

The Inside First

True Freedom & Happiness Begins On The Inside First

April 15, 2006

Welcome!

Wow, it's April already! Can you believe how quickly the weeks are passing by? Seems everyone has had their fair share of weird weather this spring. I'm so looking forward to summer!

Thanks for being here and sharing some of the words I'm sending out. I think you'll find some great tidbits for your life, so let's jump right in!

Exercise Your Mind

Honestly ask yourself "Am I happy with my life right now?"

(If you are unable to immediately say yes, then there are probably some things you could improve in your life.)

Now you have two choices. Do something about it, or just go on with life the way you have been. If you choose to start doing something about it, then read on . . .

Find a few minutes of quiet time alone and write down the things you are not happy with. Don't think about it, just brainstorm. Write down everything that comes to mind and don't try to figure out why just yet.

Trust yourself to know and don't question anything that comes to mind at this point.

Just write! Keep writing until your mind has emptied, however long that may take.

After you have finished your list, take notice of how you feel. Do you feel a sense of relief? Did it stress you out? Write down how you feel once the list is done.

We all have things we can improve in our life. Some lists may be short and others very long. Just remember, everyone is different. There is no good or bad in how long or short your list is. It is just your list.

After you finish your list and writing how this exercise made you feel, take a break and do something just for yourself. Some type of little treat! (I'll talk about what to do with your list in an upcoming edition.)

Notable Quote

"Man can see his reflection in water only when he bends down close to it; and the heart of man, too, must lean down to the heart of his fellow; then it will see itself within his heart." (Hasidic Proverb)

On The Bus

(Musings On Mass Transit)

Here I am catching the bus at the last moment. If it hadn't stopped at the stop before mine, I would have been running to catch it. (I had decided to relax and have my second cup with a toasted english muffin.)

The bus driver is talking to someone up front and laughing like crazy from time to time. The thought did cross my mind whether she is really paying attention to her driving.

There's a lady sitting crossways from me. The first thing I noticed was the muddy black platform shoes attached to feet that were dangling-not quite touching the floor.

I used to think dirty shoes were kind of like bad manners, but I'm beginning to believe they're the norm here. I don't seem to be the only one who can't keep my shoes clean. I think, "It's just the way it is."

A young guy stands up to put on his pack and the bus is slowing down. He falls back into the seat.

Ok, what's the deal with these young guys thinking they can defy gravity? Are they practicing for this years surfing championships, or what?

The bus is pretty quiet this morning with the exception of the laughing bus driver. I can even hear the driver call out the stops over the loudspeaker and I'm right by the engine!

I think Portlanders are a special breed of people. Like the people who live in the desert or arctic. Day after day, week after week, umbrellas, rain jackets, cloudy skies, wind, and rain.

I wonder if Portland has the highest per capita of pounds of coffee purchased/drunk, newspaper circulation, or protest marchers. (?)

Recommended Read

(We are reading a chapter every two weeks from "Feelings Buried Alive Never Die" by Karol K. Truman. Grab yourself a copy and join us! You can also pick another book you'd like to read!)

Chapter 4: How Feelings Impact Our Lives

I love the point she made about "I'm not worthy" being a self-fulfilling prophecy. If we believe we're not worthy, even on a subconscious level, then we limit ourselves and our happiness. On page 43 she talks about how incorrect perceptions, untruths, are the cause of our only finding a momentary, short-lived place of peace and comfort.

The author discusses some of the works of Dr. Bernie Siegel. The most powerful quote for me was "I am convinced that unconditional love is the most powerful known stimulant of the immune system." Just think about it. When we are happy and love our life, we are also healthier. When we are in stressful or non-loving environments, we have more sick days and trips to the doctor for various conditions.

There were so many good tidbits in this chapter! One of the best things we can do for our happiness is to "Accept yourself despite your shortcomings." We also need to shift our mind. On page 53 shifting from the victim role to the role of master was emphasized. So many people blame their problems, conditions, or situations on other people. It is so important for our growth and happiness to accept responsibility for the part we played in these things and then do something to correct them.

I think I would bookmark this chapter as one to go back and read again and again. There was so much useful advice! I am a firm believer in the power of love and acceptance. Here are a few of the quotes I found to be "keepers":

"Love is accepting what is."

"Forgiveness is the master key that opens the gates of happiness."

"Forgiveness of self and forgiveness of others."

"Forgiveness also opens the gates to peace of mind."

And of course my all time favorite "That which we resist, persists."

There is no way I could have written about everything from this chapter. I wouldn't have any room left for the other sections!

I hope you got something you could use in your life from this chapter. I know I did!

COMICAL HAPPENINGS

I started getting gray hair around the age of 27 or so. Although it's been some years since I gave up on the idea of being able to hide my gray with hair color, I spent many years trying to do just that.

One particular occasion stands out in my mind because I had been requested to testify at a trial of large proportions in Texas. Well, my hair was at that stage where I had gray "racing stripe" roots. I wanted to look my best while in Texas "visiting", so I went to the store and purchased a new hair color that promised to give exceptional coverage for the gray and deep, rich, long lasting color.

When all was said and done the product had given me exactly what it promised. Exceptional coverage and deep, rich, long lasting color . . . Hot Pink!

So, I went to Texas with hot pink hair. Took time from the judge, jury, prosecution, defense, and trial itself to explain that I was not some sort of punk rocker, but a good citizen who made a bad choice with home hair color!

Parting Thought

I hope you've found useful and inspiring stuff in this edition. If you'd like to share a funny or true-life story, or would just like to make a comment, please send a contact message from here:

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

Have a great rest of April and I'll see you again at the end of the month!