

A POSITIVE PERSPECTIVE

A Monthly Newsletter of the Positive Thinkers Club

Volume 9 - Issue 10 - October 2009

Be Positive ... Pass it On!

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ANNOUNCEMENTS

**Notice to Members:
The 2009 Annual General Meeting will take place immediately following the guest speaker at the November 28, 2009 Breakfast meeting. Please make a special effort to attend and please bring the minutes of last year's AGM with you.**

BOOK DONATION

Anyone who has won a book, read it and no longer needs it is welcome to donate it to our library. Also, if you have any motivational/inspirational type books that you no longer want at home, maybe you could pass them on to our club. We will review them to see if we want them for our library. If not, we may pass them on. Thanks for your kindness!!!

**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: Terri Myers
Intro: Brian Penney
Speaker: Gerard Lowe
Topic: "The Art of Failure and the Power of Redemption"
Thank You: Lorna Walters



IN THIS ISSUE

- Article - Tired of feeling tired?, 2
- Article - Frog Story, 2
- Article - Positive Affirmations, 3
- Article - Do It Anyway, 3
- Article - Halloween, 4
- Article - The Right Amount of Stress, 4

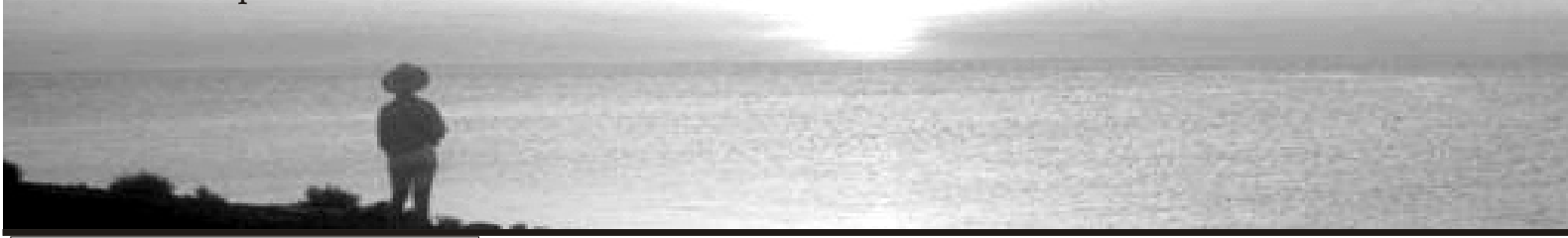
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Regular Features

- Announcements, 1
- Grace, 1
- Monthly Quotation, 2
- Brain-teaser, 3
- Mission Statement, 3
- Book Review, 4

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

"Destiny is not a matter of chance, it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved." -- Jeremy Kitson"

Tired of Feeling Tired?

By Amy Wong

Everyone has lows," author Jon Gordon says. "The key is to know when your energy is down and what you can do to turn it around." In his book, *The 10-Minute Energy Solution*, he maps out a simple 10-minute exercise each day to give you a boost physically, mentally, emotionally and spiritually. Some of my favourites are:

- **Start your day with a positive energy walk:** Step briskly and say what you're thankful for. Think affirmative thoughts like *I look forward to the rest of the day, the people I'm going to meet, and the things I'm going to learn.* Or complete these sentences: *I believe that... I trust that...*

- **Neutralize the "energy vampires," the people who drain you:** Counter their negative comments and attitude with kindness and compassion. Notice something? Another person's negativity can only bring you down if you let it.

- **Lose your mind:** No, don't go crazy. Go to meditate. Sit in a quiet place. Focus on your breathing. Inhale and think of a word like *so* or *one* or *peace*. Exhale and think of the same word or another. (Gordon likes the mantra '*so*' when you inhale and '*hum*' while you exhale) Repeat with each breath. If a thought floats into your head, let it

float out, and focus on your breathing and mantra again. "You want to lose your thoughts, your thinking mind, so you can be one with the moment,"

- **Add play to your day:** Run around the yard with your kids or your dog. Put on your favourite pick-me-up song and dance. Grab three tennis balls and try to juggle them. Go for a bike ride. Write the lyrics to your life as a funny country song.

- **Connect:** Call an old friend you haven't talked to in a while. Invite a co-worker to lunch. Drop a line to someone you don't see often.

- **Let stress go:** "Energy is like a river," Gordon says. "Stress blocks it." To get it flowing again, first, list your stresses. Take a deep breath and clench your hands into fists, as if you're holding on to all the stress. Exhale forcefully, opening your hands and throwing your arms wide. Feel your tension release? Good. Say, "I choose not to have my stress. I let it go." Repeat this exercise for each stress you listed and let it go.

- **Look for signs of grace:** Think about the times in your life when you thought something bad happened, but it turned out to be a blessing. Write these experiences down. Next time something you didn't want or expect occurs, look back on this list and remind yourself everything happens for a reason, even if you don't see it just yet.

- **Do a little lifting:** Giving someone else a lift gives you a lift too. In one study, college students who performed five small acts of kindness a day (such as helping a friend with a paper or visiting an elderly relative) experienced a significant increase in well-being. What will your five acts of kindness be? Plan two of them. Then look for three random opportunities to be kind as the day unfolds. "Positive energy never decreases by being shared. With each gift, it grow".

Frog Story

A group of frogs were travelling through the woods and two of them fell into a deep pit. All the other frogs gathered around the pit. When they saw how deep the pit was, they told the two frogs that they were as good as dead.

The two frogs ignored the comments and tried to jump up out of the pit with all of their might. The other frogs kept telling them to stop, that they were as good as dead. Finally, one of the frogs took heed to what the other frogs were saying and gave up. He fell down and died.

The other frog continued to jump as hard as he could. Once again, the crowd of frogs yelled at him to stop the pain and just die. He jumped even harder and finally made it out.

When he got out, the other frogs said, "Did you not hear us?" The frog explained to them that he was deaf. He thought they were encouraging him the entire time.

This story teaches two lessons:

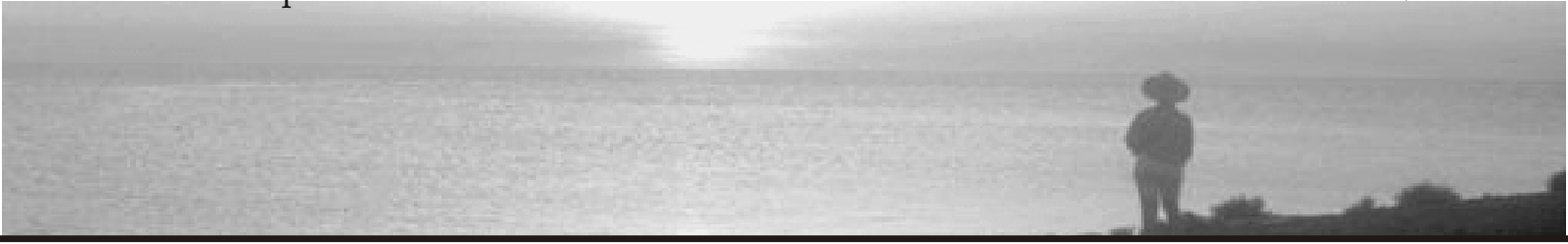
1. There is power of life and death in the tongue. An encouraging word to someone who is down can lift them up and help them make it through the day.

2. A destructive word to someone who is down can be what it takes to kill them. Be careful of what you say.

Speak life to those who cross your path. The power of words... it is sometimes hard to understand that an encouraging word can go such a long way. Anyone can speak words that tend to rob another of the spirit to continue in difficult times.

Special is the individual who will take the time to encourage another. Be special to others.





Brain teaser of the Month

No sooner spoken than broken...
What is it?

LAST MONTH'S ANSWER

Sorry...We lost it !

Positive Affirmations

By Susan Gray

Affirmations are extremely powerful; they are great tools that can help you to build your confidence, to develop a positive optimistic attitude; to change unwanted beliefs and patterns with the new chosen ones, to attract into your life what you want. Positive affirmations can help to manage stress. They act as reprogramming software for the mind.

Affirmations are positive sentences that you write and then repeat many times. Think about all areas in your life in which you want to make a change. You might want to improve your relationships or your health or you might want to lose weight. Affirmations are a good starting point for success along with other great tools.

Create a list of positive affirmations that describe a desired situation and related to your problems. It's better to use short statements that easy to remember. Always use positive words. Let your positive affirmations be simple and straight. Affirmations should be stated in the present (rather than future) tense.

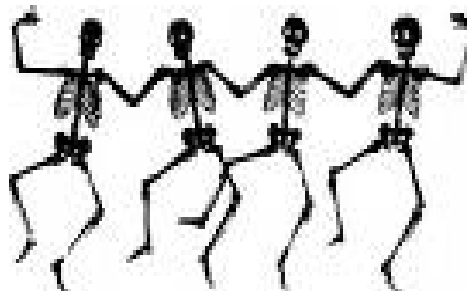
You may repeat affirmations at

any time you want or at special set times during the day: you can start your day in front of a mirror saying affirmations, your normal routine, just before you fall asleep etc. Combine visualization of the best possible outcome of your problem with your positive affirmations. Here are some examples of simple positive affirmations:

- I enjoy being healthy.
- I choose to be slim and healthy.
- I now weigh X pounds (your desired weight).
- I accept myself.
- I choose to be positive.
- I'm feeling happy today.
- I am financially secure.
- I release all fear from my life.
- Everything I do turns into success.
- I am attracting positive people into my life.

Start using positive affirmations today to ensure success in all areas of your life: money, work, relationships and more.

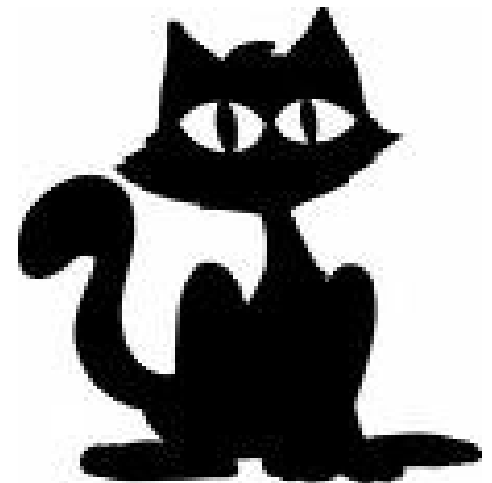
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Do It Anyway

By Mother Teresa

People are often unreasonable, irrational and self-centered. Forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway. If you're successful, you'll win some unfaithful friends and some genuine enemies. Succeed anyway. If you are honest and sincere, people may deceive you. Be honest and sincere anyway. What you spend years creating, other could destroy overnight. Create anyway. If you find serenity and happiness, some may be jealous. Be happy anyway. The good you do today, will often be forgotten. Do good anyway. Give the best you have, and it will never be enough. Give your best anyway. In the final analysis, it is between you and God. It was never between you and them anyway.



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."



HALLOWEEN

Green cat eyes
in midnight gloom
fly with the witch
on her ragged broom
over dark hills
where bonfires loom.

There, where haunted
spirits groan,
crouched in the rubble
of rag and bone,
Old Halloween
unearths gray stone

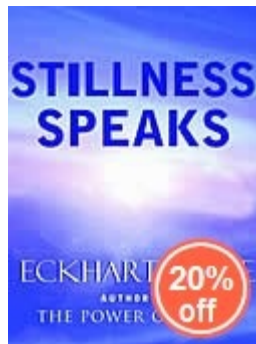
counting the souls
of the restless dead,
nodding her wizened,
shrouded head.
Then, with her bony
fingers spread

she bids them dance
to a frenzied tune.
Thin bodies floating
circle the moon,
and Old Halloween
falls in a swoon...

Red embers die
as the hillside shakes.
A rooster crows.
The morning breaks.
The witch lies dead.
The cat awakes.

~Myra Cohn Livingston

BOOK REVIEW



Stillness Speaks

By Eckhart Tolle,
best selling
author of 'The
Power of Now'

Stillness Speaks is
a collection of 200
concise and
beautifully
illuminating

entries, arranged into twelve reflective themes. Each entry, in its exquisitely clear language, can stand as its own teaching or may be read as part of the fluid sequence of its theme. In their totality, the events provide a road map out of human suffering. When we are no longer limited by our think mind, suffering and pain disappear and we are able to move towards a new understanding of our relationships, of nature, and of the profound wisdom that is to be found in stillness.

Just the Right Amount of Stress...

By Larry Anderson

A friend of mine, who has a far greener thumb than I, recently took me on a tour of her backyard in the desert Southwest. She pointed out all the varieties of trees, shrubs and grasses she has planted, but one plant in particular caught my attention. She pointed to a shrub with small dark red blossoms on it, and told me that if you give the plant too much water it doesn't bloom. It thrives and blossoms under just the right amount of environmental stress.

It reminded me of another story of a butterfly, perched on a windowsill, struggling to escape its cocoon. A helpful observer, watching its struggle, decided to gently cut the creature's cocoon open and free it. When the wet butterfly finally emerged, it was unable to fly because what

was intended to be helpful had actually prevented the butterfly from strengthening its wings to prepare it for flight.

Perhaps the stress we experience can be the predictor of beautiful flowers or elegant flight in our own lives. Perhaps if we are patient and stop to be grateful for our experiences, we too, like the plant or the butterfly, will blossom or fly in unexpected ways as a result of the stress, rather than being defeated by it.

I'm not saying that stress is always a good thing. I am saying, from first-hand experience, that it's not always a bad thing either. We need the right amount of tension to keep us "blossoming." And while we humans are more complex than a plant, we can learn valuable lessons by observing nature.

If you're in a period when stress seems to be your constant companion, take a lesson from nature. Instead of asking, "Why am I having to deal with all of this?" ask yourself what you most need to learn from your experiences. View the situation much like the butterfly must see its cocoon... as a barrier you must break through to become the extraordinary creature you were designed to be.

It's not always easy to maintain such a perspective. We often make our experiences harder than they have to be by our resistance to change, growth or stress. Stay focused and use stress to take you a step closer to the flower or butterfly you want to become.

It is a basic principle of spiritual life that we learn the deepest things in unknown territory. Often it's when we feel most confused inwardly and are in the midst of our greatest difficulties that something new will open. We awaken most easily to the mystery of life through our weakest side. The areas of our greatest strength, where we are the most competent and clearest, tend to keep us away from the mystery of renewal.

IF

By Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or, being hated, don't give way to hating,
And yet don't look too good, nor talk too wise;

If you can dream - and not make dreams your master;
If you can think - and not make thoughts your aim;
If you can meet with triumph and disaster
And treat those two imposters just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to broken,
And stoop and build 'em up with worn-out tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on";

If you can talk with crowds and keep your virtue,
Or walk with kings - nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run -
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!