jon

Source Jon Gordon's Energy Tip – 24 March 2009

Article & Newsletter Reprint Permission

Jon Gordon's online newsletters and article content may be reprinted provided the following credit line is included:

Jon Gordon is a leading authority on developing positive, engaged people, leaders, schools, businesses and teams. He is the author of [The Energy Bus: 10 Rules to Fuel your Work, Live and Team with Positive Energy](#), [The 10-Minute Energy Solution](#) and [Energy Addict: 101 Ways to Energize Your Life](#). Jon's proven solutions are being put to use by people and organizations worldwide and his tips have been featured on CNN, the NBC *Today Show*, *Men's Health*, *Forbes*, *Positive Thinking Magazine*, and more. He is also the co-founder of [PEP-The Positive Energy Program](#), which creates and funds programs that develop healthy, positive children around the world. Learn more and sign up for Jon's free weekly energy tip newsletter at www.JonGordon.com

(Reprinted with Permission © Copyright 2007 The Jon Gordon Companies)

Live Every Day

As we grow up, we learn that even the one person that wasn't supposed to ever let you down probably will. You will have your heart broken probably more than once and it's harder every time. You'll break hearts too, so remember how it felt when yours was broken. You'll fight with your best friend. You'll blame a new love for things an old one did. You'll cry because time is passing too fast, and you'll eventually lose someone you love. So take too many pictures, laugh too much, and love like you've never been hurt because every sixty seconds you spend upset is a minute of happiness you'll never get back. Don't be afraid that your life will end, be afraid that it will never begin.



Sometimes When You're Angry with Someone...

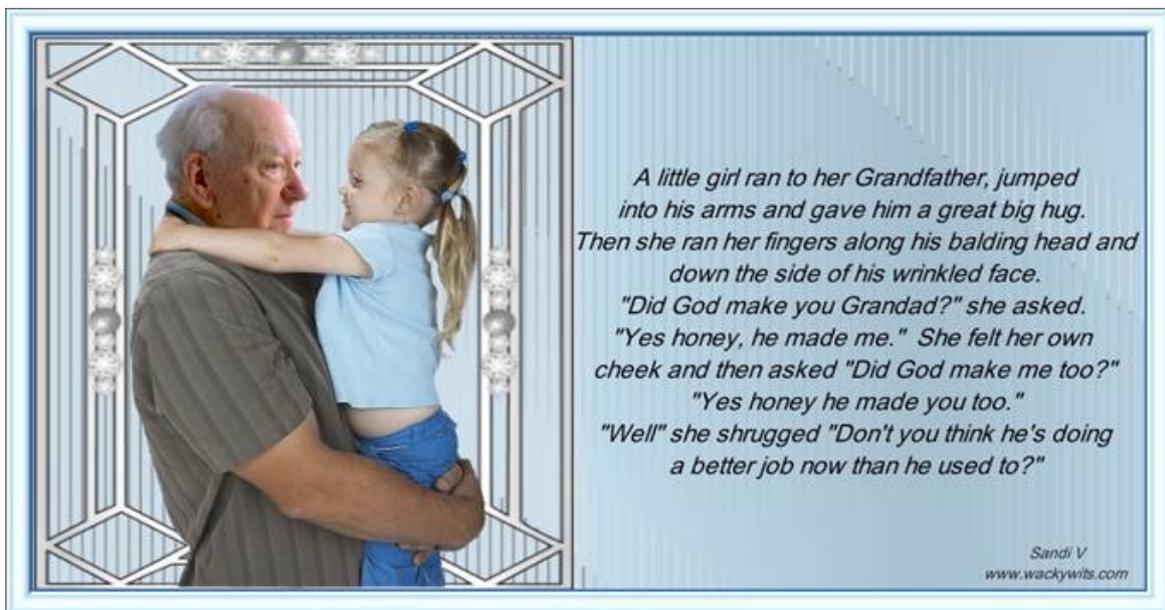
it helps to sit down and think about the problem.



It is Not How Old You Are...

but how you are old.

-Jules Renard, writer (1864-1910)



A little girl ran to her Grandfather, jumped into his arms and gave him a great big hug. Then she ran her fingers along his balding head and down the side of his wrinkled face. "Did God make you Grandad?" she asked. "Yes honey, he made me." She felt her own cheek and then asked "Did God make me too?" "Yes honey he made you too." "Well" she shrugged "Don't you think he's doing a better job now than he used to?"

Sandi V
www.wackywits.com