

Sunday
May 14, 2006

The Inside First

True Happiness Begins On The Inside First

Welcome!

Time sure is flying by! We've actually had some gorgeous warm and sunny weather the past couple of weeks! Woo hoo! Somebody throw a party! :)

I don't know about you, but I'm so looking forward to summer vacation this year!

Exercise Your Mind

In The Mirror . . .

What do you see?

The person you thought you'd always be?

Or someone you don't really know?

Do you like your reflection?

Or don't really care to look at yourself "eye to eye"?

Are you happy with your life?

I don't mean "ok" happy.

I mean really happy!

The kind of happy you can't wait to get out of bed in the morning.

The kind of happy where you look forward to the possibilities of each day.

I'm talking from your head to your toes, tingling, kinda snickering, happy.

Are you?

I've been quite busy and moved into my new place, so I'm having an adventure right now! Enough about me and Portland, let's get to the newsletter tidbits . . .

If you decide you're not happy and want to start improving your life, remember not to begin too many things at once.

Undertake one big thing or two to three small things at a time.

The reason for taking things in pieces is you don't want to get frustrated and quit. You don't want to get so stressed out you get sick either.

Do One Thing!

Make sure you do at least ONE thing everyday to work toward your goal.

Even a tiny little thing. Keep your mind doing and learning about the subject of your goal. That will keep you focused.

Hope you have an awe-inspiring day!

Notable Quote

"How lovely to think that no one need wait a moment: We can start now, start slowly changing the world! How lovely that everyone, great and small, can make a contribution."

Anne Frank (1929-1945)

On The Bus (Musings On Mass Transit)

First day on my new bus lines! Yes, I finally found an apartment in a village I wanted. I'm so excited! :)

So, goodbye old great bus lines. You served me well for 1 year and 8 months. I'm sure I'll ride you again from time to time. Now a different perspective on the two new lines. Not a lot of buses here as it is a smaller village. Today I board the "limited" bus. It's a "baby bus". Shorter and older than the ones I used to ride (like the short yellow buses at school).

I board and the driver is nice and friendly. It's supposed to take 15 minutes to get downtown. Beats the 25 I used to spend. The question is, where will it stop downtown? I read the schedule, but I'm not sure. Haven't been on these particular streets a lot since coming here. I think it's about 20 blocks from work, in which case I'll grab one of the many lines downtown or start bringing my tennis shoes (sneaks).

Some people are quiet.

Others know each other. Only 12 people on baby bus at the half past 8 a.m. run. All caucasian, middle to upper middle class. Kind of a "white bread" run. I'm sure the earlier buses have a different mix of people.

Today is my late day into work. Will see what tomorrow brings. Well, we're here! More later.

P.S. The bus driver looked to be middle eastern and was very friendly. He was the only "culture" I experienced beside my own this morning.

I saw a man on a bicycle in downtown. Had his daughter strapped into a bike seat. I thought that was a cool way to see and learn as a child. Bonding too! So the child learns about bicycling from an early age and isn't afraid of traffic.

P.M. I catch the last baby bus home. The driver seems to be going really slow. Maybe I'm just tired and want to be home . . .

Recommended Read

(We are reading a chapter every couple of weeks from "Feelings Buried Alive Never Die" by Karol K. Truman. Pick up a copy and join us, or pick another book you'd like.)

Chapter 6: Erasing Illusions

Illusions. Unreal or incorrect perceptions.

The whole chapter talks about how we need to pay close attention to our thoughts as they trigger feelings and then emotions. She tells us that a feeling is "usually triggered by a belief or a system of beliefs previously established" within us.

Now we know these things from the past can be good and serve us well, or not so good and hold us back from being truly happy or achieving what we dream of in life. Thinking and feeling (head and heart) need to work in unison in order to become single minded.

The author suggests changing the way we THINK by changing the way we FEEL is faster, much more effective, and further reaching.

In other words, to go back and resolve old feelings thus changing the energy attached to them.

I enjoyed reading the story of the woman who harbored ill feelings toward her husband and then ended up with cancer.

I've read many times that negative feelings and unresolved issues will come out sooner or later. They will come out in mental illness, physical illness, drug or alcohol abuse, and devastation of relationships, etc.

So, I guess if we want to be truly happy and achieve all we can in life, then we must resolve those negative or hurtful feelings that basically run our lives and govern our actions and reactions.

I'm thinking every one of us could think of one event or feeling that we need to go back and settle once and for all.

Maybe this should be our Personal Mastery Tip for this month!

Comical Happenings

Ever have one of those embarrassing moments and you don't even realize it until later?

Well, I can say I've had my fair share at times. I think looking silly or doing goofy things not on purpose is good for us at times. Helps to keep us a little more humble and not so ego inflated or having the illusion of perfection.

My looking silly moment happened recently at a nice restaurant. I had wanted to try this restaurant for some time. It had been a long time since I had German cuisine and my mouth was watering just thinking about it. It was a little after noon and I hadn't eaten anything all day. My stomach was growling in protest.

So, I order my food. Snack on my bread. Enjoy a decent meal. Leave the waitress a nice tip because she was so pleasant.

Everyone is nice and smiling. I'm smiling too. Satisfied, I go to the parking lot and get into my car and start it up.

While adjusting the rearview mirror I happen to glance at my face and what would jump out at me? None other than a "crusty" in my left nostril! A very noticeable one! So the waitress and hostess smiled while thinking to themselves "Man, I wish she would get some tissue or something". Or perhaps "I hope she doesn't linger too long. I don't know how much longer I can look at it!"

So, I drive home thinking there is no way I can ever go back to that restaurant because I now have a nickname. I don't know what it might be, but I don't want to know either.

Parting Thoughts

Thanks for sharing part of your day with me! I enjoy writing the newsletters and hope you enjoy reading them.

Pass it along to your friends and have them sign up for the free newsletter too!

Have a great rest of May! Enjoy the Memorial Day holiday coming up!

See you in a couple of weeks!

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