

Thursday  
June 15, 2006

# The Inside First

*True Happiness Begins On The Inside First*

## Welcome!

To the many new friends who share this newsletter!

I hope you are doing some fun stuff already this summer! I had my first picnic on Sunday down by the river. Awesome!

Make sure you make time to have some fun. Life is not all about work or worry!

I'm so happy to share with you the "tasty nuggets" in this issue, so I'll let you get to it!

## Exercise Your Mind

I hear people say all the time "I had a bad day".

Or "My day started out fine, but such and such happened and it just ruined it".

I know. It happens all the time.

A lot of people think they have no control over their day.

But YOU DO!

When you first wake up . . . name it.  
"I choose today to be a good day!"

Then if "stuff" comes up during your day you choose whether you get mad, stay mad, stay sad, or whatever.

You could say "I choose not to let this incident affect the rest of my day"!

Or "I'm not going to allow myself to become angry at that person"!

You'll be amazed how many more good days you will have by letting the small, petty stuff go and focus on the positive!

Try it today and see for yourself!

## *Notable Quote*

"Begin at once to live, and count each separate day as a separate life."  
(Seneca)

## *ON THE BUS* *(Musings On Mass Transit)*

A Rant About 6-6-06 . . .

I've heard today is supposed to be some sort of devilish, apocalyptic time for us earthlings. Well, I'm thinking something bad could happen any day, just as something wonderful could happen. Sorry if I upset the "doom and gloom" people.

The point is, we humans make the choice of whether it will be good or bad (for our part anyway). The wars, genocide, persecution, hunger, etc.

Now the natural disasters are another story. Conversation about how much humans affect these phenomenon could last for years depending on one's belief. People could also converse about how much "God's Will" plays into these sort of things.

I guess you may be having many thoughts running through your mind at this time. That's good. One of the questions may be what this has to do with "On The Bus" writings.

Well, today is Tuesday, 6-6-06. I choose to go to work despite whatever may or may not be lurking around in wait for me. I get to work on the bus.

Here's what it boils down to (for me). I use my Free Will to do what I want. If need be, I will be cautious in my goings, but I will NEVER let fear or hype keep me locked in my house or never enjoy a movie, the opera, or a walk in the park.

And if I should be killed in one of my many pursuits, then so be it.

We all have our time to say "Adieu", but I will NOT be governed by those who use fear or fear itself. If I did, what would be the point of living? Just my opinion.

Wishing everyone a safe and happy day!

P.M. Well, I'm off work and back on baby bus for the ride home. The workday was fairly quiet, lunch was pretty good, meetings were boring as usual, and best of all it was a sunny day! :)

I'll let you know how the rest of the day went later on or tomorrow in the a.m.

As always, damn glad to be alive!!!

## Recommended Read

(Grab a copy of Karol K. Truman's book "Feelings Buried Alive Never Die". You can purchase one at my website:

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

or check one out from the library or borrow one from a friend. We are reading a chapter every couple of weeks then sharing what we got out of the reading! You can also pick another book you'd like. The focus is to read and expand your mind.)

### Chapter 8: The Major Feelings

Narrowing down all of the possible feelings and emotions to two, I thought, was great. It helps to be simplistic about things, especially when trying to explain a concept that is new to most people.

LOVE: Positive feelings and emotions-peaceful state

HATE: Negative feelings and emotions-state of discomfort and uneasiness

The author reminded us of the feelings we internalized at birth. She said 97% of us internalized one of the seven fear feelings (anger, hate, guilt, resentment, rejection/abandonment, need for approval, and overwhelmed burden). This colors all our perception of life and is the ruling feeling through which we view life and compels us to the behavior we exhibit each day! Wow!

She continues with prompting us to use The Script to address negative feelings and to be conscious of the feelings we are having. She states "just keep digging" and process daily negative feelings and thoughts.

I've often heard people say the reason we dislike things in others is because we can see it in ourself. Karol says "We only see in others that which we see (subconsciously) in our Self. Until we own this truth, we will continue to carry the burden of our own darkness".

Now, I don't like to admit that I'm like those things I dislike in others. Maybe sometimes I can't really see it there inside me, or I don't want to believe it. But why else would it bother me if someone say chews with their mouth open? That's a very simple example, but you can fill in anything in there.

I think the main lesson to this chapter is to make it a normal routine to recognize negative and positive feelings and emotions and use the script to work through some of those negatives. After all, our goal is to improve our lives and be happier, right?

## *Comical Happenings*

Yeah, you've got it all figured out.  
You're going somewhere to impress  
someone.

You've got the right clothing.

The hair is looking great.

You're right on time.

You're feeling like a million bucks.

Nothing can stop you now!

You dazzle them with your intellect.

Make them smile with your great sense of  
humor.

You leave feeling like you just  
conquered the world!

After getting home you look in the  
bathroom mirror.

Maybe say an awesome thing or  
two to yourself then smile.

(That same smile you had while you  
conquered the world.)

And the green broccoli you had  
with lunch smiles back at you.

## *JUST SOME THOUGHTS I WANTED TO SHARE . . .*

This morning I had family on my mind.

As a child growing up in an abusive/dysfunctional family, I hoped all my  
siblings would grow up and be close to each other.

I thought the lessons we learned would teach us how important those  
relationships are to us being whole.

As time passed my hopes and thoughts did not come true.

I spent many years trying to mend relationships and keep us strong together.

One day I realized I could only be responsible for me.

I gave up being the family "peace keeper" or "diplomat".

Frankly, it was more stress than I could bear.

I guess the lesson in all of this is . . .

Never give up hope that one day relationships will mend.

Be open to others offering apologies or a chance to heal.

Always be true to yourself and your shortcomings.

Never hold grudges. Learn from the past, then let it go.

## *Parting Thoughts*

I hope you enjoyed reading this issue as much as I enjoyed writing it!  
If you like reading my blogs, be sure to send a friend to share the words!

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

<http://insidefirst.blogspot.com>

Thanks so much for sharing your time with me. I know how valuable it is!  
See you next time!  
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