

Healing
Journeys
Energy
presents

Magic

*Inspirational
Stories to put
the Magic back
into Life*

Elmarie Swartz

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Thank you.

Elmarie Swartz

January, 2009

<http://www-healing-journeys-energy.com>

Magic



Inspirational stories to put the
MAGIC back in your life



Elmarie Swartz

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Dedication

This book is dedicated to my husband Leslie, my Number One fan and my biggest inspiration in life.

You taught me that anything is possible and I thank you for that from the depths of my soul.

I love you, my face.



A Special Message



My name is Elmarie; I'm a Reiki Master, Reiki and Crystal Healing therapist, life skills coach and teacher.

I cannot lay claim to the knowledge I have gained in life and say it belongs to me. Somehow all we need to know is given to us. In return, we must share, that which has been learned, discovered and revealed.

So often synchronicity has entered my life, in ways I cannot explain. Someone will come, offering a key to a door which must be unlocked and opened. There are so many halls of learning, knowledge and wisdom and there are many who come with keys to these doors.

When the time is right, and when we are ready, the teacher always appears and we are shown and taught that which we need to know.



I would like to thank all the great people of this world, thank you for leaving behind your words... your stories as inspiration and insight when we need it most.

This book has been compiled with the express wish that you will get as much from these amazing stories, articles and poems as I have.

Learn more about me and my work at http://www.healing-journeys-energy.com/about_us.html

In Light and Love for Life

A handwritten signature in black ink, appearing to read 'Elmarie Swartz', with a large, stylized initial 'S'.

Elmarie Swartz

Zig Ziglar once said:

"People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily."



Content



Beginning	Page 9
Good Morning	Page 11
One Step	Page 12
Only One Law – Success to Everyone	Page 13
The Important Things in Life	Page 14
Give Time to Your Family	Page 16
Different Sisters	Page 18
Don't Forget Love	Page 19
Just Take Care of my Eyes, Dear	Page 21
Don't Hope... Decide!	Page 23
Deeply Connected	Page 26
Keep Your Dream	Page 27
Everyone Has Purpose & Beauty	Page 29
Every Difficulty Is an Opportunity	Page 31
A Gift of Love	Page 32
Just for Today Do Not Anger	Page 34
Don't Give Up – Learn	Page 35
To Let Go	Page 36
Believe In Yourself	Page 40
Juggle Balls	Page 41
Don't Be Afraid	Page 43
Don't Quit	Page 44
Win be Helping Others Win	Page 45
Smile	Page 46
Life	Page 47
Enjoy Your Life at Every Moment	Page 49
Love in Action	Page 50
If I Had My Life to Live Over	Page 51
A Box of Kisses	Page 56
Know You Can	Page 57
Deep from the Heart	Page 58
Be the Teacher	Page 59
Open Your Mind – The Lost Son	Page 60
I've learned that...	Page 61
God's Coffee	Page 66
Definition of Love	Page 68
Which One Do You Feed?	Page 71



Dance like No One's Watching	Page 72
Just for Today Do Not Worry	Page 74
Yesterday, Today, Tomorrow	Page 76
The Gift of Today	Page 78
My Creed	Page 79
Live for Today	Page 81
Love	Page 83
Life's Struggles	Page 84
Choices	Page 85
The Obstacle in Your Path	Page 88
The Sin of Omission	Page 89
The Mask	Page 91
The Paintbrush	Page 93
Wear Sunscreen	Page 94
Attitude	Page 98
House of a 1000 Mirrors	Page 99
Knock the "t" of "Can't"	Page 100
Optimism	Page 109
That's Not My Job	Page 110
Thoughts to Live by	Page 111
24 Things to Always Remember	Page 112
You Are Blessed	Page 113
Begin Again	Page 114
Believe in Yourself	Page 115
Bend, but Don't Break	Page 117
Changes for Life	Page 119
Changes in Life	Page 120
Five Short Chapters on change	Page 121
Going with the Flow	Page 122
Interview with God	Page 123
Life is an Echo	Page 125
Road Not Taken	Page 126
Spiritual Transformation	Page 127
Strength and Courage	Page 128
The Power of Words	Page 129
This, Too, Shall Pass Away	Page 130
Today	Page 131
Winner vs. Loser	Page 132
Angels	Page 134
Handwriting on the Wall	Page 136
Favourite Quotes	Page 137

Beginning



Beginning today I will no longer worry about yesterday. It is in the past and the past will never change. Only I can change by choosing to do so.

Beginning today I will no longer worry about tomorrow. Tomorrow will always be there, waiting for me to make the most of it. But I cannot make the most of tomorrow without first making the most of today.

Beginning today I will look in the mirror and I will see a person worthy of my respect and admiration. This capable person looking back at me is someone I enjoy spending time with and someone I would like to get to know better.

Beginning today I will cherish each moment of my life. I value this gift bestowed upon me in this world and I will unselfishly share this gift with others. I will use this gift to enhance the lives of others.

Beginning today I will take a moment to step off the beaten path and to revel in the mysteries I encounter. I will face challenges with courage and determination. I will overcome what barriers there may be which hinder my quest for growth and self-improvement.

Beginning today I will take life one day at a time, one step at a time. Discouragement will not be allowed to taint my positive self-image, my desire to succeed or my capacity to love.

Beginning today I walk with renewed faith in human kindness. Regardless of what has gone before, I believe there is hope for a brighter and better future.



Beginning today I will open my mind and my heart. I will welcome new experiences. I will meet new people. I will not expect perfection from myself nor anyone else: perfection does not exist in an imperfect world. But I will applaud the attempt to overcome human foibles.

Beginning today I am responsible for my own happiness and I will do things that make me happy... admire the beautiful wonders of nature, listen to my favourite music, pet a kitten or a puppy, soak in a bubble bath... pleasure can be found in the most simple of gestures.

Beginning today I will learn something new; I will try something different; I will savour all the various flavours life has to offer. I will change what I can and the rest I will let go. I will strive to become the best me I can possibly be.



Good Morning



Good morning, this is God.

I will be handling all of your problems today.

I will not need your help, so have a miraculous day!!



One Step



Are YOU always getting ready to live, but never living?

Your success will start when you begin to pursue it. To reach your goal or to attain success, you don't need to know all of the answers in advance. You just need to have a clear idea of what your goal is.

Don't procrastinate when faced with difficult problems. Break your problems into parts, and handle one part at a time.

Develop tendencies toward taking action. You can make something happen right now. Divide your big plan into small steps and take that first step right away.

Everyone who ever got where they are had to begin where they were. Your big opportunity is where you are right now.

A journey of a thousand miles begins with one step. Take it.



Healing Journeys - ENERGY

HEALTH - ABUNDANCE - WELL BEING

A journey of a thousand miles begins
with a single step. Healing is a
journey. The destination is
yourself.

Only One Law – Success to Everyone



God intended every individual to succeed. It is God's purpose that we should become great. It is God's will that we should not only use, but enjoy, every good in the Universe. The Law of God denies man nothing.

We are born to be rich. The powers inherent in us are inexhaustible. Each normal person is endowed with a complete set of faculties which, if properly developed and scientifically applied, will insure success, ever-growing success.

We are made for progress. Everyone contains within themselves the capacity for endless development. Advancement into all things is the Law's great purpose. By learning to work with the Law in promoting that aim, we may build ourselves into greater and greater success.

All the processes of Nature are successful. Nature knows no failures. She never plans anything but success. She aims at results in every form and manner. To succeed in the best and fullest sense of the term we must, with Nature as our model, copy her methods. In her principles and laws we shall discover all the secrets of success.

Infinite sources are at our disposal. There are no limits to our possibilities. We can develop a wonderful intelligence; thus, all life's questions may be answered, all Nature's secrets discovered, and all human problems solved. Nothing is impossible.

Raymond Holliwell
From Working with the Law



The Important Things in Life



A philosophy professor stood before his class and had some items in front of him. When class began, wordlessly he picked up a large empty mayonnaise jar and proceeded to fill it with rocks, rocks about 2" in diameter.

He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks.

He then asked the students again if the jar was full. They agreed it was.

The students laughed. The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

"Now," said the professor, "I want you to recognize that this is your life. The rocks are the important things - your family, your partner, your health, your children - anything that is so important to you that if it were lost, you would be nearly destroyed.

"The pebbles are the other things that matter like your job, your house, your car.

"The sand is everything else. The small stuff.

"If you put the sand into the jar first, there is no room for the pebbles or the rocks. The same goes for your life. If you



spend all your energy and time on the small stuff, you will never have room for the things that are important to you.

"Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal.

"Take care of the rocks first - the things that really matter. Set your priorities. The rest is just sand."



Give Time to your Family



After 21 years of marriage, my wife wanted me to take another woman out to dinner and a movie. She said, “I love you, but I know this other woman loves you and would love to spend some time with you.”

The other woman that my wife wanted me to visit was my MOTHER, who has been a widow for 19 years, but the demands of my work and my three children had made it possible to visit her only occasionally. That night I called to invite her to go out for dinner and a movie. “What’s wrong, are you well?” she asked.

My mother is the type of woman who suspects that a late night call or a surprise invitation is a sign of bad news. “I thought that it would be pleasant to spend some time with you,” I responded. “Just the two of us.” She thought about it for a moment, and then said, “I would like that very much.”

That Friday after work, as I drove over to pick her up I was a bit nervous. When I arrived at her house, I noticed that she, too, seemed to be nervous about our date. She waited in the door with her coat on. She had curled her hair and was wearing the dress that she had worn to celebrate her last wedding anniversary. She smiled from a face that was as radiant as an angel’s. “I told my friends that I was going to go out with my son, and they were impressed,” she said, as she got into the car. “They can’t wait to hear about our meeting.”

We went to a restaurant that, although not elegant, was very nice and cozy. My mother took my arm as if she were the First Lady. After we sat down, I had to read the menu. Her eyes could only read large print. Half way through the entries, I lifted my eyes and saw Mom sitting there staring at me. A nostalgic smile was on her lips. “It was I who used to have to



read the menu when you were small,” she said. “Then it’s time that you relax and let me return the favour,” I responded. During the dinner, we had an agreeable conversation - nothing extraordinary but catching up on recent events of each other’s life. We talked so much that we missed the movie. As we arrived at her house later, she said, “I’ll go out with you again, but only if you let me invite you.” I agreed.

“How was your dinner date?” asked my wife when I got home. “Very nice. Much more so than I could have imagined,” I answered.

A few days later, my mother died of a massive heart attack. It happened so suddenly that I didn’t have a chance to do anything for her. Some time later, I received an envelope with a copy of a restaurant receipt from the same place mother and I had dined. An attached note said: “I paid this bill in advance. I wasn’t sure that I could be there; but nevertheless, I paid for two plates - one for you and the other for your wife. You will never know what that night meant for me. I love you, son.”

At that moment, I understood the importance of saying in time: “I LOVE YOU” and to give our loved ones the time that they deserve. Nothing in life is more important than your family. Give them the time they deserve, because these things cannot be put off till “some other time.”



Different Sisters



One is here; one lives there. They have two different colours of hair, two different outlooks on life. But for all the things that might be unique about them, these two sisters will always share so much. Their love will always be gentle when it can be and strong when it needs to be. No matter how different their stories turn out, they share the incredibly precious gift of being sisters. And when you think of what this world has to offer, a blessing like that is really... what it's all about.

Laurel Atherton



Don't Forget Love!



Once upon a time all feelings and emotions went to a coastal island for a vacation. According to their nature, each was having a good time. Suddenly, a warning of an impending storm was announced and everyone was advised to evacuate the island.

The announcement caused sudden panic. All rushed to their boats. Even damaged boats were quickly repaired and commissioned for duty.

Yet, Love did not wish to flee quickly. There was so much to do. But as the clouds darkened, Love realised it was time to leave. Alas, there were no boats to spare. Love looked around with hope.

Just then Prosperity passed by in a luxurious boat. Love shouted, "Prosperity, could you please take me in your boat?"

"No," replied Prosperity, "my boat is full of precious possessions, gold and silver. There is no place for you."

A little later Vanity came by in a beautiful boat. Again Love shouted, "Could you help me, Vanity? I am stranded and need a lift. Please take me with you."

Vanity responded haughtily, "No, I cannot take you with me. My boat will get soiled with your muddy feet."

Sorrow passed by after some time. Again, Love asked for help. But it was to no avail. "No, I cannot take you with me. I am so sad. I want to be by myself."



When Happiness passed by a few minutes later, Love again called for help. But Happiness was so happy that it did not look around, hardly concerned about anyone.

Love was growing restless and dejected. Just then somebody called out, "Come Love, I will take you with me." Love did not know who was being so magnanimous, but jumped on to the boat, greatly relieved that she would reach a safe place.

On getting off the boat, Love met Knowledge. Puzzled, Love inquired, "Knowledge, do you know who so generously gave me a lift just when no one else wished to help?"

Knowledge smiled, "Oh that was Time."

"And why would Time stop to pick me and take me to safety?" Love wondered.

Knowledge smiled with deep wisdom and replied, "Because only Time knows your true greatness and what you are capable of. Only Love can bring peace and great happiness in this world."

"The important message is that when we are prosperous, we overlook love. When we feel important, we forget love. Even in happiness and sorrow we forget love. Only with time do we realize the importance of love. Why wait that long? Why not make love a part of your life today?"



Just Take Care of my Eyes, Dear!



There was a blind girl who hated herself just because she's blind.

She hated everyone, except her loving boyfriend. He's always there for her.

She said that if she could only see the world, she would marry her boyfriend.

One day, someone donated a pair of eyes to her and then she can see everything, including her boyfriend.

Her boyfriend asked her, "now that you can see the world, will you marry me?"

The girl was shocked when she saw that her boyfriend is blind too, and refused to marry him.

Her boyfriend walked away in tears, and later wrote a letter to her saying. "Just take care of my eyes dear."

This is how human brain changes when the status changed.

Only few remember what life was before, and who's always been there even in the most painful situations.

Life is a Gift.

Today before you think of saying an unkind word - Think of someone who can't speak.

Before you complain about the taste of your food - Think of someone who has nothing to eat.



Before you complain about your husband or wife - Think of someone ho's crying out for a companion.

Today before you complain about life - Think of someone who went too early to heaven/hell.

Before you complain about your children - Think of someone who desires children but they're barren.

Before you argue about your dirty house, someone didn't clean or sweep - Think of the people who are living in the streets.

Before whining about the distance you drive - Think of someone who walks the same distance with their feet.

And when you are tired and complain about your job - Think of the unemployed, the disabled and those who wished they had your job.

But before you think of pointing the finger or condemning another - Remember that not one of us are without sin and we all answer to one maker.

And when depressing thoughts seem to get you down - Put a smile on your face and say thanks — you're alive and still around.

Life is a Gift:

Live it!
 Enjoy it!
 Celebrate it!
 Fulfil it!



Don't Hope...Decide!



While waiting to pick up a friend at the airport in Portland, Oregon, I had one of those life-changing experiences that you hear other people talk about — the kind that sneaks up on you unexpectedly. This one occurred a mere two feet away from me.

Straining to locate my friend among the passengers deplaning through the jet way, I noticed a man coming toward me carrying two light bags. He stopped right next to me to greet his family.

First he motioned to his youngest son (maybe six years old) as he laid down his bags. They gave each other a long, loving hug. As they separated enough to look in each other's face, I heard the father say, "It's so good to see you, son. I missed you so much!" His son smiled somewhat shyly, averted his eyes and replied softly, "Me, too, Dad!"

Then the man stood up, gazed in the eyes of his oldest son (maybe nine or ten) and while cupping his son's face in his hands said, "You're already quite the young man. I love you very much, Zach!" They too hugged a most loving, tender hug.

While this was happening, a baby girl (perhaps one or one-and-a-half) was squirming excitedly in her mother's arms, never once taking her little eyes off the wonderful sight of her returning father. The man said, "Hi, baby girl!" as he gently took the child from her mother. He quickly kissed her face all over and then held her close to his chest while rocking her from side to side. The little girl instantly relaxed and simply laid her head on his shoulder, motionless in pure contentment.

After several moments, he handed his daughter to his oldest son and declared, "I've saved the best for last!" and



proceeded to give his wife the longest, most passionate kiss I ever remember seeing. He gazed into her eyes for several seconds and then silently mouthed. "I love you so much!" They stared at each other's eyes, beaming big smiles at one another, while holding both hands.

For an instant they reminded me of newlyweds, but I knew by the age of their kids that they couldn't possibly be. I puzzled about it for a moment then realized how totally engrossed I was in the wonderful display of unconditional love not more than an arm's length away from me. I suddenly felt uncomfortable, as if I was invading something sacred, but was amazed to hear my own voice nervously ask, "Wow! How long have you two been married?"

"Been together fourteen years total, married twelve of those." he replied, without breaking his gaze from his lovely wife's face. "Well then, how long have you been away?" I asked. The man finally turned and looked at me, still beaming his joyous smile. "Two whole days!" Two days? I was stunned. By the intensity of the greeting, I had assumed he'd been gone for at least several weeks - if not months. I know my expression betrayed me.

I said almost offhandedly, hoping to end my intrusion with some semblance of grace (and to get back to searching for my friend); "I hope my marriage is still that passionate after twelve years!"

The man suddenly stopped smiling. He looked me straight in the eye, and with forcefulness that burned right into my soul, he told me something that left me a different person. He told me, "Don't hope, friend... decide!" Then he flashed me his wonderful smile again, shook my hand and said, "God bless!"

Michael D. Hargrove



STOP! More Stuff for FREE...

They CAN be yours!



"Before giving, the mind of the giver is happy; while giving, the mind of the giver is made peaceful; and having given, the mind of the giver is uplifted."

~Buddha~

Pay close attention! We have already created a bunch of Healing Tools especially for you and YES as it says above they are FREE, and what's more there are no strings attached.

As a matter of fact, we create these Healing Tools on an ongoing basis and of course we do so as fast as we can.

We invite you to keep coming back and checking in on us, SEE WHAT'S NEW, as we are busy creating a FREE "Healing Library" for your personal use.

<http://healing-journeys-energy.com/healing-tools-for-you.html>



Deeply Connected



- To be deeply connected... is to love and be loved
- To be deeply connected... is to harm none
- To be deeply connected... is to honour yourself
- To be deeply connected... is to be honourable or nothing at all
- To be deeply connected... is to be the teacher and the student
- To be deeply connected... is to change the world by changing yourself first
- To be deeply connected... is to accept others and yourself completely
- To be deeply connected... is to share and give while receiving all the while
- To be deeply connected... is to dance, sing and hold hands with the Universe
- To be deeply connected... is to know what you feel is right and good
- To be deeply connected... is to see beyond the barriers
- To be deeply connected... is to follow the rhythm of the Universe
- To be deeply connected... is to be one with the Source
- To be deeply connected... is to live with the earth – not just in it
- To be deeply connected... is to acknowledge the truth
- To be deeply connected... is to heal and be healed
- To be deeply connected... is to be truly free



Keep Your Dream



I have a friend named Monty Roberts who owns a horse ranch in San Ysidro. He has let me use his house to put on fund-raising events to raise money for youth at risk programs.

The last time I was there he introduced me by saying, "I want to tell you why I let Jack use my horse. It all goes back to a story about a young man who was the son of an itinerant horse trainer who would go from stable to stable, race track to race track, farm to farm and ranch to ranch, training horses. As a result, the boy's high school career was continually interrupted. When he was a senior, he was asked to write a paper about what he wanted to be and do when he grew up.

"That night he wrote a seven-page paper describing his goal of someday owning a horse ranch. He wrote about his dream in great detail and he even drew a diagram of a 200-acre ranch, showing the location of all the buildings, the stables and the track. Then he drew a detailed floor plan for a 4,000-square-foot house that would sit on a 200-acre dream ranch.

He put a great deal of his heart into the project and the next day he handed it in to his teacher. Two days later he received his paper back. On the front page was a large red F with a note that read, "See me after class."

The boy with the dream went to see the teacher after class and asked, "Why did I receive an F?"

The teacher said, "This is an unrealistic dream for a young boy like you. You have no money. You come from an itinerant family. You have no resources. Owning a horse ranch requires a lot of money. You have to buy the land. You have to pay for the original breeding stock and later you'll have to pay large stud fees. There's no way you could ever do it."



Then the teacher added, "If you will rewrite this paper with a more realistic goal, I will reconsider your grade."

The boy went home and thought about it long and hard. He asked his father what he should do. His father said, "Look, son, you have to make up your own mind on this. However, I think it is a very important decision for you." Finally, after sitting with it for a week, the boy turned in the same paper, making no changes at all.

He stated, "You can keep the F and I'll keep my dream."

Monty then turned to the assembled group and said, "I tell you this story because you are sitting in my 4,000-square-foot house in the middle of my 200-acre horse ranch. I still have that school paper framed over the fireplace." He added, "The best part of the story is that two summers ago that same schoolteacher brought 30 kids to camp out on my ranch for a week." When the teacher was leaving, he said, "Look, Monty, I can tell you this now. When I was your teacher, I was something of a dream stealer. During those years I stole a lot of kids' dreams. Fortunately you had enough gumption not to give up on yours."

"Don't let anyone steal your dreams. Follow your heart, no matter what."

Author Unknown



Everyone Has Purpose and Beauty



A cosmic god had a horse. The horse was beautiful and also it had many good qualities. But it wanted to be more perfect in every way. It especially wanted to become beauty unparalleled.

One day the horse said to the cosmic god, "O Lord, you have given me beauty. You have given me other good qualities. I am so grateful to you. But how I wish you could make me more beautiful. I would be extremely, extremely grateful if you could make me more beautiful."

The cosmic god said, "I am more than ready to make you more beautiful. Tell me in what way you want to be changed."

The horse said, "It seems to me that I am not well proportioned. My neck is too short. If you can make my neck a little longer, my upper body will be infinitely more beautiful. And if you can make my legs much longer and thinner, then I will look infinitely more beautiful in my lower body."

The cosmic god said, "Amen!" Then immediately he made a camel appear in place of the horse. The horse was so disheartened that it started to cry, "O Lord, I wanted to become more beautiful. In what way is this kind of outer form more beautiful?"

The cosmic god said, "This is exactly what you asked for. You have become a camel."

The horse cried, "Oh no, I do not want to become a camel I wish to remain a horse. As a horse, everybody appreciated my good qualities. Nobody will appreciate me as a camel."



The cosmic god said, "Never try to achieve or receive more than I have given you. If you want to lead a desire-life, then at every moment you will want more and more. But you have no idea what the outcome will be. If you cry for a longer neck and legs, this is what will happen. Each thing in my creation has its own good qualities. The camel is not as beautiful as you are, but it carries heavy loads and has a tremendous sense of responsibility.



Every Difficulty Is an Opportunity



This parable is told of a farmer who owned an old mule. The mule fell into the farmer's well. The farmer heard the mule praying or whatever mules do when they fall into wells. After carefully assessing the situation, the farmer sympathized with the mule, but decided that neither the mule nor the well was worth the trouble of saving. Instead, he called his neighbours together, told them what had happened, and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery.

Initially the old mule was hysterical! But as the farmer and his neighbours continued shovelling and the dirt hit his back, a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back, HE WOULD SHAKE IT OFF AND STEP UP!

This he did, blow after blow. "Shake it off and step up...shake it off and step up...shake it off and step up!" He repeated to encourage himself. No matter how painful the blows, or how distressing the situation seemed, the old mule fought panic and just kept right on SHAKING IT OFF AND STEPPING UP!

It wasn't long before the old mule, battered and exhausted, stepped triumphantly over the wall of that well! What seemed like it would bury him actually helped him... all because of the manner in which he handled his adversity.

THAT'S LIFE! If we face our problems and respond to them positively, and refuse to give in to panic, bitterness, or self-pity, we will succeed in all we do.



A Gift of Love!



“Can I see my baby?” the happy new mother asked. When the bundle was nestled in her arms and she moved the fold of cloth to look upon his tiny face, she gasped. The doctor turned quickly and looked out the tall hospital window. The baby had been born without ears. Time proved that the baby’s hearing was perfect. It was only his appearance that was marred.

When he rushed home from school one day and flung himself into his mother’s arms, she sighed, knowing that his life was to be a succession of heartbreaks. He blurted out the tragedy. “A boy, a big boy ... called me a freak.”

He grew up, handsome for his misfortune. A favourite with his fellow students, he might have been class president, but for that. He developed a gift, a talent for literature and music. “But you might mingle with other young people,” his mother reproved him, but felt a kindness in her heart. The boy’s father had a session with the family physician. Could nothing be done? “I believe I could graft on a pair of outer ears, if they could be procured,” the doctor decided.

Whereupon the search began for a person who would make such a sacrifice for a young man. Two years went by. Then, “You are going to the hospital, Son. Mother and I have someone who will donate the ears you need. But it’s a secret,” said the father. The operation was a brilliant success, and a new person emerged. His talents blossomed into genius, and school and college became a series of triumphs. Later he married and entered the diplomatic service. “But I must know!” He urged his father, “Who gave so much for me? I could never do enough for him.” “I do not believe you could,” said the father, “but the agreement was that you are not to know... not yet.



" The years kept their profound secret, but the day did come... one of the darkest days that a son must endure. He stood with his father over his mother's casket. Slowly, tenderly, the father stretched forth a hand and raised the thick, reddish-brown hair to reveal that the mother had no outer ears. "Mother said she was glad she never let her hair be cut," he whispered gently, "and nobody ever thought Mother less beautiful, did they?"

Real beauty lies not in the physical appearance, but in the heart. Real treasure lies not in what that can be seen, but what that cannot be seen. Real love lies not in what is done and known, but in what that is done but not known.



Just For Today Do Not Anger



There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the fence.

The first day the boy had driven 37 nails into the fence. Over the next few weeks as he learned to control his anger, the number of nails hammered daily, gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence. Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said "you have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one."

You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there.

Make sure you control your temper the next time you are tempted to say something you will regret later.

Read more about "ANGER" at
<http://healing-journeys-energy.com/reiki-principles.html>



Don't Give Up - Learn



Thomas Edison tried two thousand different materials in search of a filament for the light bulb. When none worked satisfactorily, his assistant complained, "All our work is in vain. We have learned nothing."

Edison replied very confidently, "Oh, we have come a long way and we have learned a lot. We know that there are two thousand elements which we cannot use to make a good light bulb."



To Let Go



To let go does not mean to stop caring, it means I can't do it for someone else.

To let go is not to cut myself off, it's the realization that I can't control another.

To let go is not to enable, but to allow learning from natural consequences.

To let go is to admit powerlessness, which means the outcome is not in my hands.

To let go is not to try to change or blame another, it's to make the most of myself.

To let go is not to care for, but to care about.

To let go is not to fix, but to be supportive.

To let go is not to judge, but to allow another to be a human being.

To let go is not to be in the middle arranging all the outcomes, but to allow others to affect their own destinies.

To let go is not to be protective, it's to permit another to face reality.

To let go is not to criticize, or regulate anyone, but to try to become what I dream I can do.

To let go is to fear less, and to love more.



Lightening Speed Abundance & Well Being with the The Sedona Method

Give me a moment to explain the Sedona Method.

As we progress through life we have different experiences at different times causing different emotions or feelings. Unfortunately not all of them are good.

AND...

Your feelings define how you function in the world.

[Using the Sedona Method](#) you will successfully manifest your desires be it improving your career, creating abundance, igniting passionate romances, improving weight loss and health, overcoming fear, anxiety, guilt, shame, bad habits or addiction, being free of depression or having more happiness, joy and boundless energy, the list is endless; it is imperative for you to be in the right frame of mind.

You already know that YOU are the creator of your own life.

If your mind is cluttered with any of the negative events and feelings of the past your power to manifest is affected adversely.



Your thoughts and feelings will manifest into reality.

Think about it! If you FEEL powerful, then you act powerfully. Yet if you FEEL weak and sad, you will act sadly. The universal "Law of Attraction" clearly states that "Like Attracts Like" and therefore what you are thinking and feeling will be attracted to you.

And, unless you change those thoughts and feelings, you are always going to act as you have always acted and therefore you will produce the results you have always produced.

Yes, ask yourself: "How will the Sedona Method change that?"

Well a good question deserves a good answer!

The Sedona Method is [the most powerful self-empowerment technique on the web.](#)

As I said earlier we are filled with past experiences and their resultant feelings, and I am prepared to bet that given a set of circumstances, over which you have little control, someone or something will push a button within you that will raise that emotion. Not necessarily a good one.

This emotion will cloud your thoughts and without a doubt those thoughts, being energy, will manifest in your life.

Let's look at an example together.

I am sure you can remember when someone close to you, without realising it, angered you, yes?



Now imagine that feeling of all consuming anger and the thoughts that went with it, bring those feelings to the surface once again.

Good, now honestly what happened?

Did you lose control and say things you shouldn't have, did you get a headache or did you think thoughts that in retrospect you wish you hadn't?

Well here's the thing, the deep seated emotions that resulted in your reaction is energy and that energy is alive within you right now, look how easily you recreated it.

You need to take control of your life right now, with [the Sedona Method](#).

You will learn a unique, powerful, simple, easy-to-learn and effective technique to quickly, completely and permanently erase those negative responses from your life.

Take control of your life today with The Sedona Method - [Click here to receive your Free Self Empowerment DVD and CD](#)



Believe in Yourself



There may be days when you get up in the morning and things aren't the way you had hoped they would be.

That's when you have to tell yourself that things will get better. There are times when people disappoint you and let you down.

But those are the times when you must remind yourself to trust your own judgments and opinions, to keep your life focused on believing in yourself.

There will be challenges to face and changes to make in your life, and it is up to you to accept them.

Constantly keep yourself headed in the right direction for you. It may not be easy at times, but in those times of struggle you will find a stronger sense of who you are.

So when the days come that are filled with frustration and unexpected responsibilities, remember to believe in yourself and all you want your life to be.

Because the challenges and changes will only help you to find the goals that you know are meant to come true for you.

Keep Believing in Yourself



Juggle Balls



Imagine life as a game in which you are juggling some five balls in the air.

You name them - work, family, health, friends and spirit and you're keeping all of these in the air.

You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls - family, health, friends and spirit are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life. How?

- Don't undermine your worth by comparing yourself with others. It is because we are different that each of us is special.
- Don't set your goals by what other people deem important. Only you know what is best for you.
- Don't take for granted the things closest to your heart. Cling to them as you would your life, for without them, life is meaningless.
- Don't let your life slip through your fingers by living in the past or for the future. By living your life one day at a time, you live ALL the days of your life.
- Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.
- Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us each together.
- Don't be afraid to encounter risks. It is by taking chances that we learn how to be brave.
- Don't shut love out of your life by saying it's impossible to find. The quickest way to receive love is

to give; the fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings.

- Don't run through life so fast that you forget not only where you've been, but also where you are going.
- Don't forget that a person's greatest emotional need is to feel appreciated.
- Don't be afraid to learn. Knowledge is weightless, a treasure you can always carry easily.
- Don't use time or words carelessly. Neither can be retrieved. Life is not a race, but a journey to be savoured each step of the way.

By Coca Cola CEO Brian Dyson



Don't Be Afraid



Here we are, afraid of losing what we have all the time, holding on to it so tight that not a soul can touch it. We think by hiding it from the world, it's hidden and it's ours.

Nothing is. Nothing ever will be. For, nothing ever was.

If you think there is anything that you have, that's yours, be it money, a house, a job, or whatever... it's nothing but an illusion. It can all disappear... in one blow just one blow.

Here we are, so insecure that we are afraid of re-starting our lives, so we just carry on trying to sort out the current mess. The thought that we should give it all up and just start all over - with nothing - might cross our minds some time, sure, but we get scared and we push away anything that scares us.

There is nothing you can ever achieve or gain that you cannot lose, in a matter of seconds. You have never gained enough to not be able to lose it all, in just a few minutes. What you think is yours, was never yours and will never be yours. Whatever you make here, you leave here. You came naked and you're going to go back naked.

So what are you afraid of?

Let all be lost. Let them take away everything. As long as you have your heart beating strong, as long as you have your nostrils working fine, as long as the blood flows in your veins, you will live, you will breathe and you can get it all back... again and again. For, if you can do it once, you can damn well do it again. It's just a game we play – the game of Life.

By Rohit Wadhwaney



Don't Quit!



When things go wrong, as they sometimes will,
 When the road you're trudging seems all uphill,
 When the funds are low and the debts are high,
 And you want to smile, but you have to sigh,
 When care is pressing you down a bit,
 Rest, if you must, but do not quit.

Life is queer with its twists and turns,
 As every one of us sometimes learns,
 And many a failure turns about,
 When he might have won had he stuck it out;
 Don't give up though the pace seems slow
 You may succeed with another blow.

Often the goal is nearer than,
 It seems to a faint and faltering man,
 Often the struggler has given up,
 When he might have captured the victor's cup,
 And he learned too late when the night slipped down,
 How close he was to the golden crown.

Success is failure turned inside out
 The silver tint of the clouds of doubt,
 And you never can tell how close you are,
 It may be near when it seems so far,
 So stick to the fight when you're hardest hit
 It's when things seem worst that you must not quit.



Win by Helping Others Win



A few years ago at the Seattle Special Olympics, nine contestants, all physically or mentally disabled, assembled at the starting line for the 100 yard dash.

At the gun, they all started out, not exactly in a dash, but with a relish to run the race to the finish and win. All, that is, except one boy who stumbled on the asphalt, tumbled over a couple of times and began to cry.

The other eight heard the boy. They slowed down and looked back. They all turned around and went back, every one of them. One girl with Down's syndrome bent down and kissed him and said, "This will make it better."

All nine linked arms and walked across the finish line together. Everyone in the stadium stood, and the cheering went on for several minutes.

People who were there are still telling the story.

Why? Because deep down we know one thing. What matters most in this life is more than winning for ourselves. What truly matters in this life is helping others win, even if it means slowing down and changing our course because then we truly win.



Smile



A smile costs nothing, but gives so much.

It enriches those who receive, without making poorer those who give.

It takes a moment, but the memory of it sometimes lasts forever.

None is so rich or mighty that he can get along without it, and none is so poor, but that he can be made rich by it.

A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship.

It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone, until it is given away.

Some people are too tired to give you a smile - give them one of yours, as none needs a smile so much as he who has no more to give.

Life



Sometimes people come into your life and you know right away that they were meant to be there, to serve some sort of purpose, teach you a lesson, or to help you figure out who you are or who you want to become.

You never know who these people may be - a roommate, a neighbour, a professor, a friend, a lover, or even a complete stranger - but when you lock eyes with them, you know at that very moment they will affect your life in some profound way.

Sometimes things happen to you that may seem horrible, painful, and unfair at first, but in reflection you find that without overcoming those obstacles you would have never realized your potential, strength, willpower, or heart.

Illness, injury, love, lost moments of true greatness, and sheer stupidity all occur to test the limits of your soul. Without these small tests, whatever they may be, life would be like a smoothly paved straight flat road to nowhere. It would be safe and comfortable, but dull and utterly pointless.

The people you meet who affect your life, and the success and downfalls you experience, help to create who you are and who you become. Even the bad experiences can be learned from. In fact, they are sometimes the most important ones.

If someone loves you, give love back to them in whatever way you can, not only because they love you, but because in a way, they are teaching you to love and how to open your heart and eyes to things.

If someone hurts you, betrays you, or breaks your heart, forgive them, for they have helped you learn about trust and



the importance of being cautious to whom you open your heart.

Make every day count. Appreciate every moment and take from those moments everything that you possibly can for you may never be able to experience it again. Talk to people that you have never talked to before, and listen to what they have to say.

Let yourself fall in love, break free, and set your sights high. Hold your head up because you have every right to. Tell yourself you are a great individual and believe in yourself, for if you don't believe in yourself, it will be hard for others to believe in you.

You can make anything you wish of your life. Create your own life and then go out and live it with absolutely no regrets.

And if you love someone tell them, for you never know what tomorrow may have in store.

Learn a lesson in life each day that you live!

Today is the tomorrow you were worried about yesterday.

Think About it? Was it worth it?



Enjoy Your Life at Every Moment



Once upon a moment a fisherman was sitting near the seashore, under the shadow of a tree smoking his pipe. Suddenly a rich businessman passing by approached him and enquired as to why he was sitting under a tree smoking and not working. To this the poor fisherman replied that he had caught enough fishes for the day.

Upon hearing this, the rich man got angry and said: "Why don't you catch more fishes instead of sitting in shadow wasting your time?"

Fisherman: "What would I do by catching more fishes?"

Businessman: "You could catch more fishes, sell them and earn more money, and buy a bigger boat."

Fisherman: "What would I do then?"

Businessman: "You could go fishing in deep waters and catch even more fishes and earn even more money."

Fisherman: "What would I do then?"

Businessman: "You could buy many boats and employ many people to work for you and earn even more money."

Fisherman: "What would I do then?"

Businessman: "You could become a rich businessman like me."

Fisherman: "What would I do then?"

Businessman: "You could then enjoy your life peacefully."

Fisherman: "What do you think I'm doing right now?"

MORAL - You don't need to wait for tomorrow to be happy and enjoy your life. You don't even need to be richer or more powerful to enjoy life. LIFE is at this moment, enjoy it fully.

As some great men have said, "My riches consist not in extent of my possessions but in the fewness of my wants".



Love in Action



One night a man came to our house and told me, "There is a family with eight children. They have not eaten for days," I took some food and I went. When I finally came to the family, I saw the faces of those little children disfigured by hunger. There was no sorrow or sadness in their faces, just the deep pain of hunger. I gave the rice to the mother. She divided it in two, and went out, carrying half the rice with her. When she came back, I asked her, "Where did you go?" She gave me this simple answer, "To my neighbours, they are hungry also."

I was not surprised that she gave, because poor people are generous. But I was surprised that she knew they were hungry. As a rule, when we are suffering, we are so focused on ourselves we have no time for others.

Mother Teresa



If I Had My Life to Live Over



I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained and the sofa faded.

I would have eaten the popcorn in the “good” living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed. I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have sat on the lawn with my children and not worried about grass stains.

I would have cried and laughed less while watching TV - and more while watching life.

I would have shared more of the responsibility carried by my husband.

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would never have bought anything just because it was practical, wouldn't show soil or was guaranteed to last a lifetime.



Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, "Later. Now go get washed up for dinner."

There would have been more "I love yous"...more "I'm sorrys"...

But mostly, given another shot at life, I would seize every minute...look at it and really see it...live it...and never give it back.

In memory of Erma Bombeck who lost her fight with cancer.



Easily Manifest your Hearts Desires

You will Actually Learn how to manifest, how to Create Baby Holograms [the intermediate photograph \(or photographic record\) that contains information for reproducing a three-dimensional image](#) of your desires out of light and sound and as they are pure energy thus they are realities.

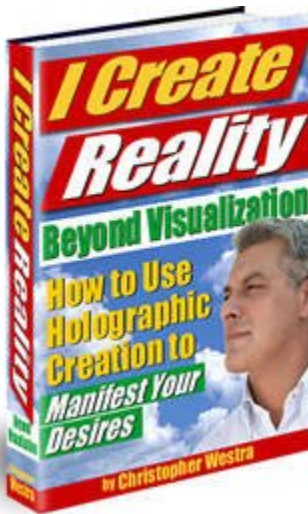
Then you will learn how to send these Baby Holograms into the fertile soil of the Universe where they will mature and grow into Full-Size Holograms that will [manifest Reveal its presence or make an appearance in reality](#) in your physical reality.

You do create your own reality; it is the universal Law of the Universe "Like Attracts Like" and therefore what you think will manifest into reality.

If you have a clear mind and the correct image and intention that is what you will create.

How do I set the correct intention?





You learn how!

Sorry was that kinda harsh. Think about it you have learned everything else you know, either by direct training or by repetitive habit or just through instinct. Now you can learn something you want more than anything, and [this book](#) in a few easy steps will teach you how!

How to Manifest your desires!

- Have Financial Abundance - Make Money or Save Money
- Live Your Dream - Freedom to do what you want to do when you want to do it.
- Be Happy - Have peace of mind, joy.
- Save Time - Have more real time for life.
- Develop Talent or Skill - Feel competent in the many areas of your life.
- Obtain Increased Health - Have more energy, less pain, more vitality.
- Have Comfort and Leisure and Recreation - Avoid overwork and frenzied lifestyle.
- Increase Sense of Purpose - Meaningful work, Connection to the Universe

- Live in a Clean, Beautiful Environment - Have a neat, ordered living space.
- Be Honoured and Respected - Gain praise, popularity and admiration.
- Gain Control Over Your Life - Be the captain of your ship, guide your life.
- Feel Good About Yourself - Know who you really are, confident in abilities.
- Develop Your Full Potential - Grow in knowledge and ability.
- Enjoy Loving Relationships - Sexual satisfaction, close family and friends.
- Create Beauty - Be involved in art, crafts, dance, hobbies, etc.
- Have Hope in the Future - Have a full expectation of desirable things to come.

This book ["I Create Reality"](#) will teach you how in a very short time how to crystallize you thoughts, how to create the energy required to quickly bring into your reality your desires, to manifest the abundance that is your right.

You know what, we are so confident, the author is so confident and we want you to be just as confident that we are going to allow you 60 days in which, if after you have tried this simple technique, you are not satisfied then you can return it - no questions asked!

Get you copy now by [clicking here!](#)



A Box of Kisses



Some time ago, a man punished his 3-year-old daughter for wasting a roll of gold wrapping paper. Money was tight and he became infuriated when the child tried to decorate a box to put under the Christmas tree.

Nevertheless, the little girl brought the gift to her father the next morning and said, "This is for you, Daddy." He was embarrassed by his earlier overreaction, but his anger flared again when he found the box was empty.

He yelled at her, "Don't you know that when you give someone a present, there's supposed to be something inside it?"

The little girl looked up at him with tears in her eyes and said, "Oh, Daddy, it is not empty. I blew kisses into the box, all just for you, Daddy."

The father was crushed. He put his arms around his little girl, and he begged for her forgiveness.

It is told that the man kept that gold box by his bed for years and whenever he was discouraged, he would take out an imaginary kiss and remember the love of the child who had put it there.

In a very real sense, each of us as humans have been given a gold container filled with unconditional love and kisses from our children, friends, family and God. There is no more precious possession anyone could hold.

Know You Can



My little 10-year-old daughter, Sarah was born with a muscle missing in her foot and wears a brace all the time. She came home one beautiful spring day to tell me she had competed in "field day" - that's where they have lots of races and other competitive events.

Because of her leg support, my mind raced as I tried to think of encouragement for my Sarah, things I could say to her about not letting this get her down - but before I could say anything, she said, "Daddy, I won two of the races!"

I couldn't believe it! And then Sarah said, "I had an advantage." I knew it. I thought she must have been given a head start...some kind of physical advantage. But again, before I could say anything, she said, "Daddy, I didn't get a head start...my advantage was I had to try harder!"



Deep From the Heart



An old man lived alone in Minnesota. He wanted to spade his potato garden, but it was very hard work. His only son, who would have helped him, was in prison. The old man wrote a letter to his son and mentioned his situation:

Dear Son,

I am feeling pretty bad because it looks like I won't be able to plant my potato garden this year. I hate to miss doing the garden because your mother always loved planting time. I'm just getting too old to be digging up a garden plot. If you were here, all my troubles would be over. I know you would dig the plot for me, if you weren't in prison.

Love,
Dad

Shortly afterwards, the old man received this telegram: "For Heaven's sake, Dad, don't dig up the garden!! That's where I buried the GUNS!!"

At 4 a.m. the next morning, a dozen FBI agents and local police officers showed up and dug up the entire garden without finding any guns.

Confused, the old man wrote another note to his son telling him what had happened, and asked him what to do next.

His son's reply was: "Go ahead and plant your potatoes, Dad. It's the best I could do for you, from here."

NO MATTER WHERE YOU ARE IN THE WORLD, IF YOU HAVE DECIDED TO DO SOMETHING DEEP FROM YOUR HEART, YOU CAN DO IT.

IT IS THE THOUGHT THAT MATTERS, NOT WHERE YOU ARE OR WHERE THE PERSON IS.



Be the Teacher



The great Zen teacher, Benzei had many pupils. One day, one of them was caught stealing by his fellow-students and they reported him to Benzei. But he took no action against the boy.

A few days later the same boy was again caught stealing. And again Benzei did nothing. This angered the other students who drew up a petition asking for the dismissal of the thief. They threatened to leave en masse if the boy was allowed to stay.

The teacher called a meeting of the students. When they had assembled he said to them: "You are good boys who know what is right and what is wrong. If you leave you will have no trouble in joining some other school. But what about your brother who does not even know the difference between right and wrong? Who will teach him if I don't? No, I cannot ask him to go even if it means losing all of you."

Tears coursed down the cheeks of the boy who had stolen. He never stole again and in later life became renowned for his integrity.



Open Your Mind – The Lost Son



"A young widower, who loved his five year old son very much, was away on business when bandits came who burned down the whole village and took his son away. When the man returned, he saw the ruins and panicked. Then took the burnt corpse of an infant to be his son and cried uncontrollably. He organised a cremation ceremony, collected the ashes and put them in a beautiful little bag which he always kept with him.

Soon afterwards, his real son escaped from the bandits and found his way home. He arrived at his father's new cottage at midnight and knocked at the door. The father, still grieving asked: "Who is it?" The child answered, it is me papa, open the door!" But in his agitated state of mind, convinced his son was dead, the father thought that some young boy was making fun of him. He shouted: "Go away" and continued to cry. After some time, the child left.

Father and son never saw each other again."

After this story, the Buddha said: "Sometime, somewhere, you take something to be the truth. If you cling to it so much, even when the truth comes in person and knocks on your door, you will not open it."



I've learned that...



I've learned that... you cannot make someone love you. All you can do is be someone who can be loved. The rest is up to them.

I've learned that... no matter how much I care, some people just don't care back

I've learned that... it takes years to build up trust, and only seconds to destroy it.

I've learned that... it's not what you have in your life, but who you have in your life that counts.

I've learned that... you can get by on charm for about 15 minutes. After that, you'd better know something.

I've learned that... you shouldn't compare yourself to the best others can do, but to the best you can do.

I've learned that... it's not what happens to people that's important. It's what they do about it.

I've learned that... no matter how thin you slice it, there are always two sides.

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

I've learned that... it's a lot easier to react than it is to think.

I've learned that... you should always leave loved ones with loving words. It may be the last time you see them.



I've learned that... you can keep going long after you think you can't.

I've learned that... we are responsible for what we do, no matter how we feel.

I've learned that... either you control your attitude or it controls you.

I've learned that... regardless of how hot and steamy a relationship is at first, the passion fades and there had better be something else to take its place. (Amen to that!)

I've learned that... heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.

I've learned that... learning to forgive takes practice.

I've learned that... there are people who love you dearly, but just don't know how to show it.

I've learned that... money is a lousy way of keeping score.

I've learned that... my best friend and I can do anything or nothing and have the best time.

I've learned that... sometimes the people you expect to kick you when you're down will be the ones to help you get back up.

I've learned that... I'm getting more and more like my grandma, and I'm kinda happy about it.

I've learned 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've learned that... true friendship continues to grow, even over the longest distance. Same goes for true love.



I've learned that... just because someone doesn't love you the way you want them to it doesn't mean they don't love you with all they have.

I've learned 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've learned that... you should never tell a child her dreams are unlikely or outlandish. Few things are more humiliating, and what a tragedy it would be if she believed it

I've learned that... your family won't always be there for you. It may seem funny, but people you aren't related to can take care of you and love you and teach you to trust people again. Families aren't biological.

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

I've learned that... it isn't always enough to be forgiven by others. Sometimes you have to learn to forgive yourself.

I've learned that... no matter how bad your heart is broken the world doesn't stop for your grief.

I've learned that... our background and circumstances may have influenced who we are, but we are responsible for who we become.

I've learned that... sometimes when my friends fight; I'm forced to choose sides even when I don't want to.

I've learned 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.



I've learned that... sometimes you have to put the individual ahead of their actions.

I've learned that... we don't have to change friends if we understand that friends change.

I've learned that... if you don't want to forget something, stick it in your underwear drawer.

I've learned that... you shouldn't be so eager to find out a secret. It could change your life forever.

I've learned that... the clothes I like best are the ones with the most holes in them.

I've learned that... two people can look at the exact same thing and see something totally different.

I've learned that... no matter how you try to protect your children, they will eventually get hurt and you will hurt in the process.

I've learned that... there are many ways of falling and staying in love.

I've learned that... no matter the consequences, those who are honest with themselves, get farther in life.

I've learned that... many things can be powered by the mind, the trick is self-control.

I've learned that... no matter how many friends you have, if you are their pillar, you will feel lonely and lost at the times you need them most.

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



I've learned 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've learned that... writing, as well as talking, can ease emotional pains.

I've learned that... the paradigm we live in is not all that is offered to us.

I've learned that... credentials on the wall do not make you a decent human being.

I've learned that... the people you care most about in life are taken from you too soon.

I've learned that... although the word "love" can have many different meanings, it loses value when overly used.

I've learned that... it's hard to determine where to draw the line between being nice and not hurting people's feelings and standing up for what you believe.

Author Unknown



God's Coffee



A group of alumni, highly established in their careers, got together to visit their old university professor. Conversation soon turned into complaints about stress in work and life.

Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups - porcelain, plastic, glass, crystal, some plain looking, some expensive, some exquisite - telling them to help themselves to the coffee.

When all the students had a cup of coffee in hand, the professor said: "If you noticed, all the nice looking expensive cups were taken up, 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.

Be assured that the cup itself adds no quality to the coffee. In most cases it is just more expensive and in some cases even hides what we drink.

What all of you really wanted was coffee, not the cup, but you consciously went for the best cups... And then you began eyeing each other's cups.

Now consider this:

Life is the coffee; the jobs, money and position in society are the cups. They are just tools to hold and contain Life, and the type of cup we have does not define, nor change the quality of Life we live.

Sometimes, by concentrating only on the cup, we fail to enjoy the coffee God has provided us."



God brews the coffee, not the cups..... Enjoy your coffee!

Live simply. Love generously. Care deeply. Speak kindly.
Leave the rest to God.

Author unknown

"The happiest people don't have the best of everything.
They just make the best of everything."



Definition of LOVE



A group of professional people posed this question to a group of 4 to 8 year-olds, "What does love mean?" The answers they got were broader and deeper than anyone could have imagined. See what you think:

"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love." Rebecca - age 8

"When someone loves you, the way they say your name is different. You know that your name is safe in their mouth." Billy - age 4

"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other." Karl - age 5

"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs." Chrissy - age 6

"Love is what makes you smile when you're tired." Terri - age 4

"Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK." Danny - age 7

"Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mommy and Daddy are like that. They look gross when they kiss" Emily - age 8



"Love is what's in the room with you at Christmas if you stop opening presents and listen," Bobby - age 7 (Wow!)

"If you want to learn to love better, you should start with a friend who you hate," Nikka - age 6

"There are two kinds of love. Our love and God's love, but God makes both kinds of them." Jenny - age 8

"Love is when you tell a guy you like his shirt, and then he wears it everyday." Noelle - age 7

"Love is like a little old woman and a little old man who are still friends even after they know each other so well." Tommy - age 6

"During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore," Cindy - age 8

"My mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night." Clare - age 6

"Love is when Mommy gives Daddy the best piece of chicken." Elaine - age 5

"Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford." Chris - age 7

"Love is when your puppy licks your face even after you left him alone all day." Mary Ann - age 4

"I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones." Lauren - age 4

"When you love somebody, your eyelashes go up and down and little stars come out of you." Karen - age 7



"Love is when Mommy sees Daddy on the toilet and she doesn't think it's gross." Mark - age 6

"You really shouldn't say "I love you" unless you mean it. But if you mean it, you should say it a lot. People forget," Jessica - age 8

Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child.

The winner was a four year old child whose next door neighbour was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his Mother asked him what he had said to the neighbour, the little boy said, "Nothing, I just helped him cry."



Which One Do You Feed?



An old Grandfather, whose grandson came to him with anger at a schoolmate who had done him an injustice, said, "Let me tell you a story. I too, at times, have felt a great hate for those that have taken so much, with no sorrow for what they do. But hate wears you down, and does not hurt your enemy. It is like taking poison and wishing your enemy would die. I have struggled with these feelings many times."

He continued, "It is as if there are two wolves inside me; one is good and does no harm. He lives in harmony with all around him and does not take offense when no offense was intended. He will only fight when it is right to do so, and in the right way."

"But the other wolf, ah! He is full of anger. The littlest thing will set him into a fit of temper. He fights everyone, all the time, for no reason. He cannot think because his anger and hate are so great. It is hard to live with these two wolves inside me, for both of them try to dominate my spirit."

The boy looked intently into his Grandfather's eye and asked, "Which one wins, Grandfather?"

The Grandfather solemnly said, "The one I feed."



Dance like No One's Watching



We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren't old enough and we'll be more content when they are.

After that we're frustrated that we have teenagers to deal with, we will certainly be happy when they are out of that stage.

We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, are able to go on a nice vacation, when we retire.

The truth is there's no better time to be happy than right now.

If not now, when?

Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway.

One of my favourite quotes comes from Alfred D Souza.

He said, "For a long time it had seemed to me that life was about to begin... real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life."

This perspective has helped me to see that there is no way to happiness.

Happiness is the way, so, treasure every moment that you have and treasure it more because you shared it with someone special, special enough to spend your time... and remember that time waits for no one.



So stop waiting -

- until you finish school,
- until you go back to school,
- until you lose ten pounds,
- until you gain ten pounds,
- until you have kids,
- until your kids leave the house,
- until you start work,
- until you retire,
- until you get married,
- until you get divorced,
- until Friday night,
- until Sunday morning,
- until you get a new car or home,
- until your car or home is paid off,
- until spring, until summer,
- until fall, until winter,
- until you are off welfare,
- until the first or fifteenth,
- until your song comes on,
- until you've had a drink,
- until you've sobered up,
- until you die, until you are born again

to decide that there is no better time than right now to be happy...

Happiness is a journey, not a destination.

So,

Work like you don't need money

Love like you've never been hurt

AND

Dance Like no one's watching.

Author Unknown



Just for Today Do Not Worry



There are two days in every week about which we should not worry. Two days which should be kept free from fear and apprehension.

One of these days is yesterday with its mistakes and cares, its faults and blunders, its aches and pains.

Yesterday has passed forever beyond our control.

All the money in the world cannot bring back yesterday.

We cannot undo a single act we performed.

We cannot erase a single word we said.

YESTERDAY IS GONE.

The other day we should not worry about is tomorrow, with its possible adversities, its burdens, its large promise and poor performance.

Tomorrow is also beyond our immediate control.

Tomorrow's Sun will rise, either in splendour or behind a mask of clouds, but it will rise. Until it does, we have no stake in tomorrow, for it is yet unborn.

This leaves only one day . . . TODAY.

Any person can fight the battles of just one day.

It is only when you and I add the burdens of those two awful eternities - yesterday and tomorrow that we break down.



It is not the experience of today that drives people mad.

It is the remorse or bitterness for something which happened yesterday and the dread of what tomorrow may bring.

Let us therefore live but one day at a time.

Author Unknown (Possible author Jennifer Kritsch)



Yesterday, Today, and Tomorrow



Today is the tomorrow I worried about yesterday
 And today was such a lovely day,
 That I wondered why I worried about today yesterday
 So today I am not going to worry about tomorrow
 There may not be a tomorrow anyway
 So today I am going to live as if there is no tomorrow
 And I am going to forget about yesterday.

Today is the tomorrow I planned for yesterday
 And nearly all my plans for today did not plan out the way I
 thought they would yesterday
 So today I am forgetting about tomorrow and I will plan for
 today
 But not too strenuously
 Today I will stop to smell a rose
 I will tell a loved one how much I love her
 I will stop planning for tomorrow and plan to make today the
 best day of my life.

Today is the tomorrow I was afraid of yesterday
 And today was nothing to be afraid of
 So today I will banish fear of the unknown
 I will embrace the unknown as a learning experience full of
 exciting opportunities
 Today, unlike yesterday I will not fear tomorrow.

Today is the tomorrow I dreamed about yesterday
 And some of the dreams I dreamt about yesterday came true
 today
 So today I am going to continue dreaming about tomorrow
 And perhaps more of the dreams I dream today will come true
 tomorrow.

Today is the tomorrow I set goals for yesterday



And I reached some of those goals today
So today I am going to set slightly higher goals for today and
tomorrow
And if tomorrow turns out to be like today
I will certainly reach all of my goals one day!

Author Unknown, Source Unknown

Read more about “WORRY” at
<http://healing-journeys-energy.com/reiki-principles.html>



The Gift of Today



Look to this day for it is life
The very life of life
In its brief course lie all the realities and truths of existence

The joy of growth
The splendour of action
The glory of power

For yesterday is but a memory and tomorrow is only a vision
But today well lived
Makes every yesterday a memory of happiness
And every tomorrow a vision of hope

Look well, therefore, to this day!

Ancient Sanskrit Poem



Healing Journeys - ENERGY

HEALTH - ABUNDANCE - WELL BEING
A journey of a thousand miles begins
with a single step. Healing is a
journey. The destination is
yourself.

My Creed



"I do not choose to be a common man. It is my right to be uncommon. I seek to develop whatever talents God gave me - not security. I do not wish to be a kept citizen, humbled and dulled by having the state look after me. I want to take the calculated risk; to dream and to build, to fail and to succeed. I refuse to barter incentive for a dole. I prefer the challenges of life to the guaranteed existence; the thrill of fulfilment to the stale calm of utopia. I will not trade freedom for beneficence nor my dignity for a handout. I will never cower before any earthly master nor bend to any threat. It is my heritage to stand erect, proud and unafraid; to think and act myself, enjoy the benefit of my creations and to face the world boldly and say - "This, with God's help, I have done." All this is what it means to be an American."

My Creed by Author: Edgar A. Guest

To live as gently as I can;
 To be, no matter where, a man;
 To take what comes of good or ill,
 And cling to faith and honour still;
 To do my best, and let that stand
 The record of my brain and hand;
 And then, should failure come to me,
 Still work and hope for victory.
 To have no secret place wherein
 I stoop unseen to shame or sin;
 To be the same when I'm alone
 As when my every deed is known;
 To live undaunted, unafraid
 Of any step that I have made;
 To be without pretence or sham
 Exactly what men think I am.



To leave some simple work behind
To keep my having lived in mind;
If enmity to aught I show,
To be an honest, generous foe;
To play my little part, nor whine
That greater honour is not mine.
This I believe is all I need
For my philosophy and creed.

By Dean Alfange from The Flying W Ranch, Colorado
Springs, CO



Live for Today



Yesterday is history.

Tomorrow is a mystery.

Today is a gift, that's why it's called the present!

Right NOW...

- somebody is very proud of you
- somebody is thinking of you
- somebody is caring about you
- somebody misses you
- somebody wants to talk to you
- somebody wants to be with you
- somebody hopes you aren't in trouble
- somebody is thankful for the support you have provided
- somebody wants to hold your hand
- somebody hopes everything turns out all right
- somebody wants you to be happy
- somebody wants you to find him/her
- somebody is celebrating your successes
- somebody wants to give you a gift
- somebody thinks that you ARE a gift
- somebody hopes you're not too cold, or too hot
- somebody wants to hug you
- somebody loves you
- somebody admires your strength
- somebody is thinking of you and smiling
- somebody wants to be your shoulder to cry on
- somebody wants to go out with you and have a lot of fun
- somebody thinks the world of you
- somebody wants to protect you
- somebody would do anything for you
- somebody wants to be forgiven



- somebody is grateful for your forgiveness
- somebody wants to laugh with you
- somebody remembers you and wishes that you were there
- somebody is praising God for you
- somebody needs to know that your love is unconditional
- somebody values your advice
- somebody wants to tell you how much they care
- somebody wants to share their dreams with you
- somebody wants to hold you in their arms
- somebody wants YOU to hold them in your arms
- somebody treasures your spirit
- somebody wishes they could STOP time because of you
- somebody praises God for your friendship and love
- somebody can't wait to see you
- somebody loves you for who you are
- somebody loves the way you make them feel
- somebody wants to be with you
- somebody wants you to know they are there for you
- somebody's glad that you're his/her friend
- somebody wants to be your friend
- somebody stayed up all night thinking about you
- somebody is alive because of you
- somebody is wishing that you noticed him/her
- somebody wants to get to know you better
- somebody wants to be near you
- somebody misses your advice/guidance
- somebody has faith in you
- somebody trusts you
- somebody needs you to send them this letter
- somebody needs your support
- somebody needs you to have faith in them
- somebody will cry when they read this
- somebody needs you to let them be your friend
- somebody hears a song that reminds them of you

Live for today, yesterday is gone and tomorrow will look after itself!



Love



Love is friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good and bad times. It settles for less than perfection and makes allowances for human weakness.

Love is content with the present, it hopes for the future, and it doesn't brood over the past. It's the day-in and day-out chronicle of irritations, problems, compromises, small disappointments, big victories and working toward common goals.

If you have love in your life, it can make up for a great many things that are missing. If you don't have love in your life, no matter what else there is, it's not enough.

Life's Struggles



A man found a cocoon of an emperor moth. He took it home so that he could watch the moth come out of the cocoon. On the day a small opening appeared, he sat and watched the moth for several hours as the moth struggled to force the body through that little hole.

The moth seemed to be stuck and appeared to have stopped making progress. It seemed as if it had gotten as far as it could and it could go no farther. The man, in his kindness, decided to help the moth; so he took a pair of scissors and snipped off the remaining bit of the cocoon. The moth then emerged easily. But its body was swollen and small, its wings wrinkled and shrivelled.

The man continued to watch the moth because he expected that, at any moment, the wings would enlarge and expand to and able to support the body, which would contract in time. Neither happened! In fact, the little moth spent the rest of its life crawling around with a small, swollen body and shrivelled wings. It never was able to fly. The man in his kindness and haste did not understand that the struggle required for the moth to get through the tiny opening was necessary to force fluid from the body of the moth into its wings so that it would be ready for flight upon achieving its freedom from the cocoon. Freedom and flight would only come after the struggle. By depriving the moth of a struggle, he deprived the moth of health.

Sometimes struggles are exactly what we need in our life. If we were to go through our life without any obstacles, we would be crippled. We would not be as strong as what we could have been.

Give every opportunity a chance, leave no room for regrets, and don't forget the power in the struggle.



Choices



WE HAVE TWO CHOICES:

Jerry was the kind of guy you love to hate. He was always in a good mood and always had something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!" He was a unique manager because he had several waiters who had followed him around from restaurant to restaurant. The reason the waiters followed Jerry was because of his attitude. He was a natural motivator.

If an employee was having a bad day, Jerry was there telling the employee how to look on the positive side of the situation. Seeing this style really made me curious, so one day I went up to Jerry and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"

Jerry replied, "Each morning I wake up and say to myself, "Jerry, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood."

"I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life."

"Yeah, right, it's not that easy," I protested.

"Yes, it is," Jerry said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live life."



I reflected on what Jerry said. Soon thereafter, I left the restaurant industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Jerry did something you are never supposed to do in a restaurant business: he left the back door open one morning and was held up at gunpoint by three armed robbers. While trying to open the safe, his hand, shaking from nervousness, slipped off the combination. The robbers panicked and shot him. Luckily, Jerry was found relatively quickly and rushed to the local trauma centre.

After 18 hours of surgery and weeks of intensive care, Jerry was released from the hospital with fragments of the bullets still in his body.

I saw Jerry about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins. Wanna see my scars?"

I declined to see his wounds, but did ask him what had gone through his mind as the robbery took place.

"The first thing that went through my mind was that I should have locked the back door," Jerry replied. "Then, as I lay on the floor, I remembered that I had two choices: I could choose to live, or I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked.

Jerry continued, "The paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the emergency room and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read, 'He's a dead man.' I knew I needed to take action."

"What did you do?" I asked.



"Well, there was a big, burly nurse shouting questions at me," said Jerry. "She asked if I was allergic to anything. 'Yes,' I replied.

The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'Bullets!' Over their laughter, I told them, 'I am choosing to live. Operate on me as if I am alive, not dead.'

Jerry lived thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully.

Attitude, after all, is everything.



The Obstacle in Your Path



In ancient times, a king had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the king for not keeping the roads clear, but none did anything about getting the big stone out of the way.

Then a peasant came along carrying a load of vegetables. On approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. As the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been.

The purse contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway.

The peasant learned what many others never understand.

Every obstacle presents an opportunity to improve one's condition.



The Sin of Omission



It isn't the thing you do, dear,
 It's the thing you leave undone
 That gives you a bit of a heartache
 At setting of the sun.

The tender work forgotten,
 The letter you did not write,
 The flowers you did not send, dear,
 Are your haunting ghosts at night?

The stone you might have lifted
 Out of a brother's way;
 The bit of heartsome counsel
 You were hurried too much to say;

The loving touch of the hand, dear,
 The gentle, winning tone
 Which you had no time nor thought for
 With troubles enough of your own.

Those little acts of kindness
 So easily out of mind,
 Those chances to be angels
 Which we poor mortals find~

They come in night and silence,
 Each sad, reproachful wraith,
 When hope is faint and flagging,
 And a chill has fallen on faith.

For life is all too short, dear,
 And sorrow is all too great,
 To suffer our slow compassion
 That tarries until too late:



And it isn't the thing you do, dear,
It's the thing you leave undone
Which gives you a bit of heartache
At the setting of the sun.

Margaret E. Sangster



The Mask



Don't be fooled by the face I wear, for I wear a thousand masks, and none of them are me. Don't be fooled, for goodness sake, don't be fooled.

I give you the impression that I'm secure, that confidence is my name and coolness is my game, And that I need no one. But don't believe me.

Beneath dwells the real me in confusion, in aloneness, in fear. That's why I create a mask to hide behind, to shield me from the glance that knows, but such a glance is precisely my salvation.

That is, if it's followed by acceptance, if it's followed by love. It's the only thing that can liberate me from my own self-built prison walls. I'm afraid that deep down I'm nothing and that I'm just no good, And that you will reject me.

And so begins the parade of masks. I idly chatter to you. I tell you everything that's really nothing and nothing of what's everything, of what's crying within me.

Please listen carefully and try to hear what I'm not saying. I'd really like to be genuine and spontaneous, and me. But you've got to help me. You've got to hold out your hand.

Each time you're kind and gentle, and encouraging, each time you try to understand because you really care, my heart begins to grow wings, feeble wings, but wings.

With your sensitivity and sympathy, and your power of understanding, you alone can release me from my shallow world of uncertainty.



It will not be easy for you. The nearer you approach me, the blinder I may strike back. But I'm told that Love is stronger than strong walls, and in this lies my only hope.

Please try to beat down these walls with firm hands, but gentle hands, for a child is very sensitive.

Who am I, you wonder.

I am every man you meet, and also every woman that you meet...

And I am you!

Author Unknown



The Paintbrush - Wizard of Oz



I keep my paint brush with me
Wherever I may go,
In case I need to cover up
So the real me doesn't show.

I'm so afraid to show you me,
Afraid of what you'll do - that
You might laugh or say mean things.
I'm afraid I might lose you.

I'd like to remove all my paint coats
To show you the real, true me,
But I want you to try and understand,
I need you to accept what you see.

So if you'll be patient and close your eyes,
I'll strip off all my coats real slow.
Please understand how much it hurts
To let the real me show.

Now my coats are all stripped off.
I feel naked, bare and cold,
And if you still love me with all that you see,
You are my friend, pure as gold.

I need to save my paint brush, though,
And hold it in my hand,
I want to keep it handy
In case someone doesn't understand.

So please protect me, my dear friend
And thanks for loving me true,
But please let me keep my paint brush with me
Until I love me, too.

Wear Sunscreen



ADVICE, LIKE YOUTH, PROBABLY JUST WASTED ON THE YOUNG

Inside every adult lurks a graduation speaker dying to get out, some world - weary pundit eager to pontificate on life to young people who'd rather be Rollerblading.

Most of us, alas, will never be invited to sow our words of wisdom among an audience of caps and gowns, but there's no reason we can't entertain ourselves by composing a Guide to Life for Graduates.

I encourage anyone over 26 to try this and thank you for indulging my attempt.

Ladies and gentlemen of the class of '97:

Wear sunscreen.

If I could offer you only one tip for the future, sunscreen would be it. The long-term benefits of sunscreen have been proved by scientists, whereas the rest of my advice has no basis more reliable than my own meandering experience. I will dispense this advice now.

Enjoy the power and beauty of your youth. Oh, never mind. You will not understand the power and beauty of your youth until they've faded. But trust me, in 20 years, you'll look back at photos of yourself and recall in a way you can't grasp now how much possibility lay before you and how fabulous you really looked. You are not as fat as you imagine.

Don't worry about the future. Or worry, but know that worrying is as effective as trying to solve an algebra equation by



chewing bubble gum. The real troubles in your life are apt to be things that never crossed your worried mind, the kind that blindsides you at 4 p.m. on some idle Tuesday.

Do one thing every day that scares you.

Sing.

Don't be reckless with other people's hearts. Don't put up with people who are reckless with yours.

Floss.

Don't waste your time on jealousy. Sometimes you're ahead, sometimes you're behind. The race is long and, in the end, it's only with yourself.

Remember compliments you receive. Forget the insults. If you succeed in doing this, tell me how.

Keep your old love letters. Throw away your old bank statements.

Stretch.

Don't feel guilty if you don't know what you want to do with your life. The most interesting people I know didn't know at 22 what they wanted to do with their lives. Some of the most interesting 40-year-olds I know still don't.

Get plenty of calcium. Be kind to your knees. You'll miss them when they're gone.

Maybe you'll marry, maybe you won't. Maybe you'll have children, maybe you won't. Maybe you'll divorce at 40, maybe you'll dance the funky chicken on your 75th wedding anniversary. Whatever you do, don't congratulate yourself too much, or berate yourself either. Your choices are half chance. So are everybody else's.



Enjoy your body. Use it every way you can. Don't be afraid of it or of what other people think of it. It's the greatest instrument you'll ever own.

Dance, even if you have nowhere to do it but your living room.

Read the directions, even if you don't follow them.

Do not read beauty magazines. They will only make you feel ugly.

Get to know your parents. You never know when they'll be gone for good. Be nice to your siblings. They're your best link to your past and the people most likely to stick with you in the future.

Understand that friends come and go, but with a precious few you should hold on. Work hard to bridge the gaps in geography and lifestyle, because the older you get, the more you need the people who knew you when you were young.

Live in New York City once, but leave before it makes you hard. Live in Northern California once, but leave before it makes you soft.

Travel.

Accept certain inalienable truths: Prices will rise. Politicians will philander. You, too, will get old. And when you do, you'll fantasize that when you were young, prices were reasonable, politicians were noble and children respected their elders.

Respect your elders.

Don't expect anyone else to support you. Maybe you have a trust fund. Maybe you'll have a wealthy spouse. But you never know when either one might run out.



Don't mess too much with your hair or by the time you're 40 it will look 85.

Be careful whose advice you buy, but be patient with those who supply it.

Advice is a form of nostalgia. Dispensing it is a way of fishing the past from the disposal, wiping it off, painting over the ugly parts and recycling it for more than it's worth.

But trust me on the sunscreen.

Graduation Speech by Mary Schmich published in the Chicago Tribune on 1 June 1997.



Attitude



The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say, or do. It is more important than appearance, giftedness, or skill. It will make or break a company, a church, a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day.

We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. We are in charge of our attitudes.

Rev. Charles Swindoll, Source Unknown



House of 1000 Mirrors



Long ago in a small, far away village, there was a place known as the House of 1000 Mirrors. A small, happy little dog learned of this place and decided to visit. When he arrived, he bounced happily up the stairs to the doorway of the house. He looked through the doorway with his ears lifted high and his tail wagging as fast as it could. To his great surprise, he found himself staring at 1000 other happy little dogs with their tails wagging just as fast as his. He smiled a great smile, and was answered with 1000 great smiles just as warm and friendly. As he left the House, he thought to himself, "This is a wonderful place. I will come back and visit it often."

In this same village, another little dog, who was not quite as happy as the first one, decided to visit the house. He slowly climbed the stairs and hung his head low as he looked into the door. When he saw the 1000 unfriendly looking dogs staring back at him, he growled at them and was horrified to see 1000 little dogs growling back at him. As he left, he thought to himself, "That is a horrible place, and I will never go back there again."

All the faces in the world are mirrors. What kind of reflections do you see in the faces of the people you meet?

Japanese folktale



Knock the "t" Off "Can't"



Recently I took a sheet of paper and divided it into two columns: "Yes People," and "No People." Then I thought about individuals I knew and wrote their names in the appropriate column. What a shock it was to see the length of the "No" list.

These were the people who heard someone say, "You can't do that!" and they believed it. Now they were saying, "It can't be done!" and their negativity was affecting the lives of others.

If your friends made such a list right now, under which heading would they write your name? Do they see you as enthusiastic, affirmative and optimistic? Or do they believe you see more problems than solutions?

It's time to knock the "t" off the "can't." I like the words of author Frank Hughes: "I will say this about being an optimist; even when things don't turn out well, you are certain they will get better."

You are only a decision away from responding with hope instead of fear, with encouragement instead of criticism, with belief instead of despair.

It's your choice!

Neil Eskelin, Daily Jump Start



Money - Moola - Dosh - Cash...

Call it what you wish!

**The question is how do we live
without it?**

WOW! Where do I start? The Magic of Abundance!

Right now I am sitting at home, overlooking the sea, in the middle of a "working day" writing this, while my wife is pottering around the garden, taking a break. Yes! We also work together! See more about us [HERE!](#)

Just writing that sentence makes me realise how lucky I am!

But let me confess something:

My life wasn't always like this and when I realised the answer to my earlier question I was angry!

I am 50 this year, and since a very young age, I have had an incredible passion with the energies, healing and everything it stands for.

However, the pressure of parental expectations in the 1970's, coupled with very little communication and real opportunities in my small town, pushed me take the "usual" route. I ended up choosing a career that I felt would gain approval and be safe.





Hey! Here I was a restaurateur and chef by profession, dissatisfied and with today's economy I found myself slogging 18 hours a day and barely scraping together a living!

Now, let me ask you a personal question:

Don't you also feel angry doing a job you hate, barely scraping a living together from pay check to pay check and lifestyle... what lifestyle?

Now keep in mind that being a restaurateur and chef my skills and abilities were purely food orientated.

So you can imagine my surprise when a very good friend of mine, in the restaurant business, suggested that I look into starting a business on the internet as he had and his enthusiasm was amazing.

You might as well have suggested to me to pilot a spaceship! Result, I let his suggestion go.

You're probably wondering where this is going... well, after numerous objections, another then another "stinker" of a month as far as my finances were concerned, my stress levels and blood pressure shooting through the roof... I tentatively put my doubts aside, phoned him for more information and switched my laptop on.

Can you imagine my surprise and excitement as I realised that his solution seemed like something I could possibly do.

I could build a website about energy and healing, the one thing that has been with me consistently throughout my life.

It was a chance to get all that information and passion out of my head.

The only catch was that I knew nothing about the internet. How could I build a website and earn money from it?

Then it hit me. If my friend who couldn't even switch on his laptop when he first bought it can be a success, I was sure I stood half a chance.

I Can Do It, Too!

But...

At this time disaster struck, my landlord had sold the building and I was notified that when my lease was up - in 3 months time - the new owner would not consider renewal as he was planning a development on the property.

Being in a small coastal town with very limited opportunities, I remember saying to my wife: *"This is "sink or swim" time for us, let's do it! We can afford one year to set up the website! If it doesn't work we will have to go to plan B."* **(not even knowing what Plan B was)**

Both of these options were enough to get me motivated, so I sat at my PC and just typed and typed. I knew absolutely nothing about the internet, websites, HTML, or anything... I just typed.



I am a sceptic by nature, I have to know everything and satisfy myself that I am making the absolute right choice.

I had heard about the potential of earning money on the web but was very unsure of what opportunities were out there and which I could use for myself.

I searched, and then searched some more, I subscribed to news letters and was regaled with dozens of get rich quick schemes and strange ideas but somehow they did not make sense to me, they did not sit right, then, as things will happen if you want them badly enough, I came across [SBI](#).

The great thing about [SBI](#) is that they do all of the hard (and necessary) work for you and you don't even have to know HTML. That frees up my time to do what I do best and love the most... write, teach, play, and learn.

After just one year, my site started to take off.

Any page that I built using [SBI's](#) simple *10 step Action Guide* got ranked well with the search engines, and traffic started coming my way.

Here's the kicker I am now involved with my passion through this website and with an unequivocal **YES** it supports my lifestyle. I now do this 24/7, **or for that matter whenever I choose.**

You don't realize it yet, but in the next 2 minutes you're going to learn exactly how to do this for yourself.

- You get to work from home.
- Quit the day job
- Find a new lifestyle.
- **And generate income.**



I am sure that you've heard that the energy of abundance is the key for one of the LAWS of the UNIVERSE that not only guarantees but unequivocally states that there is enough for everyone and this holds particularly true if you practice the LAW of ATTRACTION.

This law says "**that which is like unto itself, is drawn**" in other words you can attract to yourself anything you want, all you have to do is clear your mind of all negativity and [want it hard](#) enough, with [SBI](#) you can.

Sounds so simple, almost too simple to be true, but take it from me as a person who uses it every moment of every day, IT WORKS.

Rare thinking people like you already know that the idea that you have to spend most of your waking hours grinding away at an occupation that does not feed your soul and reward you for it, is dead and gone.

All you working moms, just let yourself picture this, a tool especially suited to your unique needs, here is a way, [the SBI way](#).

You can work from home, in your own time and be financially rewarded.

And as you are thinking about dragging yourself out of bed every day knowing that the only thing you really have to look forward to over the next 8 hours or so is coming home is not a way to live, [there is an alternative, the SBI way](#).

The fact of the matter is here you have "proof in the pudding".

After more than 25 years of working, sometimes more than 18 hours a day, in hot restaurant kitchens, within a matter of



weeks I gave it all up to live, experience and [share my passion.](#)

By doing so I am now satisfying both my soul and my lifestyle.

Abundance can be yours no matter your age or what you are currently involved in.

And you will start to feel better and better about changing your thinking because by changing your thinking and believing that which you most want is already yours, **it will be!**

You may be inclined to ask, how am I going to achieve this? I can't just afford to give up my job, or maybe you are happy at your current job and just want more.

It's easy!

Imagine what you could do by being the creator in your life and your world... the only one.

As you know that that which you think about and give the most attention to will come into being, this is the Law of Attraction.

This page came to you because somewhere, sometime you put it out there, gave thought to wanting more, well here it is!

This is the answer, the vehicle that is going to help you realize that dream of having the lifestyle of your choice.

As I said before, I am a sceptic by nature and [SBI](#) exceeded my wildest expectations.



The [opportunity for abundance](#) is unparalleled.

Here is a company dedicated enough to tell me the truth.

If you [have a passion](#), and we all do, and are prepared to follow the system **it will work for you.**

It does for me!

The thing to know is, this can be done [from home](#) whether you choose to add to your income from your full time job or as I did, make an absolute change and do it full time.

Yes from home, in your own time in your own way, with no one telling you what to do, give yourself the lifestyle of your dreams, you deserve it!

Allow yourself to travel into the future and visualise, actually see in your creative mind, that as it did for me in the [most magical way](#), SBI has done it for you too.

And you now realise that like magic your life can change and yield to you what you wish most of all for yourself.

One More Thing!

Now, I can almost hear your mind saying... I want it, I need it, I just gotta have it! BUT I don't have the time, or I am not inclined to learning the web BUT I still want it!

No problem, [let SBI, the professionals](#) take you to new heights.

Really think about it, you have your own business that needs your time, or you have a site that's not working for you then



the one on one services at [SBI](#) is the way to go, you just have to [check this out](#), this proven method will [work for you](#).

If you're like me, **I am prepared to bet you have questions about SBI** and you are quite right to have them, so go ahead, [ask them! They have a team of people, actual users - not sales people - who will answer your questions.](#)

What have you got to lose?



Optimism



Talk happiness. The world is sad enough
 Without your woes. No path is wholly rough;
 Look for the places that are smooth and clear,
 And speak of those, to rest the weary ear
 Of Earth, so hurt by one continuous strain
 Of human discontent and grief and pain.

Talk faith. The world is better off without
 Your uttered ignorance and morbid doubt.
 If you have faith in God, or man, or self,
 Say so. If not, push back upon the shelf
 Of silence all your thoughts, till faith shall come;
 No one will grieve because your lips are dumb.

Talk health. The dreary, never-changing tale
 Of mortal maladies is worn and stale.
 You cannot charm, or interest, or please
 By harping on that minor chord, disease.
 Say you are well, or all is well with you,
 And God shall hear your words and make them true.

Ella Wheeler Wilcox, Source Unknown



That's Not My Job



This is a story about four people:

Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it but Nobody did it.

Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it but Nobody realized that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody has done.

Author Unknown, Source Unknown



Thoughts to Live by



You shall not worry, for worry is the most unproductive of all human activities.

You shall not be fearful, for most of the things we fear never come to pass.

You shall not carry grudges, for they are the heaviest of all life's burdens.

You shall face each problem as it comes. You can only handle one at a time anyway.

You shall not take problems to bed with you, for they make very poor bedfellows.

You shall not borrow other people's problems. They can better care for them than you.

You shall not try to relive yesterday for good or ill, it is forever gone. Concentrate on what is happening in your life and be happy now!

You shall be a good listener, for only when you listen do you hear ideas different from your own.

You shall not become "bogged down" by frustration, for 90% of it is rooted in self-pity and will only interfere with positive action.

You shall count your blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.

Author Unknown, Source Unknown



24 Things to Always Remember



1. Your presence is a present to the world.
2. You are unique and one of a kind.
3. Your life can be what you want it to be.
4. Take the days just one at a time.
5. Count your blessings, not your troubles.
6. You will make it through whatever comes along.
7. Within you are so many answers.
8. Understand, have courage, be strong.
9. Do not put limits on yourself.
10. So many dreams are waiting to be realized.
11. Decisions are too important to leave to chance.
12. Reach for your peak, your goal and your prize.
13. Nothing wastes more energy than worrying.
14. The longer one carries a problem the heavier it gets.
15. Do not take things too seriously.
16. Live a life of serenity, not a life of regrets.
17. Remember that a little love goes a long way.
18. Remember that a lot ... goes forever.
19. Remember that friendship is a wise investment.
20. Life's treasure are people together.
21. Realize that it is never too late.
22. Do ordinary things in an extraordinary way.
23. Have hearth and hope and happiness.
24. Take the time to wish upon a start.

AND DO NOT EVER FORGET
FOR EVEN A DAY HOW VERY SPECIAL YOU ARE !

Author Unknown, Source Unknown



You Are Blessed



If you woke up this morning with more health than illness.....you are more blessed than the million who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation.....you are ahead of 500 million people in the world.

If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...you are richer than 75% of this world.

If you have money in the bank, in your wallet, and spare change in a dish someplace..... you are among the top 8% of the worlds' wealthy.

If your parents are still alive and still married.....you are very rare, even in the United States.

If you hold up your head with a smile on your face and are truly thankful.....you are blessed because the majority can, but most do not.

If you prayed yesterday and today.....you are in the minority because you believe God does hear and answer prayers.

If you can read now, you are more blessed than over two billion people in the world that cannot read at all.

Author Unknown, Source Unknown



Begin Again



One of the best things we can do in our lives is this:

Begin again.

Begin to see yourself as you were when you were the happiest and strongest you've ever been.

Begin to remember what worked for you (and what worked against you), and try to capture the magic again.

Begin to remember how natural it was when you were a child - to live a lifetime each day.

Begin to forget the baggage you have carried with you for years: The problems that don't matter anymore, the tears that cried themselves away and the worries that are going to wash away on the shore of tomorrow's new beginnings.

Tomorrow tells us it will be here every new day of our lives; and if we will be wise, we will turn away from the problems of the past and give the future - and ourselves - a chance to become the best of friends.

Sometimes all it takes is a wish in the heart to let yourself... begin again.

Collin McCarty, Source Unknown



Believe in Yourself



There may be days when you get up in the morning and things aren't the way you had hoped they would be.

That's when you have to tell yourself that things will get better. There are times when people disappoint you and let you down.

But those are the times when you must remind yourself to trust your own judgments and opinions, to keep your life focused on believing in yourself.

There will be challenges to face and changes to make in your life, and it is up to you to accept them.

Constantly keep yourself headed in the right direction for you. It may not be easy at times, but in those times of struggle you will find a stronger sense of who you are.

So when the days come that are filled with frustration and unexpected responsibilities, remember to believe in yourself and all you want your life to be.

Because the challenges and changes will only help you to find the goals that you know are meant to come true for you.

Keep Believing in Yourself

It's easy!

Imagine what you could do by being the creator in your life and your world... the only one.



As you know that that which you think about and give the most attention to will come into being, this is the Law of Attraction.

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Bend, but Don't Break



One of my fondest memories as a child is going by the river and sitting idly on the bank. There I would enjoy the peace and quiet, watch the water rush downstream, and listen to the chirps of birds and the rustling of leaves in the trees. I would also watch the bamboo trees bend under pressure from the wind and watch them return gracefully to their upright or original position after the wind had died down.

When I think about the bamboo tree's ability to bounce back or return to its original position, the word resilience comes to mind. When used in reference to a person this word means the ability to readily recover from shock, depression or any other situation that stretches the limits of a person's emotions.

Have you ever felt like you are about to snap? Have you ever felt like you are at your breaking point? Thankfully, you have survived the experience to live to talk about it.

During the experience you probably felt a mix of emotions that threatened your health. You felt emotionally drained, mentally exhausted and you most likely endured unpleasant physical symptoms.

Life is a mixture of good times and bad times, happy moments and unhappy moments. The next time you are experiencing one of those bad times or unhappy moments that take you close to your breaking point, bend but don't break. Try your best not to let the situation get the best of you.

A measure of hope will take you through the unpleasant ordeal. With hope for a better tomorrow or a better situation, things may not be as bad as they seem to be. The unpleasant ordeal may be easier to deal with if the end result is worth having.



If the going gets tough and you are at your breaking point, show resilience. Like the bamboo tree, bend, but don't break!

Love your life the journey is yours <http://www.healing-journeys-energy.com/The-Journey-is-Yours.html>



Changes for Life



First you make your habits, and then your habits make you.

Break those habits that can break you. Adopt those practices that will become the new habits that will help you achieve the success you desire.

Your habits are a form of exercise. The harder you work at something, the harder it is to quit. The easier it is to do, the harder it is to change. Your habits are either the best of servants or the worst of masters.

You are what you repeatedly do.

Author Unknown, Source Unknown



Changes in Life



In every change that you experience in life, there will be times when you'll wonder if you can endure.

But you'll learn that facing each difficulty one by one isn't so hard.

It's when you don't deal with a situation that it sometimes comes back to confront you again.

Changes are sometimes very painful, but they teach us that we can endure and that we can become stronger.

Everything that comes into your life has a purpose, but the outcome is in your hands by the action you take.

Be wise with your life, be willing to endure, and always be willing to face life's challenges

Author Unknown, Source Unknown



Five Short Chapters on Change



Chapter 1

I walk down a street and there's a deep hole in the sidewalk. I fall in. It takes forever to get out. It's my fault.

Chapter 2

I walk down the same street. I fall in the hole again. It still takes a long time to get out. It's not my fault.

Chapter 3

I walk down the same street. I fall in the hole again. It's becoming a habit. It is my fault. I get out immediately.

Chapter 4

I walk down the same street and see the deep hole in the sidewalk. I walk around it.

Chapter 5

I walk down a different street.

Author Unknown, Source Unknown



Going with the Flow



A Taoist story tells of an old man who accidentally fell into the river rapids leading to a high and dangerous waterfall. Onlookers feared for his life. Miraculously, he came out alive and unharmed downstream at the bottom of the falls.

People asked him how he managed to survive. "I accommodated myself to the water, not the water to me. Without thinking, I allowed myself to be shaped by it. Plunging into the swirl, I came out with the swirl. This is how I survived."

Author Unknown, Source Unknown



Interview with God



I dreamed I had an interview with God.

"Come in," God said. "So, you would like to interview Me?"

"If you have the time," I said.

God smiled and said "My time is eternity. It is enough to do everything. What questions do you have in mind to ask me?"

I asked, "What surprises you most about mankind?"

God thought for a few moments and then answered "That they get bored of being children, are in a 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 neither for the present nor the future.

That they live as if they will never die, and they die as if they had never lived"

God placed my hands in His and we were silent for while. Then I asked,

"As a parent, what are some of life's lessons you want your children to learn?"

God replied with a smile "To learn that they cannot make anyone love them. What they can do is to let themselves be loved.



To learn that what is most valuable is not what they have in their lives, but whom they have in their lives.

To learn that it is not good to compare themselves to others. All will be judged individually on their own merits, not as a group on a comparison basis.

To learn that a rich person is not the one who has the most, but is one who needs the least.

To learn that it only takes a few seconds to open profound wounds in persons we love, and that it takes many years to heal them.

To learn to forgive by practicing forgiveness. To learn that there are persons that love them dearly, but simply do not know how to express or show their feelings.

To learn that money can buy everything but happiness.

To learn that two people can look at the same thing and see it totally differently.

To learn that a true friend is someone who knows everything about them... and likes them anyway.

To learn that it is not always enough that they are forgiven by others, but that they have to forgive themselves."

I sat there for awhile enjoying my visit with God.

I thanked Him for His time and for all that He has done for my family and me.

He replied, "Anytime. I'm here 24 hours a day. All you have to do is ask for me, and I'll answer."

Author Unknown, Source Unknown



Life is an Echo



A son and his father were walking in the mountains. Suddenly, his son falls, hurts himself and screams: "AAAhhhhhhhhhh!!!"

To his surprise, hears the voice repeating, somewhere in the mountain: "AAAhhhhhhhhhh!!!"

Curious, he yells: "Who are you?" He receives the answer: "Who are you?" Angered at the response, he screams: "Coward!"

He receives the answer: "Coward!"

He looks to his father and asks: "What's going on?" The father smiles and says: "My son, pay attention." And then he screams to the mountain: "I admire you!" The voice answers: "I admire you!" Again the man screams: "You are a champion!" The voice answers: "You are a champion!"

The boy is surprised, but does not understand. Then the father explains: "People call this echo, but really this is life. It gives you back everything you say or do. Our life is simply a reflection of our actions.

If you want more love in the world, create more love in your heart. If you want more competence in your team, improve your competence. This relationship applies to everything, in all aspects of life; life will give you back everything you have given to it."

Author Unknown, Source Unknown



Road Not Taken



Two roads diverged in a yellow wood
 And sorry I could not travel both
 And be one traveller, long as I stood
 And looked down one as far as I could
 To where it bent in the undergrowth,

Then took the other as just as fair
 And having perhaps the better claim;
 Because it was grassy and wanted wear,
 Though as for that, the passing there
 Had worn them really about the same.

And both that morning equally lay
 In leaves no step had trodden black.
 Oh, I kept the first for another day!
 Yet, knowing how way leads onto way I doubted
 If I should ever come back.

I shall be telling this with a sigh,
 Somewhere ages and ages hence:
 Two roads diverged in a wood, and I-
 I took the one less travelled by,
 And that has made all the difference.

Robert Frost, Source Unknown



Spiritual Transformation



Explaining spiritual transformation to someone is like the frog trying to explain to the tadpole what life is like.

"What is it like?" asks the tadpole.

"Well, there's air, and you breathe, and you can jump around out of the water," says the frog.

"But that doesn't sound very solid. You mean you go out of the water into the air. That seems like nothing," says the tadpole.

Similarly, as if a butterfly was trying to explain to the caterpillar what life is like now.

Author Unknown, Source Unknown



Strength and Courage



It takes strength to fit in.
It takes courage to stand out.

It takes strength to feel a friend's pain.
It takes courage to feel your own pain.

It takes strength to hide your own pains.
It takes courage to show them.

It takes strength to endure abuse.
It takes courage to stop it.

It takes strength to stand alone.
It takes courage to lean on another.

It takes strength to love.
It takes courage to be loved.

It takes strength to survive.
It takes courage to live.

Author Unknown, Source Unknown



The Power of Words



A group of frogs were travelling through the woods, and two of them fell into a deep pit. All the other frogs gathered around the pit. When they saw how deep the pit was, they told the two frogs that they were as good as dead.

The two frogs ignored the comments and tried to jump up out of the pit with all of their might. The other frogs kept telling them to stop, that they were as good as dead. Finally, one of the frogs took heed to what the other frogs were saying and gave up. He fell down and died.

The other frog continued to jump as hard as he could. Once again, the crowd of frogs yelled at him to stop the pain and just die. He jumped even harder and finally made it out. When he got out, the other frogs said, "Did you not hear us?" The frog explained to them that he was deaf. He thought they were encouraging him the entire time.

This story teaches two lessons:

1. There is power of life and death in the tongue. An encouraging word to someone who is down can lift them up and help them make it through the day.
2. A destructive word to someone who is down can be what it takes to kill them. Be careful of what you say. Speak life to those who cross your path.

The power of words... it is sometimes hard to understand that an encouraging word can go such a long way. Anyone can speak words that tend to rob another of the spirit to continue in difficult times.

Read more at <http://healing-journeys-energy.com/sound-energy-power-of-words.html>



This, Too, Shall Pass Away



When some great sorrow, like a mighty river,
Flows through your life with peace-destroying power
And dearest things are swept from sight forever,
Say to your heart each trying hour:
"This, too, shall pass away."

When ceaseless toil has hushed your song of gladness,
And you have grown almost too tired to pray,
Let this truth banish from your heart its sadness,
And ease the burdens of each trying day:
"This, too, shall pass away."

When fortune smiles, and, full of mirth and pleasure,
The days are flitting by without a care,
Lest you should rest with only earthly treasure,
Let these few words their fullest import bear:
"This, too, shall pass away."

When earnest labour brings you fame and glory,
And all earth's noblest ones upon you smile,
Remember that life's longest, grandest story
Fills but a moment in earth's little while:
"This, too, shall pass away."

Lanta Wilson Smith, Source Unknown



Today



Finish every day and be done with it.
You have done what you could.
Some blunders and absurdities no doubt have crept in; forget
them as soon as you can.

Tomorrow is a new day; begin it well and serenely
and with too high a spirit to be cumbered with your old
nonsense.

This day is all that is good and fair.
It is too dear, with its hopes and invitations, to waste a
moment on yesterdays.

Ralph Waldo Emerson



Winner vs. Loser



The Winner is always part of the answer;
The Loser is always part of the problem.

The Winner is always has a program;
The Loser always has an excuse.

The Winner says," Let me do it for you;
The Loser says;" That is not my job."

The Winner sees an answer for every problem;
The Loser sees a problem for every answer.

The Winner says," It may be difficult but it is possible";
The Loser says, "It may be possible but it is too difficult."

When a Winner makes a mistake, he says," I was wrong";
When a Loser makes a mistake, he says," It wasn't my fault."

A Winner makes commitments;
A Loser makes promises.

Winners have dreams;
Losers have schemes.

Winners say," I must do something";
Losers say, "Something must be done."

Winners are a part of the team;
Losers are apart from the team.

Winners see the gain;
Losers see the pain.



Winners see possibilities;
Losers see problems.

Winners believe in win/win;
Losers believe for them to win someone has to lose.

Winners see the potential;
Losers see the past.

Winners are like a thermostat;
Losers are like thermometers.

Winners choose what they say;
Losers say what they choose.

Winners use hard arguments but soft words;
Losers use soft arguments but hard words.

Winners stand firm on values but compromise on petty things;
Losers stand firm on petty things but compromise on values.

Winners follow the philosophy of empathy: "Don't do to others
what you would, not want them to do to you";
Losers follow the philosophy, "Do it to others before they do it
to you."

Winners make it happen;
Losers let it happen.

Author Unknown, Source Unknown



Angels



Barefoot and dirty, the girl just sat and watched the people go by. She never tried to speak, she never said a word. Many people passed, but never did one person stop.

Just so happens the next day I decided to go back to the park, curious if the little girl would still be there.

Right in the very spot as she was yesterday she sat perched on high, with the saddest look in her eyes. Today I was to make my own move and walk over to the little girl. As we all know a park full of strange people is not a place for young children to play.

As I began walking towards her I could see the back of the little girl's dress indicated a deformity. I figured that was the reason the people just passed by and made no effort to help. As I got closer, the little girl slightly lowered her eyes to avoid my intent stare. I could see the shape of her back more clearly. It was grotesquely shaped in a humped over form. I smiled to let her know it was ok, I was there to help, to talk.

I sat down beside her and opened with a simple Hello. The little girl acted shocked and stammered a hi after a long stare into my eyes. I smiled and she shyly smiled back. We talked 'til darkness fell and the park was completely empty. Everyone was gone and we were alone. I asked the girl why she was so sad. The little girl looked at me and with a sad face said "Because I'm different."

I immediately said "that you are!" and smiled. The little girl acted even sadder, she said, "I know." "Little girl," I said, "you remind me of an angel, she stood to her feet, and said, "Really?"



“Yes, ma’am, you’re like a little guardian angel sent to watch over all those people walking by.” She nodded her head yes and smiled, and with that she spread her wings and said with a twinkle in her eye, “I am.” I was speechless, sure I was seeing things. She said, “And since you thought of someone other than yourself, my job here is done.”

Immediately I stood to my feet and said, “Wait, so why did no one stop to help an angel?” She looked at me and smiled, “You’re the only one who could see me, and you believe it in your heart.” And She was gone. And with that my life was changed dramatically.

So, when you think you’re all you have, remember, there is an angel always watching over you.

Pass this to everyone that means anything at all to you.... to let them know you’re glad they care about you... like the story says we all need someone.

Everyone of your friends is an angel in their own.

Author Unknown

Read more about ANGELS at
<http://www.healing-journeys-energy.com/Angels.html>



Handwriting on the Wall



A weary mother returned from the store,
Lugging groceries through the kitchen door.
Awaiting her arrival was her 8 year old son,
Anxious to relate what his younger brother had done.

"While I was out playing and Dad was on a call,
T.J. took his crayons and wrote on the wall!
It's on the new paper you just hung in the den.
I told him you'd be mad at having to do it again."

She let out a moan and furrowed her brow,
"Where is your little brother right now?"
She emptied her arms and with a purposeful stride,
She marched to his closet where he had gone to hide.

She called his full name as she entered his room.
He trembled with fear--he knew that meant doom!
For the next ten minutes, she ranted and raved
About the expensive wallpaper and how she had saved.

Lamenting all the work it would take to repair,
She condemned his actions and total lack of care.
The more she scolded, the madder she got,
Then stomped from his room, totally distraught!

She headed for the den to confirm her fears.
When she saw the wall, her eyes flooded with tears.
The message she read pierced her soul with a dart.
It said, "I love Mommy," surrounded by a heart.

Well, the wallpaper remained, just as she found it,
With an empty picture frame hung to surround it.
A reminder to her, and indeed to all,
Take time to read the handwriting on the wall



Albert Einstein says:



“Imagination is more important than knowledge. Knowledge is limited.”

“Anyone who has never made a mistake has never tried anything new.”

“In the middle of difficulty lies opportunity.”

“I think and think for months and years. Ninety-nine times, the conclusion is false. The hundredth time I am right.”

“The only thing that interferes with my learning is my education.”

“The whole of science is nothing more than a refinement of everyday thinking.”

“Education is what remains after one has forgotten everything he learned in school.”

“The important thing is not to stop questioning. Curiosity has its own reason for existing.”

“Do not worry about your difficulties in Mathematics. I can assure you mine are still greater.”

Thomas Edison says:



“Many of life’s failures are people who did not realize how close they were to success when they gave up.”

“I am not discouraged, because every wrong attempt discarded is another step forward.”

Benjamin Franklin says:



“He that is good for making excuses is seldom good for anything else”

“Do not fear mistakes. You will know failure. Continue to reach out.”

“By failing to prepare, you are preparing to fail.”



**YOU already POSSESS the most
PRECIOUS of GIFTS!**

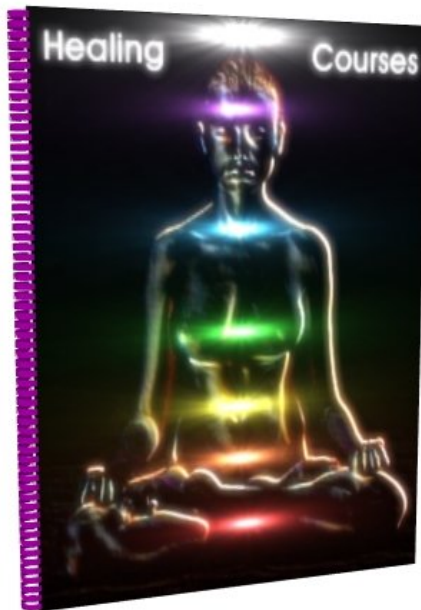
**. . . A magnificently splendid SELF-
HEALING BODY!**

**You also possess the ability overcome
disease and to rejuvenate!**

***Would you like to rely on your magnificent
God-given powers to self-heal?***

***Would you like to stop relying on something
from outside of you to heal you?***





"You have a magnificent self-healing body - you have it all. Your body knows how to heal itself - it is trying to do so now. Give your body the proper care it needs - allow your body to completely heal itself, and it will." ~David Klein, Ph.D.~

From my considerable experience as a Reiki master and Crystal Healer and mostly during my on going studying I have found that in some instances to try to synthesize all the information available was not only difficult but confusing at best.

What I did at the beginning of my own Healing Journey was to create a manual for myself as to how to best use crystals to heal myself.



Knowing that other people, like yourself, could benefit from this material, as much as from my experience over the past 15 years, I decided to rework my notes to make it easier, to help you, as you travel on your journey.

This course, which every healer should not be without I have called [Know & Heal Yourself - A Course in Crystals](#) is available for immediate download.

When starting out while working with and getting to know the "Rock People" of the Mineral Kingdom (crystal energies) it is imperative that you first learn to heal yourself so as to become a crystal clear channel for these messengers of light. This course is simply laid out and will give you the grounding, knowledge and confidence required to go on healing others with your talent if you so choose.

We are all learning as fast as we can and I for one know exactly how difficult it can sometimes be to remember even the basics of Energy Healing.

There are times while doing a healing that I am left at a loss in the most inopportune moment...

- what now?
- what's next?
- where do I go from here?

...was that being human I couldn't always remember what was the correct layout for what, exactly which colour or crystal to use for which chakra or even remembering the multitude of blockages and functions connected to each chakra and their respective connections to the aura layers.

In a flash of inspiration I decided to make myself a collection of Wall Charts that I could put on the wall in my healing room .

I have found these ready reference charts to be indispensable and I am sure you will too, which is why I have lovingly



recreated them and made them available to you to jog your memory in those forgetful moments.

I am sure that like me when you want something you want it now, so in order to satisfy that desire the - [Essential Wall Charts for the Energy Healer](#) are available right now for **immediate download**.

Put them up in your healing room, use them to quickly remind and guide you as you work with the energies.

Hundreds of thousands of people have taken the self-healing route and actualized joyous, vibrant disease-free health, and you can too!

There is NOTHING in the Universe to be afraid of, except your own ignorance and its consequences. As Richard Cecil said: *"The first step towards knowledge is to know that we are ignorant."*

Unfortunately most people doubt everyone and everything, except their own ignorance. Are you one of them?

Your body is designed to HEAL ITSELF. All you need to do is learn how to REMOVE OBSTACLES from the body and from the mind.

Only you can heal yourself.

Your body has been designed such that when you:

- co-operate and work with Nature

AND

- set in place the conditions for healing and rejuvenation . . .



. . . your body will spontaneously begin healing and in time it will do so completely.

You have almost unlimited self repair capabilities, but like most people you deny yourself any access to them.

"Knowledge is power."

~Sir Francis Bacon (1561 - 1626), Religious Meditations, Of Heresies, 1597~

The good news is . . .

Now . . . YOU CAN LEARN HOW TO HEAL YOURSELF . . .
simply and effectively!! Follow the link below for information
you should not be without

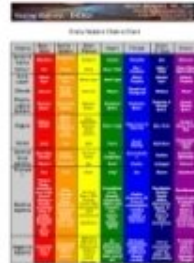
[Self-Healing Courses and Other Energy Healing Courses](#)



How well do you know your body ENERGETICALLY?

We all have bodies yet we more than likely know more about the workings of our cell phones and computers than we know about our bodies!

"Knowledge is of two kinds: we know a subject ourselves, or we know where we can find information upon it." ~Samuel Johnson~



...AND
many
MORE...

[Essential Wall Charts for the Energy Healer](#)



Resources



*"No duty is more urgent than that of returning thanks."
~ Unknown ~*

My Husband, Leslie

For all your patience and all the "YES DEAR's", for your help, support and your priceless encouragement and most of all:

In gratitude to YOU my soul mate,

Thank you,
For realising our destiny when I was blind

Thank you,
For caring enough to be my friend

Thank you,
For pursuing me when I was unwilling

Thank you,
For giving me time to catch up

Thank you,
For teaching me about passion

Thank you,
For putting a smile on my face and a twinkle in my eye

Thank you,
For having had the courage to take the whole package

Thank you,
For your gentle touch when I need it most

Thank you,
For understanding my confusion



Thank you,
For giving me space to find myself

And most of all . . .
Thank you for your love!

Thank you to the author of these words, I could not have said it better.

Spiritual Beings - angels, guides and fairies

I wish to express my heartfelt gratitude to all the guides, angels and fairies for the amazing synchronicities I have experienced not only during the compiling of this book but throughout my life.

Special People

So often in inexplicable ways, someone will come, offering a key to a door which must be unlocked and opened. There are many halls of learning and knowledge and there are many who come with keys to these doors. When the time is right, and when we are ready, we are shown and we are taught that which we need to know. Thank you wherever you are!

To the brilliant and awe-inspiring authors - Thank you for sharing your knowledge with humanity.

Internet

To all the wondrous people out there taking part in this magnificent tool we call the Internet, thank you that, at this momentous time in the history of Humanity and the Earth, you are sharing so much knowledge and information, that had roots deep in the past, giving humankind the opportunity of understanding our unique and important role as creators of our own realities and therefore the All That Is.

For more Energy Healing Courses, Healing Charts and Books visit our online store [The Energy Supply Store](#).

