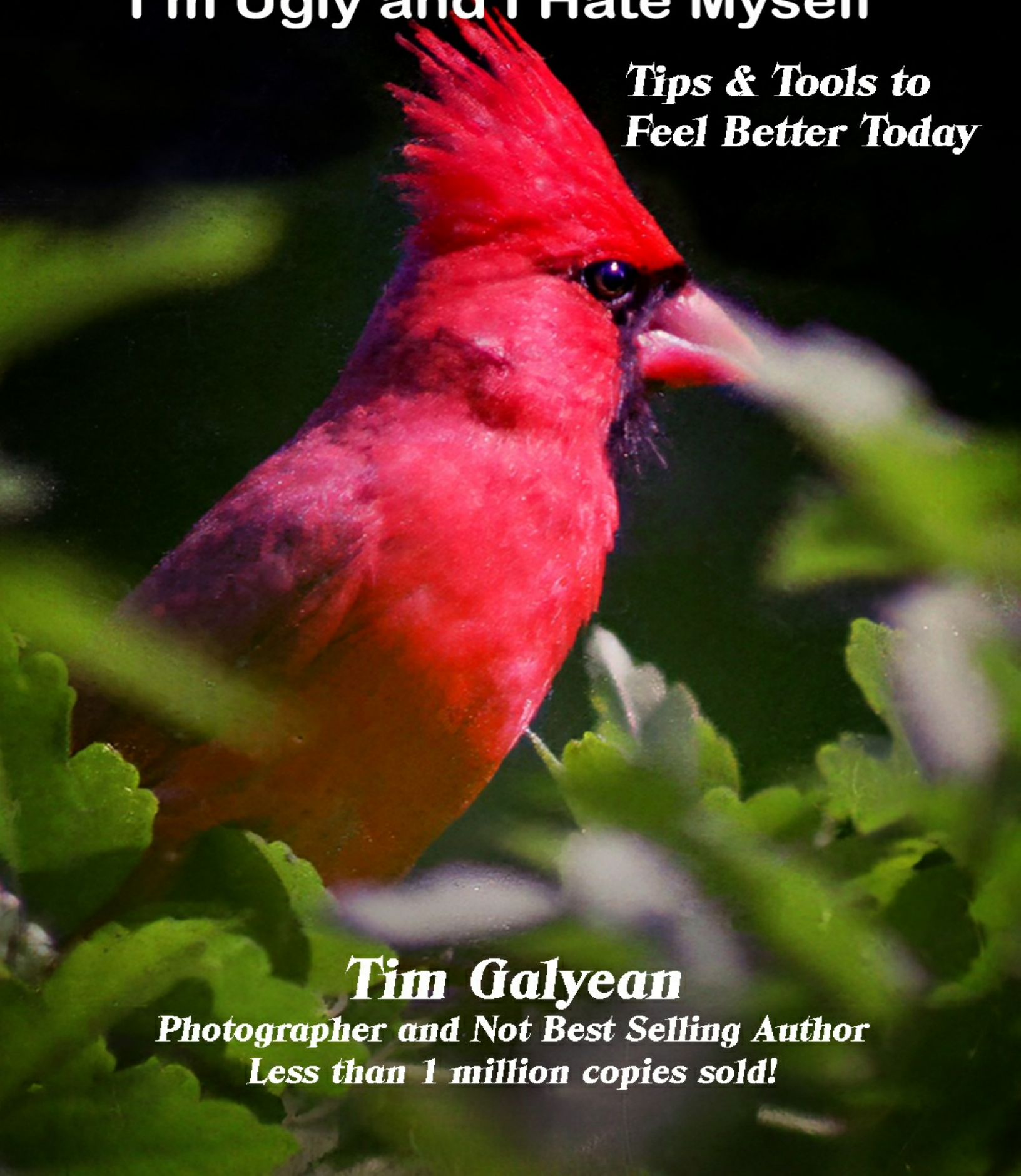


**I'm Beautiful and I love Myself,
I'm Ugly and I Hate Myself**

***Tips & Tools to
Feel Better Today***



Tim Galyean

Photographer and Not Best Selling Author

Less than 1 million copies sold!

I'm Beautiful and I love Myself, I'm Ugly and I Hate Myself

Tips and Tools to Feel Better Today

About The Book?

I don't know for sure. I think if you don't know something, then it's okay to be honest about it and say, I don't know. It might be a letter to myself. It might be a journal. It might just be a summary of the thousands of people I've photographed and listened to their stories over the last 45 years. Perhaps it's about information I've got from the 400 or so self improvement books in my library. Maybe it's a spiritual book. Maybe it's all of the above.

Actually I think I'll let the reader make the call what the book is about. We all see things and life through our own lens, our own perception, our own judgement. So each reader will be right on what this book is about and if it's worth reading or not worth reading. Feel free to view it as life changing, or somewhat useful, or a waste of time pile of crap. Either way you will be right. And either way I will be fine with how you see it, because your story is your story about it.

Don't believe things in this book until you try them or has the Bible says, "But test everything; hold fast what is good". Question and research most everything, then use what is good. It's important to question our own stories and what we've been led to believe. It's okay not to try any of them. But, What if? What if you tried something from here and it worked. You miss 100% of the shots you never take.

And just for the record, I'm a professional photographer, have been most of my life. I don't have any college degrees, I'm not a professional writer, not a life coach or anything related to along those lines. Just an observer sharing my stories.

Or maybe...Good afternoon and welcome aboard the ship called I Feel Good! I'll be your captain for a short time. I will be showing you some charts and tips on how to navigate your Million dollar, Priceless, life/boat through some stormy, rough and uncharted waters. Then I will be jumping ship leaving you the captain back in charge of your own boat of life. Enjoy your journey.

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I'm Beautiful and I love Myself, I'm Ugly and I Hate Myself

Tips and tool to feel better today

About the Title

It's from 40 + years of hearing, "I hate having my pictures taken because I'm not photogenic." Or "my pictures never come out good because I'm ugly." In other words, I don't like myself and the way I look...compared to other people. That's their story, it's true for them, but it's not true to their loved ones or other people. We can find beauty in most anything and we can also find ugly in most anything. It kinda depends on what we are programmed to look for, how we're programmed to judge others and ourselves. I have never heard a groom on their wedding day mention how ugly the bride is. I photographed weddings for 40 years and never heard that once. Some newborn babies kinda look like aliens (humor) when they pop out but have you ever heard, "wow, what a ugly scary looking baby?" It's all about the judgements and the stories we tell ourselves. Many of those judgements and stories are based on negative or positive input from our environment that we grew up in or currently live in. The best part of my job as a senior portrait photographer isn't the money, it's when they would look at their photos and say... "Is that me!?"

About 15 years ago I randomly put a page on my website called "Our Secret for photographing ugly people". The page isn't about photographing ugly people, it's about there are no ugly people. The interesting part for me is that for the last 15 years, it's almost always in the top 10 visited pages on my website. My website has 90-100 pages on it. Is there really that many people or photographers out there thinking they are ugly? It's no secret that these feelings have skyrocketed since 2009 or so when smart phones and Web 2.0 came into popularity. Lots of people, want to feel better and to like who they are but don't know how to change their story. Hopefully there are some simple tools and tips in here that can help or give some a little hope.

Pastor Robert Schuller told a story about what God sees in a person. He baptized two of our daughters at his Crystal Cathedral in California and he talked about one of our daughters who was born without a hand at his church and TV show.

The Person God Sees: The beggar sat across the street from an artist's studio. From his window the portrait painter sketched the face of the defeated, despairing soul with one important change. Into the dull eyes he put the flashing glint of an inspired dreamer. He stretched the skin on the man's face to give him a look of iron will and fierce determination. When the painting was finished, he called the poor man in to see it. The beggar did not recognize himself. "Who is it?" he asked as the artist smiled quietly. Then, suspecting that he saw something of himself in this portrait, he hesitantly questioned, "Is it me? Can it be me?" "That's how I see you," replied the artist. Straightening his shoulders, the beggar responded, "If that's the man you see that's the man I'll be. If you could see in a vision the man or woman God meant you to be, never again could you be quiet. You'd rise up and try and succeed.

About the Cover Photo

It's a picture I took when I was 15 in my back yard in Kansas and has always been one of my favorite pictures. The cardinals have some good stories to go along with them. One story is that when you see a cardinal it means angels or loved ones are nearby.

I don't think the cardinal worries or suffers from anxiety or depression as they always seem to be chirping happy chirps. He doesn't judge or compare himself to sparrows, or blue jays or eagles. Nobody has ever told the cardinal that he wasn't good looking enough or as big, strong and fast as the other birds. The cardinal just does cardinal stuff and lives in the present moment with no worries. God provides him with food and shelter everyday. He also has quiet, silent time in nature everyday to enjoy his life.

The cardinal does however believe one lie, false story to be true. We could also call it FEAR-False Evidence Appearing Real. I learned this while camping at a rest stop in our van RV. We were awoken to this loud annoying tapping on the side of our van in the morning. It was a cardinal attacking, pounding on our front door mirrors and windows. He was angrily flying from one side to the other then back again. Apparently the male cardinals see their reflection in a mirror or window, usually around mating season, and they think that it is a competing male so they attack the bird in the mirror, which is actually themselves, their reflection.

Isn't that what we do to ourselves sometimes, especially on social media? Someone, or ourselves tells us a story, an opinion or lie and then we believe it without questioning it. What we should do is ask a couple questions, such as, "Is that true?" And "Do I know for sure that what I'm telling myself is 100% true?" If you don't know for sure then don't accept it as fact. Research and question what your mind is accepting as fact. You most likely have your phone right there, ask the person exactly what they meant or look it up before you believe it to be true.

Part 1 Feeling Better / Good

Do you want to feel good or feel better? Here's the simple answer in one sentence. **QUESTION YOUR CURRENT STORIES THAT YOU PLAY IN YOUR MIND AND TELL YOURSELF SOME NEW EMPOWERING, FEEL GOOD STORIES.** Pretty simple right? Let me repeat that once more. (Repetition is the key to learning) **QUESTION YOUR CURRENT STORIES THAT YOU PLAY IN YOUR MIND AND TELL YOURSELF SOME NEW EMPOWERING, FEEL GOOD STORIES.**

If you want to, go ahead to part 2 and 3 for tips and tools on how to come up with some New Stories. Or just spend a few more minutes and finish reading Part 1. This book is short enough you could scan or speed read through it then go back with a highlighter to highlight the things that you might want to come back to. Then go back and try the ones you want to. It doesn't matter what you know to do, it matters what you actually do.

Thoughts and Stories

Most success, self improvement books, even the Bible mentions it. Change your thoughts/stories and you change your life. The difference between a thought and story, for this book at least, is that a thought is like a seeing one thing, like one picture, a story is like watching a video. If I say think of a pink elephant most will picture or imagine a pink elephant in their mind. If I say see your self riding a pink elephant through the jungle being chased by a lion and dodging monkeys hanging from the trees that would be like a video in your mind. The logic here is that changing your old stories, the ones that bring you stress or sadness, can be a good thing that make you feel better. Given the choice of feeling better or worse, personally I would take the feeling better. By changing your stories that really means looking at them differently, from a different point of view, perception or mindset. You can't really erase a thought from your subconscious memory bank. Example of that would be that I can erase a picture from my camera's memory card but it's really still there and with the right software I can retrieve the deleted picture.

Anyway, the stories will stay with you longer, be more rememberable than just a thought. Have you ever thought of something you needed from the store, like a loaf of bread and then 5 minutes later when you went to add it to your list couldn't remember what it was? When the I need bread thought comes up, make a story out of it, like using slices of bread for flying frisbees and hitting your friends or family with them. You will probably remember it when you go to write bread on your list.

Side note. This book isn't a magic cure all for everyone, it's stuff that works for me. So far, thankfully, at age 64 I don't need any drugs to make it through the day or to wake up or go to sleep. We are all different and live different lives. Some have lived sheltered happy lives and some have lived through horrible things, and events. There is no one, easy quick fix, magic pill, to make everyone feel great. Life is hard. Life is full of peaks and valleys. Human beings aren't designed to feel good and be happy 100% of the time. Bad and sad things are going to happen. If there weren't any

hard and sad times we wouldn't know what good and happy times would be. The good and bad things are both stored in our minds. Some stories can be changed, some can't, some people don't want to change. Most of us don't know how to change our stories. We are told to take a pill or lots of pills and that will fix everything. Unfortunately most of these quick fix pills can come with documented very bad side effects.

It's possible to change your story in an instant. In the tools sections part 2 there are some tips on how I change my thoughts quickly. Very helpful when I'm heading into or already in, what my mind stories see as a stressful situation. Some stories take some time and effort to change. I know of smokers and drinkers that have changed their stories. They have quit instantly by coming up with a new story they tell themselves. A great example of story changing in a short amount of time is the song by Tim McGraw called Live Like You Were Dying. (lyrics are at the end of the book)

My Robot: R-U-ME2

Something simple by Denis Waitley called R-U-ME2. I read or listened to many years ago and it took many many years for it to make sense to me. Denis has some great books and audio books including the The Psychology of Winning, the all-time best-selling program on self-mastery.

I have a little robot, That goes around with me.
I tell him what I'm thinking, I tell him what I see,
I tell my little robot, All my hopes and fears.
He listens and remembers, All my joys and tears.
At first my little robot, Followed my command,
But after years of training, He's gotten out of hand.
He doesn't care what's right or wrong, Or what is false or true.
No matter what I try now, He tells me what to do!

A problem with R-U-ME2 is that it wasn't designed for 24/7 input that we have now with our cell phones, TVs, computers and Internet. It wouldn't be such a big problem but much of the info our little robot minds listen to and watch is just not true. It's damaging to our peace and happiness after our mind listens to the "fake news" and then tells us what to do based on lies and wrong things to do. Once our senses hear or see a lie it's in our robot's memory bank for good. The subconscious or robot isn't judgmental as far as right or wrong, it just puts up stories on our mental screens from it's input.

And then it gets worse. Like in the RU-ME2 story, our subconscious robot runs our lives, on auto pilot 95% of the 24 hour day. We can drive home without even consciously thinking about it on our auto-pilot. An example of that is that you are driving home from work or school like you do every day but you need to drop off a library book today. Then you pull up in your drive and the library book is still sitting beside you. You were on autopilot, the subconscious parts of the brain does most of our thinking and not based on what is true. We need to spend more of our time being in conscious mode.

4 Stages of life

Wayne Dyer, Carl Jung and other's talk about the 4 STAGES of our adult lives. Which can explain the 'generation gaps' in different ages or stages of our lives and how we change as we go to the next

stage. It's very hard when you are in stage 1 or stage 2 or even stage 3 to understand the stages you haven't been through yet and why people think the way they do. And then to add our ever changing environments we all live in then things can get even more disconnected. The stages don't necessarily have to be a certain age as you can go back and forth between the different stages. Stages of moving from ego-driven ambition to a life of meaning and purpose.

Here's an example between the Athlete/Warrior stages and the Statesmen/Spirit stages from Denis Waitley's book, *Winning: It's All In Your Head*. "When I was younger when a car cut me off I would tailgate him for the next 8 blocks, now in my later years, I change lanes. A bumper sticker: The problem is too many young people driving too fast and too many old people driving too slow.

It's not something to be stressed and angry about, we just need to know that we are all on different paths than ours and that's normal and okay.

The 4 Stages are: The Athlete stage, The Warrior stage, The Statesman stage, The Spirit stage.

The Athlete stage centers around our physical self, how we look and performance. The least mature, all about ourselves stage.

The Warrior stage comes next. When we become more responsible and make goals for where we want to go in life. How we are going to conquer the world. The challenges of adulthood and a stage that we go back to when we want to change the course of our lives.

The Statesmen When the warrior phase in our lives is coming to an end, we find ourselves asking: "what have I done for others?" Your focus shifts from your personal achievements to accomplishing goals based on improving other people's lives. This stage is often correlated with parenting because your focus is to provide a better life for your children, and whatever you need to do in order to accomplish this. The Statesmen phase is a time to reflect on what you have accomplished, and how you can continue moving forward, not just for you, but for the other people in your life.

The Spirit The final stage of life is the spirit stage. In this stage, we realize that we are more than what we have accumulated, be it money, friends, possessions, good deeds, or milestones in life. We are spiritual beings. We realize that we are divine beings in a journey of life that has no real beginning and no end. The spirit phase is characterized by a sense of "getting out of your own mind" and focusing on what is waiting for us beyond our physical beings. The Chinese philosopher Lao Tzu proposed a question over 2500 years ago that perfectly describes the spirit phase:

The Spirit-Directed Life, which embraces a spiritual path and internal purpose; and finally, a stage of Receptivity and Meaning, where the individual lives from a place of Spirit and purpose, experiencing miracles.

Ageing/Health Made Better

Can the mind have an impact of how we age and feel as we get older? When I was 58 or so, I didn't feel so energetic compared to when I was 30 or 40. Then I heard of a study where they put some old guys from a nursing home, that could hardly walk, to a throw back in time experiment. After a week or so in the study they guys came out being able to walk, see and hear better and even looked younger. That sounded like a good idea so when I was 59, being 60 didn't seem like a fun age. So I decided that I was now 39. On my 60th birthday my family threw me a 40th birthday party,

all the decorations and everything were dated back 20 years to 1982. More details in the book Counter Clockwise Ellen J. Langer Another study report. Aging Experiment
<https://pmc.ncbi.nlm.nih.gov/articles/PMC6615788/>

Denis Waitley has a great book called The Seven Sacred Truths: How to Gain a Lifetime of Wisdom While You're Young Enough to Enjoy It!

Part 2 Tips and Tools to Feel Better

What if? You tried one or two tools and you felt better? Write it down. Keep a note pad or journal so you can observe, take notes on your before and after stories and the ones you want to change. Making Flash Cards is a great idea too. Some of the tools you can do easily and quickly and some take more time. Try different tools for different situations.

Flip it

A tool that is quick and easy to use. I made this one to use while driving, as a way to not get road rage or mad at people who don't drive like I think they should be driving. When I see someone driving what I consider stupidly, which is the story that plays in my head when I see a bad driver I change the story from anger to happy. Example of the new story is, after seeing someone run a stop sign, speeding, tailgating. That's sad, I bet their loved one is in the hospital having a baby or had an accident and they are trying to get to the hospital and then I add a short prayer for them that everything turns out okay for them and their loved ones. Or maybe they just got fired from their job. The reality is that you don't know the truth that they are just an inconsiderate horrible driver or if their loved one could really be in the hospital or danger. Given the choice of angry thoughts/stories or happy caring ones makes a big difference in your health and happiness. The Flip it tool is a quick and easy one to use for small problems that arise during the day. Bigger problems need more work and other tools. Experiment with Flipping thoughts, events. Try it out on some of your negative, stressful thoughts that pop up in your mind daily. Some thoughts come and go quickly so be aware and write them down when you notice one.

4 Questions - Reframing Stories

Reframing is a word used to take a negative story and see it in a different way that turns it into a positive story. I've read lots and lots of books on reframing, changing your thoughts/stories. Most of them don't work really good or they take a long long time to make them work and are complicated. And you also have to read their 200-400 page book.

While writing this book I found a new one that I really like. It goes along with my other thoughts on how to easily change my stories. It's by Byron Katie and her methods can fix little problems and bigger problems. She has a website TheWork.com that is filled with free downloadable forms and even a small downloadable book that covers how it works. Videos and over 200 Podcasts on examples of working with people's stories, like really big issues and life long problems. She also has several books, *Loving What Is*, is a really good one that explains her process and give examples of it working with real people. It's a great reframing system that is really life changing.

The questions came from her 4 Questions Inquiry. Her 4 questions are 1 Is it True? 2. Can you absolutely know that it's true? 3. How do you react, what happens when you believe that thought? 4. Who would you be without that thought? It starts there and then depending on how big the problem, story is, there are follow ups to the 4 questions. Even Tony Robbins uses her system and has a YouTube video of how to use the system.

A podcast that I found helpful for artist type people is #13, I Need To Satisfy My Clients. #21 and #53 are good also. Search Byron Katie or links are on her website thework.com

Move! The Magic pill

Also known as exercise, stretching, working out. Moving includes any body movement, even breathing and fidgeting, dancing, anything that gets your body moving. It can be done sitting, standing, laying down anytime and any place. The magic or benefit of moving is that it makes you feel better. Try not to use your phone without consciously moving, even if it's wiggling your toes, or moving your arms and legs. Maybe make it a rule that if you are checking your phone for unproductive uses, that you must move for 30 seconds and then move while using your phone.

Screen time

If things aren't going good, reduce your screen time. Easier said than done. Sometimes you just have to say No to screen time if it's causing you stress and problems in your life. Sometimes you just have to make a decision on what's best for you and what your autopilot is telling you. Use the 4 questions on it. Have a plan to do something else before checking your screen. Come up with a new story about the amount of time you want to spend on screen time daily. Start small, like how much in the next 5 minutes do I really want to spend on a screen scrolling verses doing something to accomplish my goals. Timers work great for this, I have a little cube time that I can flip on a different side to choose how much time I want to spend on a task. It has vibrate mode and/or sound mode. Great \$15 investment.

When I was younger I would watch TV a bunch. Then I read a Brian Tracy book I think it was and he said TV is for losers. Stop watching people living out their goals and lives on the TV screen and go to work on your own life goals. I stopped watching TV. Same can work for Video games and phone and computer screens. Listen to your mind's story that it's telling you about checking your screen, write it down and question it. Come up with a new story

Flash Cards.

These are constant reminders that lead you to feeling better. They can be printed or written paper ones or digital ones. I've used the printed ones for over 30 years and digital ones for about 15 years. The printed ones I use business card size so I can use them like a deck or cards and put them on 2 x 3.5 magnets and attach them on anything metal like. You can also think of them as reminder cards to keep you on track to get what you want and how you want to feel. You can get pre cut cards blank business cards online or in office supply stores in the printing paper department. Easy to draw on, take notes on, put favorite empowering quotes on then just add them to your deck of cards. I have separate decks of cards for different topics.

Anchors/Triggers. Tap Into Now

These are for when you need an instant mindset, emotion change. They are great when you are in a stressful or anxiety situation. They are also great when you need to be at your best, like for your job or a performance. You create the anchor when you're using some silent, imagination time to create it.

I have one for when I go to the dentist or doctor. I also have another I use before I do a photo session job. To make the trigger get into the mindset that you want, and then touch a place on your body. It could be tapping your fingers, or touching your left elbow. After you set it you need to repeat it 20 times and then you need to test it to see if it works on command. If not, then practice it another 20 times.

Tap out to Now, this Moment. Is the one I use the most. To make the Tap Out To Now Anchor/trigger get into a now quiet moment by tapping 2 fingers together like your thumb and index finger. Once per second and as you do repeat Now, Now, Now, Now. Like 10 to 20 times or as many as you want. You can also say God, God, God, God for a God type with you connection. Putting yourself or problems into God's hands and/or reminder that God is with you. Practice it several times so it can be easily used when needed.

Use the Tap Out whenever you feel a stressful situation coming up or you in a stressful situation. Using it tunes out the stories of the fear of the future and shame of past failures. It's not very noticeable so nobody even knows you are doing the tapping. In the now moment, the past and future do not exist.

Tony Robbins explains in good detail in a couple of his books and in his Audio Programs. He calls it part of his NLP training. There's lots of free info on the tonyrobbins.com website.

Change Your Environment.

Environment being anything that you can take in using your 6 senses. Sight, Hearing, Smell, Taste, Touch and Intuition. If you want to feel better than do an inventory of everything you are taking in, especially things that you don't feel that are doing anything good for you and that are causing you stress or just wasting your time. This one is a hard one so take your time with it, making small changes one at a time. Or make big changes.

Cookie Jar.

Stack your successes, your achievements, accomplished goals, times that you did nice things for other people. Anything that you are proud of. Write them on a flashcard and put them in a "cookie jar" or just make a pile or stack of them. When life is being pain in the neck then grab a hand full of the cards and read through them. It's a good reminder to know that you are a valuable person no matter what life throws at you.

This exercise is hard to do on your own so maybe write your answers on a pad and paper or Note in your phone and have an ongoing list. You could also ask a trusting relative to help give you answers. Think of or go watch the old movie, It's a Wonderful Life, it will show you how to do this exercise or Internet search it. It's about listing the good things that you have done in your life that have changed the world and or people's lives for the better. That wouldn't have happened without you.

Thankful Grateful

What am I Thankful for today? It's hard not to feel good when you are being thankful for something or someone. Find 3 minutes of silent time and use your imagination to make a list of things that you could be or are thankful for. Use a timer on your phone to make sure you only spend 2-5

minutes. Write them down as fast as you can and as many as you can. Repeat this as many times as you can during the day. Make a Flashcard reminder to do it. Write on the flashcard some things you are grateful for today. A few examples, your health, sunshine, loved ones health, you woke up, you have food to eat, shelter to live in.

Thankful Grateful for what you don't have

A different way to be grateful by looking at things differently. If you have a nice big house be thankful for you don't live in an apartment. If you live in a apartment be glad you don't live in a camper or van and be glad you don't have to mow your grass and pay to get things fixed like appliances. If you live in a Camper Van be glad you don't have all the expenses of a house or apartment. If you have acceptable health then write down 5 or 10 things that could be wrong with your health that you don't have, that people you know might have.

Silent Imagination Time

A really hard one to do, especially with the phone device with us 24/7. The screens everywhere are almost like anti silence devices. But, silent time is necessary so we can use our imagination. To use our creative conscious mind, and to use our 6th sense of intuition we need to use our imagination.

Laugh

Use Humor, laughter. Laugh Find the humor in all, in any situation. Find the good in everything and everyone. Life is a game. Can't be responsible for others happiness. humor laughter release good chemicals, release stress, energize you. Everything's funny. Check out Laughter Yoga videos.

Pedestalizing

Be careful or question yourself when pedestalizing people. Pedestalizing is putting someone up on a pedestal, idealizing someone and see them as being perfect. We're all born with the same value as human beings so we don't want to look at others as more valuable then ourselves because they are better than us at certain things. It could be looks, own more stuff, having a talent for something. We all have our own unique talents and gifts. Stack your own wins and successes, not just other people's. It doesn't matter the size of your successes, it could be getting out of bed. Some people can't get out of bed today. Write them down and then add them to your Cookie Jar. Putting others up and not yourself can lower your self-esteem.

Be in Present Moment

Be in the Present. Film Today. The wake doesn't power the boat. Live in the dash. Enjoy today, music, laugh, play, do your work, gift assigned. Be here now, live in this present moment. Narrow it down to this 5 minutes. Shut out yesterday's and tomorrow's thoughts. Enjoy today, this 5 minutes. Live in today only. Yesterday is unchangeable, tomorrow is not guaranteed. Worrying about past or future events is a waste of time and energy. Anxiety is from living in the past or the future. Be in today only.

Don't Compare

Do You, what you were sent here for. Let Them, let others do their journey, their own path. If you have to compare then compare yourself to others that don't have the friends, things and health that you have.

Self Talk

Be your own inner Cheerleader. Applause, cheering, Positive Self talk has to come from within not from other people. Talk to make yourself feel special & important. I like myself. I'm glad I'm me. Believe in yourself. Be Proud of what you have accomplished, celebrate the little things constantly. Gotta love yourself before you can love others. Get over trying to be liked by others, you can't control that. Have the courage to be disliked.

Make your own self talk statements or get them from a book. There are lots of prerecorded ones out there. Applause from the outside is great but it's not 24/7, you are the only one with you 24/7 365. Having the right self talk is important. Cheer on others on outside of you and constantly cheer yourself on.

Pray

Go inside for God given value, have some silent time.

Let them be right

Thoughts are energy. We see things differently than others. Let others be right and use your energy thoughts on what you want to do, where you want to go. Instead of arguing, being stressed, Let them be right then continue on playing your own game. What they think of me is none of my business. They don't know you, you don't know them. Be Independent of the good opinion of others

Boat Float

Float your own boat, gently down the stream of life. Go with the flow. Don't fight the current, don't look back, don't look at other's boats, just do you. Do your own talents, your gifts, your own goals, follow your own path on the river of life. Don't let others who don't know you tell you how to guide your boat/life. Think of all the good moments you had on today's life boat ride. When you need to hand over the paddles to God and let him steer you through the rough waters.

Don't ruin right now

Use your present thoughts on good things, creating things, doing some work, imagining a goal or something exciting in the future. Don't use your thoughts on bad, fearful things that might happen in the future, but might not happen in the future. If things go wrong in the future, which is part of life, then just deal with it when it happens.

Part 3 Spiritual

Spiritual Connection Bible favorites to Feel Better / Feel Good

Some of my favorite feel better, empowering, positive, educational Bible verses and spiritual observations. Most of my younger church and Bible teaching memories were that I was a bad person. A sinner and I'm going to hell if I don't change my ways. Needless to say I wasn't a fan of going to church. It seemed like anything I said or did could be a sin and a ticket to the hot place. After I got older it seemed like the churches had become more about money and power than spreading the word. I eventually became what I call a spiritual person and not a religious person. I don't believe Jesus showed up to start a religion.

Spiritual Part because if you call it God, higher power, Jesus, Holy Spirit, it is all the same. It's the same spiritual force or energy power that's in all of us and and been since the moment we were conceived and will be until our soul, spirit leaves our current body. Through good times and bad times the spirit is with us 24/7 until we leave our earth bodies and go back to the spirit world. Some of us will leave our earthly bodies but then come back right away. We call that NDEs or Near Death Experience. There are lots of good movies and stories about NDE that are always interesting to research and check out.

Everlasting Life

John 3:16 "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life". This verse is pretty simple, believe in Jesus and you won't die and you will have everlasting life. Obviously the body we have on this earth, which can be looked at as a vessel for our soul is going to die. But the spiritual, soul side of us that lives inside of our body will keep one living. And that spirit will eventually get a new improved body that does not die or get sick.

Using Prayer and not using Prayer

People in our country, back in the 1940s and 1950s used the power of prayer more than we do now. Like lots more. I think I read that prayer is now down 75% compared to back then. Maybe because our society had turned away from church, religion and God. Maybe the churches have done a bad job. Maybe we have it too easy these days and don't need God and prayer. Maybe we don't want to cram religion down people's throat.

I asked my Dad who is now 94, what it was like back in the good old days. He laughed and said "there wasn't any good old days back then." They didn't have much in the depression years. The 4 siblings had to share the same bath water and he was the 4th in line. Then World War 2 came, food and things got rationed. Their toilet paper for their out house was pages torn from a Sears catalog. After graduation it was draft time to go off to the Korean war to die. At 18 on his trip over to Korea he met someone coming back from the war. He was so excited because he believed that everyone that went over the didn't come back alive. It makes sense that prayer, faith and God back then was a popular way of life compared to now. Today many people have too much, but they are more depression and mental issues now than back in the "good old days". Perhaps God and prayer are missing?

I would think that believers would use social media to share their faith about their Bible and God. Maybe it's just me but I rarely see people posting bible quotes or Bible stories. I do see lots of prayer requests when people need something, which is a good thing as the bible says to ask and ye shall receive. But very little credit or gratitude or just basic sharing of God and the Bible.

On the positive side, it seems like prayer and faith in God is making a comeback. College Campuses are having big revival type events. Professional athletes are celebrating faith and God in their comments in the media. I read previously that some pro football players were penalized, mocked and laughed at for praying. Now in the last few years when a player is injured both teams have been seen taking a knee and praying. Players praying before and after the game on the field. Even better is now I've been seeing high school players praying together on the field and giving God thanks for their gifts and abilities. In 2015 a high school coach was fired for praying on the field. Times are changing.

The Spiritual Part of the Brain

There's a lot to it so if you want more info just search "spiritual part of the brain" and look up some of Bruce Lipton's videos or books. According to scientist there is a part of the brain that is like an antenna that is activated during prayer. Bruce Lipton has some good books on the topic of how we connect with others spiritually. So of the Bible says it and science people have physical proof of it then it's probably true that prayer works and that we have a spiritual side to us that we can communicate though thoughts and not just speaking or physical communicating.

It works in portrait photography, I use it and other photographers have said that it works for them also. I can think of where I want a person to put their arm or leg for a pose and they move it there before I tell them to move it there. It works good for photographing autistic kids too than I can't communicate verbally with or physically show them where to put their arm or body.

A Promising future

Life on earth can be very hard and sad sometimes. And then we die. That doesn't sound like much fun. It helps to have something good to look forward to in the future, after our bodies die. The Bible gives us a sneak peak in Revelation 21 what it will be like when Jesus returns. *Rev 21:1* And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea. *2* And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband. *3* And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God. *4* And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. *5* And he that sat upon the throne said, Behold, I make all things new. And he said unto me, Write: for these words are true and faithful.

Fear God Meaning

Fearing God doesn't mean be afraid or scared of God, it means to which means to revere, obey, and center one's life on Him to find true purpose. *Ecclesiastes 12:13-14* Fear God, and keep his commandments: for this is the whole duty of man. For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil.

How many Bible Prophecies have been fulfilled?

At least 800 have been fulfilled with most of the ones remaining having to do with the rapture, end times and the return of Jesus. Some say over 1800 have been fulfilled. Like everything it's a good Bible study topic to learn more about.

God/Jesus is with us

Luke 17:20-21 Now when He was asked by the Pharisees when the kingdom of God would come, He answered them and said, The kingdom of God does not come with observation; nor will they say, See here!' or See there!' For indeed, the kingdom of God is within you.

1 Corinthians 6:19-20 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies

Romans 8:9 But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His.

Live One Day At A Time

Mat 6:34 Therefore do not be anxious about tomorrow for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day.

Dealing With Fear.

The Bible mentions Do not be afraid over 300 times.

Deut 31:6 Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you.

2 Tim 1:7 God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Having Faith

Matt 17:20 If you have a faith as a grain of mustard seed, you can say to your mountain move, and it will move and nothing will be impossible for you.

Matt 7:7-8 Ask and it will be given to you, see and you will find, knock and it will be opened for you. For everyone who asks receives and he who seeks finds and to him who knocks it will be opened.

Mark 9:23 If you can believe, all things are possible to him who believes.

Fun Bible Opening Experiment

If you're having a life challenge that you need help or guidance with try this. Pray and ask God for help with your problem and then take your bible and open it to any random page. Read both pages that are open and then see if there is some help and guidance on one of those two pages that you have been looking for.

Self Acceptance. Our Value. Self Worth

Our value as human beings was given to us at birth or conception, and we are all made in God's image. We are all created with equal value and the way God wanted us to be. It doesn't say we are all created equally as far as size, brain power, eye color etc.. Accepting ourselves as we are is a good way to happiness. We can run into problems when we compare ourselves to other people. "Comparison is the thief of joy." In God's eyes we are all equally valuable. Instead of comparing ourselves it's a good idea to be Thankful for actually having a life. Give thanks to God everyday for what you do have. Also you can give thanks for the bad things that you don't have, that you don't have. Just turn on the news for a few minutes if you want to be glad about some of those things you don't have or want.

Our value as a human does not go up with more social media likes or views that we get. In professional photography circles we have two sets of accounting business numbers. One set that we post on the Internet to make us look good and the set that is the real truth that we send to our accountant.

Our value doesn't go up either with the fake pictures that get posted on the Internet. The ones that are stacked with filters and Photoshop and if you were to actually see that Internet person in real life you wouldn't recognize them.

It doesn't matter if someone has more money, is taller, talks better, better looking, has more friends, and so on. We are all on God's same path of life on earth but we are all different, unique. There is always going to be someone who has more money than you, is better at certain things than you are but all that doesn't matter. What matters is that we do the best we can on the path that we are on, and the cards of life that we are dealt.

Many things we are born with we have no control of. Such as how long our journey will be here on earth. What year we were born, who our parents are and what kind of people they are. You can't control if you were the youngest child or the middle child. You don't get to pick your sex, you're either born male or female. God has a plan for your life. Trying to change God's plan for your life just doesn't work out very well so no sense in worrying about it. Mind your own life, business and don't try to control God's business.

I don't think God is going to love a person who was born without arms and legs like Nick Vujicic any differently than he loves a 6 foot tall professional football or soccer player.

If you think you are a less of a person because of the way or how you were born then it might be a good thing to change that story. We can't change the size we were born, the color eyes, the birth order with our siblings, the time or year we were born in, our sex, skin color, parents, place or country born at, we can't change our siblings or blood relatives. Being mad or depressed about that fact or reality will not change 1 thing. **We can change our stories that we tell ourselves though.**

The Ten Commandments *Exodus 20*

It seems like if everyone would follow these 10 commandments the world would be a better, happier place. Sometimes it seems like people look at these like they are the 10 suggestions. Follow them to make you feel better and your life better.

1. You shall have no other gods before Me.
2. You shall not make idols.

3. You shall not take the name of the LORD your God in vain
4. Remember the Sabbath day, to keep it holy.
5. Honor your father and your mother...
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor. (Lying, includes, making up stories about others, spreading rumors)
10. You shall not covet your neighbor's house... nor his wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor's.

The Greatest Commandment is to Love God, love yourself as your neighbor.

The Importance Of Questions

Jesus used questions to get people to think, to find out what's in their heart, to get to know them. The Bible also says to Ask and ye shall receive. Questions in the Bible is a good topic to search and learn more about. It's a good idea to ask others questions about the Bible. Not to prove them wrong but to learn more. **TEST** everything Search

How do you do that? The Power of Prayer?

I usually don't share this with anybody because I think it's weird and if I tell people then they will think that I'm just making it up. I shared the secret with a couple of teens at a race track in Florida a couple years ago, they were starting their own media company and also doing photography. The only reason I shared it with them was because I knew their Christian believers. After I shared it with them they didn't think I was crazy so I'll share it here.

I got the idea from Norman Peale's book called the Power of Positive thinking. The book said to think positive and to pray about what you need help with. Which I thought was silliness since I grew up being taught the opposite. My mom taught me to think that I would fail at a test or things and then if I didn't fail then I would feel good, but if I did fail then I wouldn't feel bad. Which kinda made logical sense to me. So just for fun I thought I would try out the Norman's positive thinking prayer stuff. And it worked.

The question I get when I'm taking pictures at car races or sporting events is...How do you do that? As in always in the right spot at the right time. The answer is, when I go out to shoot pictures I say a prayer and ask God to send me to the right part of the track. Then I just go to a random spot on the track or field. I don't hear any magical voices or guiding stars in the sky but it does seem that I'm in the right place at the right time when I do the prayer. I have no logical explanation for it besides the power of prayer.

With the 2 boys at the race track, I had gotten some pictures of a big crash with cars on fire and rolling over and I showed them the pictures. Later on I was at the other end of the track and got an-

other big crash. They mentioned that I was always in the right spot of the track for the action happening. After that I went to the backstretch and got pictures of a 14 car pile up. That one I got a laugh at. As the 2 boys made it to where I was at one of them asked, "did you get pictures of that?" and before I could answer the other boy says "of course he did".

Was the United States started on Biblical foundation

It actually was. To serve back then you had to be religious, a member of a church. Founding fathers, had to be of faith to be in the government.

Transgender Kids

This wasn't planned on being in here but I saw an interesting program on TV, TBN station. The video is on Youtube and on the TBN website. I bought their book so just sharing it here. Title of the book is Raising Gender-Confident Kids by Kathy Koch and Jeff Myers. It seems like a good topic for parents to self educate themselves on and not just take the opinion of certain experts, especially the ones that celebrate this mental condition. I'm not sure the history of this subject but I remember going to school back in the 70's and 80's and I never heard of or knew of a transgender person. 4 or my school years were in California. Fast forward to 2020's and it's celebrated or promoted in some schools.

Abortions

40 or so years ago we were told that unborn humans were just a bag of cells and it's okay to do abortions as they weren't real people. From my research much of the abortion information is, was made up and not true. Today with the medical technology, science, we know that the moment of conception it's a human life. The Bible says it's a conception. God says He knew individuals before they were born, such as Jeremiah 1:5, Before I formed you in the womb I knew you. or when God declares He knit someone together in the womb (Psalm 139:13-14) God knitting a person together in the womb and seeing their "unformed body. 6. You shall not murder. Question and test everything for the truth.

When would be a good time to choose to be a believer or not be a believer?

You have a choice and it's all up to you. Since most of the Bible prophecies except for the end times ones, yesterday would probably have been a good time. Today, right now would be a good time also since we don't know the date and time the stuff will hit the fan and it will be too late. We don't know the date, however the Bible did tell us the end times signs.

John 14:6 Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me."

Hebrews 11:1 Now faith is the assurance of things hoped for, the conviction of things not seen.

1 John 4:7 Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God.

Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.

Proverbs 3:5-6 Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

Psalms 8:4 What is man that you are mindful of him, and the son of man that you care for him?

Isaiah 53:6 All we like sheep have gone astray; we have turned—every one—to his own way; and the Lord has laid on him the iniquity of us all.

Romans 8: 38-39 For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

End Times Signs

The Bible says there are many signs of the end times. These include: Wars between nations, famines, and earthquakes (*Matthew 24:7 and Luke 21:11*) Large-scale pandemics and epidemics (*Luke 21:11*) Lawlessness and coldness from people living on Earth (*Matthew 42:12*) Large waves and signs from the sun, moon, and stars (*Luke 21:25*)

Signs in Human Behavior and Society: Religious Deception: False prophets and teachers leading people astray. Lawlessness: Increased disregard for rules and order. Moral Decay, A decline in morality and an increase in negative traits like selfishness, greed, and lack of love. Persecution of Christians: Believers facing hostility and opposition for their faith. Apostasy: People leaving the faith and abandoning their beliefs.

Prepare For End Times

Consulting scripture and living by it. Praying diligently. Accepting Jesus as your Savior. Confessing your sins and atoning for them. Working hard to do the right thing. Loving your friends, family, and community unconditionally. Trusting God faithfully *2 Corinthians 5:7* For we walk by faith, not by sight.

"Why did God create evil?" Internet Story

Lots of “evil” going on in the world. A look at history books makes it seem like there has been lots of evil since the beginning of time. With a closer look at what’s going on, or a different perspective reveals a different story. It’s a lack of God in people’s lives, which then defaults to hate. Jesus said the top commandment is love. Love others as you would yourself. Treat others as you would want them to treat you. But the stuff in the news is more like hate others. When we hate ourselves, have a low self image of ourselves, that is what we will put out to others.

A conversation I borrowed from the Internet. Another example of questions being a good tool to use. Why did God create evil? The answer struck me to the core of my soul! A professor at the university asked his students the following question: Everything that exists was created by God? One student bravely answered: Yes, created by God. Did God create everything? The professor asked. "Yes, sir," replied the student. The professor asked : If God created everything, then God created evil, since it exists. And according to the principle that our deeds define ourselves, then God is evil.

The student became silent after hearing such an answer. The professor was very pleased with himself. He boasted to students for proving once again that faith in God is a myth.

Another student raised his hand and said: Can I ask you a question, professor? "Of course," replied the professor. A student got up and asked: Professor, is cold a thing? What kind of question is that? Of course it exists. Have you ever been cold? Students laughed at the young man's question. The young man answered: Actually, sir, cold doesn't exist. According to the laws of physics, what we consider cold is actually the absence of heat. A person or object can be studied on whether it has or transmits energy. Absolute zero (-460 degrees Fahrenheit) is a complete absence of heat. All matter becomes inert and unable to react at this temperature. Cold does not exist. We created this word to describe what we feel in the absence of heat. A student continued: Professor, does darkness exist? Of course it exists. You're wrong again, sir. Darkness also does not exist. Darkness is actually the absence of light. We can study the light but not the darkness. We can use Newton's prism to spread white light across multiple colors and explore the different wavelengths of each color. You can't measure darkness. A simple ray of light can break into the world of darkness and illuminate it. How can you tell how dark a certain space is? You measure how much light is presented. Isn't it so? Darkness is a term man uses to describe what happens in the absence of light.

In the end, the young man asked the professor: Sir, does evil exist? This time it was uncertain, the professor answered: Of course, as I said before. We see him every day. Cruelty, numerous crimes and violence throughout the world. These examples are nothing but a manifestation of evil.

To this, the student answered: Evil does not exist, sir, or at least it does not exist for itself. Evil is simply the absence of God. It is like darkness and cold a man made word to describe the absence of God. God did not create evil. Evil is not faith or love, which exist as light and warmth. Evil is the result of the absence of Divine love in the human heart. It's the kind of cold that comes when there is no heat, or the kind of darkness that comes when there's no light.

The end

When I started book I wasn't sure why or who it was for. Now I'm 99% sure it was for me. The reason being is that I've learned lots of life changing stuff from writing it. Which is a challenge, to teach an old dog new tricks. I was the one who needed to learn the lessons. I just wanted to make a short and simple spiritual book on how to feel better, and then I got stuck. Then Three things happened.

1. I noticed I wasn't changing my own stories to feel better so how could I tell other people "this works" if I couldn't consistently change myself.

2. I clicked on, "liked", a couple of social media posts that I thought would be interesting topics for this book. The next day my newsfeed had a bunch of more interesting posts that I viewed and "liked". By the end of 2 weeks I had 50 or so saved topics that I wanted to research. For my "short and simple" book that I wanted to write. Which led to being overwhelmed and not doing anything but stress out about doing everything.

3. Finally a couple things stood out. A friend mentioned about "Surrendering" and another person, author explained in simple terms how to easily change my stories. Now I can finish the book knowing what and why I needed to write it. Lesson learned.

Surrender to God to what is, actual reality, that God is in control. Learning it's okay the way people are and the way things are. It's God's job to control that and not my job. The only person I can control is me, it's not my job or even possible to change or control others even if I have the knowledge on how to change others. I can plant seeds or share information and that's it. I can only change me and that's enough. I don't need people to like me or approve of me, I just need God's and my own love and approval.

References. Favorite Books Authors. Add books to authors

Some of the books and authors that I've read and studied over the years. Lots of really good information from the sources below.

The Bible - Because it's a like a manual on how to live a good life, and how to have everlasting life. It's also can be traced back to where many "How to be happy and successful" books came from.

Power of Positive Thinking by **Norman Peale** A book that turned my life around when I was 20 or so. There are lots of really good books by Norman Peale. A app with short audio and video sermons on it.

Loving What is by **Byron Katie**. A book and author that I discovered recently when writing this book. Her website is full of downloadable tools and tips and lots of great podcasts. thework.com

EST: Playing the Game* the New Way: *The Game of Life by Carl Frederick and Michael L Coward

The Courage to Be Disliked: Shows You How to Change Your Life and Achieve Real Happiness by Ichiro Kishimi (Author), Fumitake Koga (Author)

Prayer The mightiest force in the world by Frank Laubach

S.C.O.R.E. for Life The Secret Formula for Thinking Like a Champion by Jim Fannin

Relentless Optimism: How a Commitment to Positive Thinking Changes Everything (Sports for the Soul Book 3) by Darrin Donnelly Great series of 9 books, sports related on changing thoughts.

Brian Tracy

Tony Robbins

Zig Ziglar Bruce Lipton

Denis Waitley

Wayne Dyer

The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life (Mark Manson)

Quiet Moments with God by Dr. Joseph Murphy

Crunch Time How to Be Your Best When It Matters Most Rick Peterson (Author), Judd Hoekstra (Author)

Hey Ugly website heyugly.org

How to Love Yourself Teal Swan

Navy Seal books

Shad Helmstetter Self Talk Books App Self Talk website Self talk books

Rejection Proof Jia Jiang

Counter Clockwise Ellen J. Langer Aging Experiment
<https://pmc.ncbi.nlm.nih.gov/articles/PMC6615788/>

Tim McGraw Live like you were dying song lyrics

He said, "I was in my early 40s with a lot of life before me
When a moment came that stopped me on a dime
I spent most of the next days looking at the X-rays
Talkin' 'bout the options and talkin' 'bout sweet times"
I asked him when it sank in
That this might really be the real end
How's it hit ya when you get that kind of news?
Man, whatcha do?
And he said
"I went skydiving, I went Rocky Mountain climbing
I went two point seven seconds on a bull named Fu Man Chu
And I loved deeper and I spoke sweeter
And I gave forgiveness I'd been denyin'"
And he said, "Some day I hope you get the chance
To live like you were dyin'"
He said, "I was finally the husband that most the time I wasn't
And I became a friend a friend would like to have
And all of a sudden goin' fishin' wasn't such an imposition
And I went three times that year I lost my dad
Well I, I finally read the good book
And I took a good long hard look
At what I'd do if I could do it all again
And then"
"I went skydiving, I went Rocky Mountain climbing
I went two point seven seconds on a bull named Fu Man Chu
And I loved deeper, and I spoke sweeter
And I gave forgiveness I'd been denyin' "
And he said, "Some day I hope you get the chance
To live like you were dyin'"
"Like tomorrow was a gift
And ya got eternity to think about what to do with it
What did you do with it? What did I do with it?
What would I do with it?"
"Skydiving, I went Rocky Mountain climbing
I went two point seven seconds on a bull named Fu Man Chu
Then I loved deeper, and I spoke sweeter
And I watched an eagle as it was flyin'"
And he said, "Some day I hope you get the chance
To live like you were dyin'

Don Herold I'd Pick More Daisies

Of course, you can't unfry an egg, but there is no law against thinking about it.

If I had my life to live over, I would try to make more mistakes. I would relax. I would be sillier than I have been this trip. I know of very few things that I would take seriously. I would be less hygienic. I would go more places. I would climb more mountains and swim more rivers. I would eat more ice cream and less bran.

I would have more actual troubles and fewer imaginary troubles. You see, I have been one of those fellows who live prudently and sanely, hour after hour, day after day. Oh, I have had my moments. But if I had it to do over again, I would have more of them - a lot more. I never go anywhere without a thermometer, a gargle, a raincoat and a parachute. If I had it to do over, I would travel lighter.

It may be too late to unteach an old dog old tricks, but perhaps a word from the unwise may be of benefit to a coming generation. It may help them to fall into some of the pitfalls I have avoided.

If I had my life to live over, I would pay less attention to people who teach tension. In a world of specialization we naturally have a superabundance of individuals who cry at us to be serious about their individual specialty. They tell us we must learn Latin or History; otherwise we will be disgraced and ruined and flunked and failed. After a dozen or so of these protagonists have worked on a young mind, they are apt to leave it in hard knots for life. I wish they had sold me Latin and History as a lark.

I would seek out more teachers who inspire relaxation and fun. I had a few of them, fortunately, and I figure it was they who kept me from going entirely to the dogs. From them I learned how to gather what few scraggly daisies I have gathered along life's cindery pathway.

If I had my life to live over, I would start barefooted a little earlier in the spring and stay that way a little later in the fall. I would play hooky more. I would shoot more paper wads at my teachers. I would have more dogs. I would keep later hours. I'd have more sweethearts. I would fish more. I would go to more circuses. I would go to more dances. I would ride on more merry-go-rounds. I would be carefree as long as I could, or at least until I got some care- instead of having my cares in advance.

More errors are made solemnly than in fun. The rubs of family life come in moments of intense seriousness rather than in moments of light-heartedness. If nations - to magnify my point - declared international carnivals instead of international war, how much better that would be!

G.K. Chesterton once said, "A characteristic of the great saints is their power of levity. Angels can fly because they can take themselves lightly. One 'settles down' into a sort of selfish seriousness; but one has to rise to a gay self-forgetfulness. A man falls into a 'brown study'; he reaches up at a blue sky."

I doubt, however, that I'll do much damage with my creed. The opposition is too strong. There are too many serious people trying to get everybody else to be too darned serious.

Jim Fannin Be a Kid Again

We learn more from birth to five years old than the rest of our life accumulative. What prompted this super learning? My initial, proprietary research from 1974-1975 with over 250 children ages 3-6 years old revealed the following:

- Your imagination was at an all-time high. You acted the part of cowboys, Indians, princesses and TV heroes.
- You never thought about the past unless an adult forced you. “I told you not to do that.”
- You learned from the past through trial and error, but you didn’t dwell on it.
- Your future thoughts were very short term. “We’ll get an ice cream later.”
- You normally went to bed happy and woke up happy.
- You had very little expectations placed on you. Mistakes were no big deal.
- You exercised Free Will every day.
- You trusted people without thinking about innuendos, rumor, gossip and/or assumptions.
- You were inquisitive without concern of embarrassment or shame. “Where do babies come from?” “Why is your skin different?”
- You did not worry.
- You lived the majority of your day in the NOW.
- You had confidence because you felt secure and protected.
- You could vent your displeasure openly. “Yuck! This tastes bad.”
- You always expressed your negative feelings. “I don’t like you.”
- You didn’t mind being alone.
- You took nothing for granted. “Are we still going to the park? Yes. (5 minutes later) “Are we still going to the park?” “I said yes.” (10 minutes later) “Are we still going to the park?” “Not if you keep bothering me.” “Okay, but are we still going?”
- You were a risk taker. Water...heights...speed...no problem!
- You could focus long periods of time on simple things like cartoons...watching an ant carry food... listening to the rain on your bedroom window.
- You played a lot every day.
- You exercised daily.
- You looked out for #1. “Those are my toys. Give them to me.”
- You said what you felt, and you were honest to a fault. “Mr. Johnson...why are you so fat?”
- You felt no racism or prejudice.
- When you played you never thought about technique. You just played the game.
- You believed adults.
- Clocks and watches never mattered.
- The phone was interesting but not really important.
- You had no bills.
- Your body was relaxed most of the time.
- You thought you could do anything. Everything was possible.
- You had deep sleeps. Alarm clocks were for adults.
- You could nap anywhere if needed. Floors... backseat of cars...closets.

• You didn't like baths, but when you took them you made the most of it. How relaxing and fun! Showers were for adults in a hurry.

- You could always entertain yourself.
- Visualization was a major part of your life.
- Getting dirty was cool.
- Making mistakes never bothered you until the adults made a big deal out of them.
- Competition was natural, not something that was expected.
- You believed promises.
- You hugged a lot.
- You were always yourself, unless you were acting out a fantasy.
- Who...What... Where... When...How much...and Why were your favorite words.
- You played a lot with your family.
- You saw life through different glasses.
- You loved being with your cousins.
- You noticed everything in a room.
- You loved the outdoors.
- You loved rolling down a hill...making a snow angel...going up the slide...singing loud...laughing...milk moustaches...dressing up make-believe...birthdays...parades...puppies...seeing your cousins...learning to whistle...
- You genuinely loved yourself, family and life.

Basically, you lived in or near the Zone mindset of a purposeful calm where everything seemed possible. Isn't it time to be a kid again? I promised myself that when I departed this earth a kid would die in my old body. Rekindle super-learning. Increase your daily performances and remember this: Good fortune favors the bold. Be a kid again!

Flash Card Samples

Love is a verb. Love is to show **Appreciation, Gratitude, Compassion.** To be **Kind, Caring, Thankful.** **Look** for the **Good** in a person. **Overlook** their Faults, and Flaws. **Voice** your **Approval** often. **Effort** to **Listen** to other's Needs and be there to **Support** people that you love. **To show them who their friends are.**

Therefore do not be anxious about tomorrow for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day. Mat 6:34

Set your affection on things above, not on things on the earth. Col 3:2

The things which are impossible with men are possible with God. Luke 18:27

All things are possible to him who believes Mk9:23

For with God, nothing is impossible. Matt 17:20

Anxiety in the heart of man causes depression, But a good word makes it glad. Prov 12:25