

A POSITIVE PERSPECTIVE

A Monthly Newsletter of the Positive Thinkers Club

Volume 9 - Issue 8 - August 2009

Be Positive ... Pass it On!

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Positive Thinkers Information
Telephone: 229-6639
Editor: keithpike@nf.sympatico.ca
Web site:
www.positivethinkersclub.org

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The most important words

The six most important words:

I admit I made a mistake.

The five most important words:

You did a good job.

The four most important words:

What is YOUR opinion?

The three most important words:

If you please.

The two most important words:

Thank You.

The one most important word: **We.**

The least important word: **I.**

Two Wolves

Cherokee Wisdom.

One evening an old Cherokee told his grandson about a battle that goes on inside people.

He said, "My son, the battle is between two wolves inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

ANNOUNCEMENTS

Notice:

What: Annual Summer BBQ

When: TODAY, August 29th

Where: Tors Cove (end),
turn right at sign (Brown Rabbit Cabins)

Time: 2 pm

Bring BBQ item, + salad or dessert.

BYOB!

Positive Thinkers Club (PTC) - New Location

The PTC has moved to a new and exciting location - **The Battery Hotel and Conference Centre**. This is where the very first PTC meeting was held in 1989. Check out their website: <http://www.batteryhotel.com/>.

Breakfast Rate

Monthly breakfast rates have increased. Members now pay \$13.00 and non-members pay \$16.00. All the more reason to become a member!

Membership Rates

\$30 - single annual membership

\$36 - family annual membership

Why become a member?

- Get your breakfast at a discount
- Prizes every month (great books and breakfast gift certificates)
- Rent materials from our resource library
- Attend quarterly seminars for FREE

AGENDA

9 AM. - Breakfast

Welcome - Rhonda Tulk-Lane

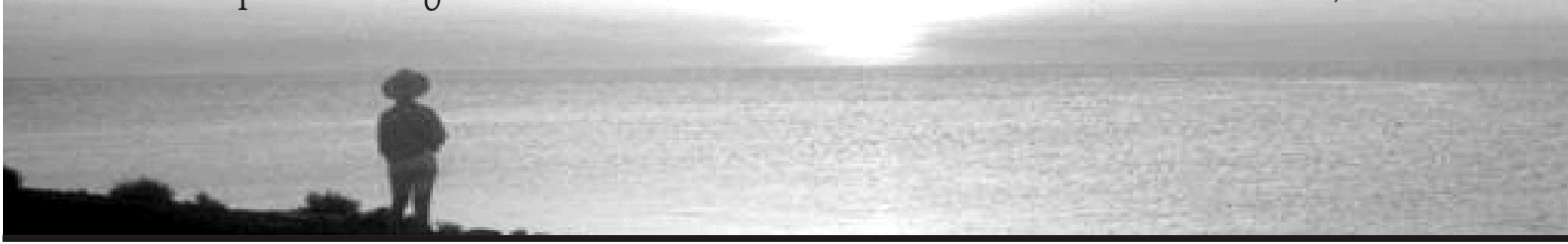
Affirmations: Joel Sweeney

Speaker: Chief Mi'sel Joe

Topic: "Different Ways Of Thanking The Great Spirit, Chief Mi'sel Joe's Ways!"

POSITIVE THINKERS GRACE

For the abundance of blessings we have all received, we offer our sincere and humble gratitude. We pray these blessings may bring health to our bodies and cheerfulness to our lives.



THIS MONTH'S QUOTE

"Give thanks for unknown blessings already on their way."

- Native American saying

Hitch Your Wagon to a Star

By Ptolemy Tompkins

A lot of what we hear about how to live a positive life originally came from the 19th-century transcendentalists - Ralph Waldo Emerson, Henry David Thoreau, Bronson Alcott, Margaret Fuller and a handful of others - who initially popularized this idea. Even the concept of positive thinking itself had its first champions in this incredibly influential group of New England thinkers.

What exactly were the transcendentalists trying to get at? Start with the word "transcend," which means to move above and beyond ordinary categories and the limitations that come with them. At heart, that's what the transcendentalists were going for. Living in a land that was redefining what a nation could be, they saw themselves as seeking a new, and greater, definition of what a human being could be.

None of them worked harder at this task than their most famous and influential member, Ralph Waldo Emerson. America's original positive thinker, Emerson was a tireless promoter of the basic transcendentalist idea that human beings are larger, infinitely larger, than they think they are. "A man," he wrote, "is the facade of a temple wherein all wisdom and all good abide." What we need to do is overcome the self-imposed habits of thought that prevent us from fully realizing this potential.

Shedding old ways of thinking sounds fine on paper, but anyone who's tried to

change, truly change, knows that in practice, it's a whole other matter. How do we go about doing it? Through his essays, Emerson has given us three keys for unlocking the wisdom and goodness within.

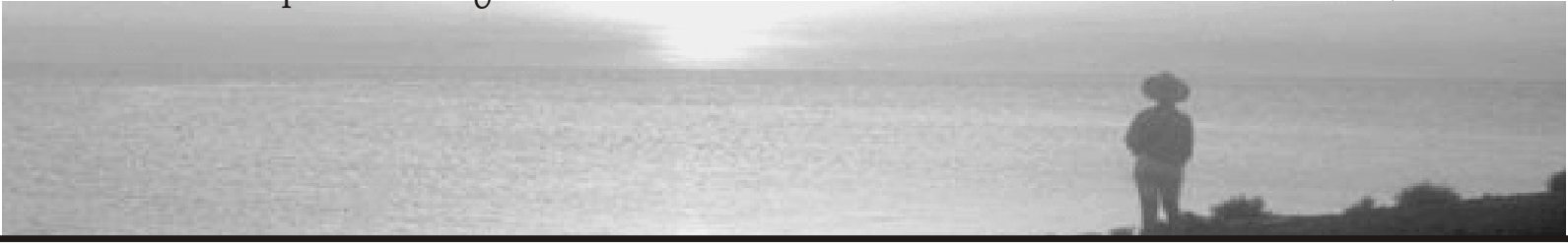
1. Believe in Yourself: There is in each person, Emerson wrote, a "vast-flowing vigor," an energy that we can rely upon in any circumstance. Every one of us can tap into this bottomless spiritual reservoir. But we have a tendency to deny it. Have you ever felt overwhelmed by stress and thought, *Things never go my way?* Beaten yourself up over your mistakes? Deflected a compliment by saying, "Oh, it was nothing"? These are all examples of self-defeating thoughts, also known as stinking thinking. And that, so often, is what gets in our way. An unwillingness to have faith in our true potential is the single greatest setback to achieving it.

2. Peak Moments: All of us have experienced times when we're deeply in tune with life and with ourselves, when everything comes naturally. Psychologist Abraham Maslow, father of the human potential movement, called these "peak moments." More recently, psychology professor Mihaly Csikszentmihalyi has used the term "flow" to describe this state of total engagement. Athletes call it being "in the zone." The problem, Emerson realized, isn't so much how to reach these peaks. It's how to trust what we learn during them. The unavoidable humdrum aspects of daily routines dull our memory of how things are when we're at our best. "So much of our time is preparation, so much is routine, and so much retrospect, that the pith of each man's genius contracts itself to a very few hours." That's why we need to burn the lessons of those few hours into our minds. We have to hold on to the perspective and clarity we achieve at

our peaks and let them sustain us when we're less inspired. That doesn't mean living in the past. Rather, think of your moments of energy and inspiration as fuel packets. Tap into them whenever you need a boost to move forward.

3. Positive Is Practical and Powerful: For Emerson, a positive attitude wasn't a passive thing, a mere lens for viewing a sometimes difficult world in a kinder light. He believed it held a genuine practical power. Emerson scholar and biographer Robert D. Richardson, Jr., explains this aspect of Emerson's thought in a wonderfully concrete way. Consider Emerson's famous adage: "Hitch your wagon to a star." Advice that "sounds impractical if beautiful," Richardson notes. "But it turns out to have an unexpected grounding in the real world. Emerson was thinking about the tide-mills that used to exist along the East Coast. The incoming tide would turn the wheel one way, the outgoing tide would turn it the other; both ways ground grain and sawed wood, and it was all done by hitching the mill to the tides which are hitched to the moon. So Emerson means his spiritual advice literally."

Still, that's not to say that Emerson saw life as an easy stroll down the street. He was no stranger to hardship. By his early 30s, when he began writing the essays that would make him famous, he had already lost two brothers and buried his wife. He eventually remarried, only to lose his firstborn son at the tender age of five. These tragedies didn't rob Emerson of his faith in life's essential goodness, however. They only strengthened it. For him, thinking positively was a way to overcome life's hurdles, never a means of escape from them.



Brain-teaser of the Month

The thunder comes before the lightning; the lightning comes before the clouds. The rain dries everything it touches. What am I?

LAST MONTH'S RIDDLE:

What is black when you buy it, red when you use it, and gray when you throw it away? Ans: Charcoal



Homeless Men Build Ship

In memory of the priest who helped them realize their potential, a group of homeless men in Poland are building a ship that they plan to sail around the world.

By Kathryn Hawkins.

Where most people simply saw a group of homeless men with no chances for their future, Boguslaw Paleczny, a Roman Catholic priest from Poland, saw men with unrealized potential beyond their imaginations. Every day, he would talk with the residents of the homeless shelter he set up in Warsaw, asking them about their goals and plans for the future. But he soon realized that none of the men felt like they had anything to live for.

"If you asked them what they'll be doing in a year, they have no idea," Adriana Porowska, a social worker who now runs the shelter, told The New York Times. So, three years ago, while Father Paleczny was in the hospital recovering from tuberculosis, he was inspired by a conversation with a sailor in the next bed: he would help the homeless men in his shelter build a ship. Then, after the boat had been completed, he would sail around the world with them.

Father Paleczny convinced a shipbuilder to donate plans for the boat's creation, and soon, the shelter residents were excited about the prospect of their great adventure. The priest talked up the project with local community members, and received many

cheap or donated building materials. But once the project was in full swing, Father Paleczny's health took a turn for the worse. He passed away in June.

Even so, the 24 members of the homeless shelter are committed to seeing Father Paleczny's dream come true. Every day, they spend countless hours building and welding the ship into seaworthy shape. Once the vessel is complete, 12 men, including a professional captain, will set sail and embark on a voyage that will take them on a journey spanning thousands of miles, likely taking a year to complete.

The ship will bear the name of Father Paleczny, who made this mission possible.

"It will be all the more beautiful when it's on the seas," said Slawomir Michalski, one of the ship's welders, "and the sails are up, and it's been christened on its maiden voyage, and it carries his name around the world."

Learning to Get Back Up

Craig B. Larson

Bringing a giraffe into the world is a tall order. A baby giraffe falls 10 feet from its mother's womb and usually lands on its back. Within seconds it rolls over and tucks its legs under its body. From this position it considers the world for the first time and shakes off the last vestiges of the birthing fluid from its eyes and ears. Then the mother giraffe rudely introduces its offspring to the reality of life.

In his book, *A View from the Zoo*, Gary Richmond describes how a newborn giraffe learns its first lesson. The mother giraffe lowers her head long enough to take a quick look. Then she positions herself directly over her calf. She waits for about a minute, and then she does the most unreasonable thing. She swings her long, pendulous leg outward and kicks her baby, so that it is sent sprawling head over heels.

When it doesn't get up, the violent process is repeated over and over again. The struggle to rise is momentous. As the baby calf grows tired, the mother kicks it again to stimulate its efforts. Finally, the calf stands for the first time on its wobbly legs.

Then the mother giraffe does the most remarkable thing. She kicks it off its feet

again. Why? She wants it to remember how it got up. In the wild, baby giraffes must be able to get up as quickly as possible to stay with the herd, where there is safety. Lions, hyenas, leopards, and wild hunting dogs all enjoy young giraffes, and they'd get it too, if the mother didn't teach her calf to get up quickly and get with it.

The late Irving Stone understood this. He spent a lifetime studying greatness, writing novelized biographies of such men as Michelangelo, Vincent van Gogh, Sigmund Freud, and Charles Darwin.

Stone was once asked if he had found a thread that runs through the lives of all these exceptional people. He said, "I write about people who sometime in their life have a vision or dream of something that should be accomplished and they go to work."

"They are beaten over the head, knocked down, vilified, and for years they get nowhere. But every time they're knocked down they stand up. You cannot destroy these people. And at the end of their lives they've accomplished some modest part of what they set out to do."

Cherokee Prayer Blessing

May the Warm Winds of Heaven

Blow softly upon your house.

May the Great Spirit

Bless all who enter there.

May your Mocassins

Make happy tracks

in many snows,

and may the Rainbow

Always touch your shoulder.

POSITIVE THINKERS MISSION STATEMENT

"A non-profit organization which exists to help Members grow personally and professionally and develop positive attitudes through meetings, seminars and fellowship."



Unlocking the Puzzle of Personal Change

7 ways to overcome negative self-talk and achieve your goals

By Jim Loehr,

The ability to change is a central to living a successful life. We may not like it, but without constant course corrections, we can encounter unnecessary suffering.

For example, we may suddenly realize that our old comfortable habits of over-eating and not exercising have become serious problems. If we continue on the same path, we'll likely suffer serious health consequences. But facing the truth is one thing, making the change is entirely something else.

More than a decade of collecting and analyzing data on personal change at the Human Performance Institute has helped us distill a number of practical insights that can significantly enhance your personal change efforts.

Here are seven important things we've learned:

1. Link change to your deepest values and beliefs. Whenever possible, tie your desired change to your core purpose in life such as becoming an extraordinary mother to your children, a role model for your students or employees, or a generous member of your community. Connecting a stated change goal to a purpose much bigger than yourself vastly improves your chances for success.

2. Focus your effort and energy on what you want rather than on what you don't want. Rather than trying not to be lazy or not to eat so much, invest your energy on precisely the behavior and thinking you want to acquire. In other words, focus on eating healthy and moving more.

3. Think of new habits as laying down new pathways for energy to flow. The more you travel certain paths, the easier travel becomes. The more recent and the more frequent the travel, the better the chance you have for successfully embedding the change in your life.

4. Most new habits require 30 to 60 days of constant repetition before they have a life of their own. It's important that you be as precise as possible during the 30- to 60-day transition period. Follow the exact same routine as much as possible to strengthen the connection. Exercise at the same time of day, for example.

5. Train your inner voice. Controlling the tone and content of your self-talk represents a critical factor in successful change. Changes in behavior require changes in thinking. Every dysfunctional habit comes with a story that allows it to persist. The new desired habit must come with a supportive story and the master storyteller is your private voice. At the Institute, we've found the best way to train the inner voice is to script it by writing it out, word for word.

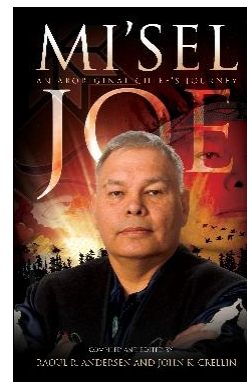
6. Think of your inner voice as your ultimate coach, who speaks to you with wisdom, support, courage and conviction. Follow the script with your inner voice whenever and wherever temptation strikes. Read your new story often, with feeling and emotions. Re-write your new story from scratch three to four times during the first 90-day period. Your new story should connect the change to a strong sense of purpose and should inspire you to forge ahead.

7. Keep a daily record of your efforts. Remember you're building new roads for energy to follow and some of the roads are behavioral and some are cognitive (mental). The more precise the investments and the more frequent the investments, the better.

BOOK REVIEW

Mi'sel Joe: An Aboriginal Chief's Journey

Edited by Raoul R. Andersen and John K. Crellin



Mi'sel Joe: An Aboriginal Chief's Journey chronicles both the life of an individual and

that of his people. Mi'sel Joe is the traditional and administrative chief of Newfoundland's Conne River Mi'kmaq Reserve. Through a series of taped interviews with Raoul Andersen and John Crellin, Mi'sel Joe tells his life story, including his unorthodox education through the many migratory jobs that took him as far west as Alberta.

Mi'sel Joe also speaks of a community fighting for the right to determine its own future. He tells of the struggle to revitalize traditional values in the face of racial prejudice. He reveals the steps being taken by aboriginal leaders, both in this province and elsewhere, to help their people gain respect in a white man's world without losing their own identity. Mi'sel Joe's story is his own, but it is also a window into Mi'kmaq history, culture, and traditions.

In his own words: "When people appreciate their own history, that's healthy... My journey has really been many journeys. They have been personal and with the community... A journey to recognize that all of us are taught by everyone around us"

Native American Ten Commandments

Treat the Earth and all that dwell therein with respect

Remain close to the Great Spirit

Show great respect for your fellow beings

Work together for the benefit of all Mankind

Give assistance and kindness wherever needed

Do what you know to be right

Look after the well-being of Mind and Body

Dedicate a share of your efforts to the greater Good

Be truthful and honest at all times

Take full responsibility for your actions