

# The Inside First

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February 28, 2006

## Spring Is In The Air!

The daylight hours are getting longer. The buds are coming out on the trees. I can almost hear the sound of a million different plants and flowers humming in anticipation of bursting forth to demonstrate their beauty and fragrance!

Are you excitedly anticipating the colors and fragrance of Spring?

For most of us the season of Spring reminds us of "Spring Cleaning". That seems to be a dreaded word. Sounds too much like work, doesn't it?

Maybe if we choose to look at the fun and sense of giving to our community Spring cleaning could bring, then we would look forward to it.

We all have stuff we rarely or never use.

Getting rid of clutter will help our state of mind and help others who could use the things we don't anymore. Everyone wins!

So start making plans to go through your entire house (Ok, maybe just the garage) and pack up all the stuff that is cluttering your life and home. Then decide which worthy helping organization could use these items. Many of them will pick up the stuff!

Depending on where you live, you could get a receipt for a tax deduction. Even if you don't get a tax write off, the sense of giving you receive is more than worth the effort!

Just remember to have fun! Make it a family project if you can. Do it with a good heart and sense of giving. The rewards you'll receive are priceless!

## Notable Quote

"The world in which you were born is just one model of reality. Other cultures are not failed attempts at being you. They are unique manifestations of the human spirit." Wade Davis

(Given by Martha M. of Riverside, CA)

## Exercise Your Mind

How are you doing with practicing "Do One Thing" everyday to:

1. Compliment yourself
2. Compliment or help someone else
3. Work toward your dream

Have you taken some time to write down things you can start working on everyday to reach a goal or dream?

Remember, this is a working newsletter, so do more than simply read it when you get it . . . Use it!

## On The Bus

### Musings On Mass Transit

The continuation of the story of Abraham . . .

I ran into "Abraham" this morning on my way to the bus stop on the hill.

(Well, he actually purposefully came across the street to meet me at the crosswalk.)

He said good morning and gave me the \$5.00 he had borrowed from me back in November.

Then he shook my hand, said thanks, and wished me a good day.

Well, I know he's doing o.k. now.

Hadn't seen him in a while. It really made my day, being paid back like that.

Something about honor and keeping one's word. Some say this may be "old school" stuff, but I think it's something that's much needed these days.

So I was able to buy a favorite bagel and egg sandwich with coffee for my breakfast. An unexpected treat!

What a nice morning!

## Recommended Read

For those who have recently joined us, we have begun reading "Feelings Buried Alive Never Die" by Karol K. Truman. We will be reading one chapter every other week or so and sharing what we got from the reading with others.

If you chose not to read this book and selected your own, please read at least one chapter every couple of weeks so we all will be working from the same sort of "reading group" plan.

Chapter 1: The Language Of Feelings

What I got from this chapter . . .

I've gone through times of great conflict. Knowing I was not happy with the way I was, but not quite knowing exactly what I wanted to become. Like waking up one day and "stuff" in your life just doesn't fit anymore. You wonder how you got there and who's life you're REALLY living.

Communicating what I truly feel to others . . . I find I continually work on this skill.

There have been certain people in my life that just "don't get" what I'm trying to convey. No matter how I explain it. Then there are people who know exactly where I'm coming from. I tell them something and they know. I enjoy hanging out with these people!

Communicating congruently with myself. Wow. This seems harder than communicating with others at times. One day your telling yourself you're awesome and feeling it. The next day you have some opposite message you're telling yourself and feeling.

I've always believed that unresolved feelings/issues cause sickness. It may take a while, you may be able to pretend they aren't there, but they are. They will come out. If you don't let them out, they will come out on their own. Dis-ease.

I'm also a defender of the "what you put out comes back" theory. Or life is a circle. That is why I share these type of teachings in my newsletter, courses, and one-on-one consulting.

Most powerful for me: These feelings are alive.

## A Wee Bit Of Ha! Ha! (Comical Happenings)

I was walking around downtown, scoping out some possible locations to reside when I noticed a man walking in front of me trip on something and lose his balance.

(Thank goodness he didn't fall and hurt himself.)

After he righted himself and began walking at his normal pace again, I noticed some words on the back of his jacket . . . "PUBLIC SAFETY"!

I started chuckling to myself. Life gives us so many opportunities to see humor!

## Asking For Your Input!

I'm beginning to develop some on-line courses for personal improvement.

I would love to get your opinion on topics you would like to see in an on-line, self-help or mentoring type course.

I think it's very important to assist people in realizing their dreams and goals and help them "shed the old and nurture the new" so to speak.

I can't think of a better group of people to ask for ideas or opinions than every one of you!

If you would like to respond with ideas or opinions, please use my contact link:

<http://www.TheInsideFirst.com/contact>

## Parting Thought . . .

It has been a pleasure (as always) spending part of my evening with each of you. Thank you for making The Inside First newsletter such a success!