

# The Inside First

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*True Freedom & Happiness Begins On The Inside First*

April 30, 2006

## Welcome!

Time is just flying by! It's May already and people are out on their bikes and walking in the park and hiking the trails already!

We've had 3 days of lovely weather and everyone is breaking out of that Winter "ho-hum" mode! :)

## Exercise Your Mind

One Step At A Time . . .

We've all heard that phrase at one time or another.

When deciding to make a change or improve something in your life, most success comes from taking small steps towards your goal.

If you try to change or improve everything at once, you will overwhelm yourself and end up accomplishing very little.

It's not your fault. You can only do so much at one time. It is much better to have small victories that add up to a major improvement or change being done.

The mind can only focus on so many things at once.

Do you think you could go on a diet, start exercising, read a masterpiece, clean out the garage, and start a new hobby all in the same day? Wow!

Last time we talked about making a list of things you weren't happy with in your life. This time I want to focus on the next step.

So, think about the one thing from your list that you want to start working on first. Which one needs the most attention or most immediate action?

What is one small thing you could start doing tomorrow to improve this #1 thing on your list?

Write down some more steps you could take to improve the situation, then work on one step at a time. If you need to, ask a friend or professional for advice or ideas.

Don't worry if you don't get it quite right for a period of time. It takes time and practice to change your way of thinking or doing certain things.

## Notable Quote

"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born."

Anais Nin (1903-1977)

## On The Bus

(Musings On Mass Transit)

I think the intercom or loudspeaker on the bus must be some bizarre torture mechanism, designed to irritate to distraction or transport the rider to some hellish "twilight zone" type reality.

Most of them you can't hear over the noise of the bus engine, making anything said sound like the "wah-wah" of a Charlie Brown cartoon.

The rest either send out a feedback squeal the driver apparently can't hear or is long past caring about. -OR- Everything said comes out as a loud crackling sound.

So, what's the solution? Take the time to get a schedule and count the number of stops to your destination, read the street signs, ask the driver, or a combination of the three.

Remind yourself this is only a temporary situation or reality which will end upon exiting at the destination of your choice.

There was a brief period of sunshine earlier in the day. I was inside working and missed it. Dang! By the time I made my way to lunch the clouds had moved in and the sprinkles began.

The newspaper pages scattered about under my feet reminded me of how impatient, instant gratification, move on to the next thing that strikes our fancy society we have become.

We can't wait for the newspaper to hit the stands. Some of us seek it out every morning.

Others have it delivered to our homes. (Let's face it. The on-line versions just don't "do it" for us.)

We go through it speedily, scanning for our favorite section(s) or some article or advertisement that catches our eye, then when we're finished, some just toss it on the ground or in the garbage.

Amazing how fast we go from need and value to used and no value.

Does any of this ring true for other areas of your life?

## Recommended Read

(We are reading a chapter every two weeks or so from "Feelings Buried Alive Never Die" by Karol K. Truman. Please grab your own copy or pick another book you'd like to read and join us!)

### Chapter 5: The Importance Of Becoming Single Minded

The author talks about positive statements, meditation, and visualization as means to bring about balance in our life. She also discusses the need for us to learn how to put our Spirit (Higher Self) back in charge of our Be-ing.

I think sometimes we let our intellectual selves rule our life and what happens is it kind of leaves out the feeling part of our decisions and what we do in daily life. We end up not being fulfilled because we aren't using our feelings or not putting our heart into our life.

She brings up the point about life not going the way we want it and how it could be due to our very earliest programming (cell memories). I was really happy to see the correlation between thinking and feeling and how the two must match each other or the heart always wins. Basically you can tell yourself things over and over, but if the heart doesn't believe what you're saying, then the result will always be what the heart believes.

Think + Feel = Knowing  
What a powerful formula!

This chapter was all about getting the thinking and the feeling to come together for a powerful single mindedness. Can you imagine how powerful this would be for each of us? Have you ever noticed how easy life is when your think and know are one in the same?

I believe it would be a breakthrough for people to investigate the things that they think and feel that oppose each other. Once the old programming is "reprogrammed" the possibilities are extraordinary!

I always welcome comments and discussion! Send me a contact if you'd like:  
<http://www.TheInsideFirst.com/contact>

## Comical Happenings

I was attending a week-long training in Orlando, Florida. The days were very long, lasting from 9 a.m. until 11 p.m. or later. After a few days I started feeling fatigued and at times would have trouble staying awake (or at least coherent).

One particular evening (around 10 p.m.) some of the participants were presenting their business ideas to a panel of experts. At the end of each presentation and panel critique the audience had the opportunity to make suggestions as well.

I listened to one gentleman and thought he had a good idea, but I was bothered by the price he put on his product. After waiting an eternity for my turn at the microphone (the event was recorded live by the way), I told the gentleman I really liked his idea but thought the price should be higher than what he was planning.

There was dead silence in the room. One of the experts then jokingly informed me that my suggestion would be excellent had the man mentioned a price to begin with! He then made a joke about my obviously being way too tired or something to that effect. I started laughing though I was very embarrassed.

The only thing I could come up with was "Oh, sorry, my bad." Shortly after we ended the class for the night. At least the day ended with a good laugh!

(By the way, this live recording was turned into a home study course for worldwide distribution!)

**PARTING THOUGHTS:** I just want to thank you again for sharing part of your life with me. I hope you found some "treasure" in this edition!

Update on my personal mastery courses . . .  
The courses are finally complete!

I'll be offering the first course (limited to 20 students) around the end May!  
Keep an eye out for more information on the "Three R's Personal Mastery Journey"!

Have a great two weeks and I'll see you again in May!