

# A POSITIVE PERSPECTIVE

A Monthly Newsletter of the Positive Thinkers Club

Volume 9 - Issue 9 - September 2009

Be Positive ... Pass it On!

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## **In the Light**

Eric Heller, in *The Disinherited Mind*, tells of the Munich clown whom he characterizes as "one of the greatest of the rare race of metaphysical clowns...."

He recounts how he once enacted the following scene: the curtain goes up and reveals darkness; and in this darkness is a solitary circle of light thrown by a street-lamp. Vallentin, with his long-drawn and deeply worried face, walks round and round this circle of light, desperately looking for something. "What have you lost?" a policeman asks who has entered the scene. "The key to my house."

Upon which the policeman joins him in his search; they find nothing; and after a while he inquires: "Are you sure you lost it here?" "No," says Vallentin, and pointing to a dark corner of the stage: "Over there." "Then why on earth are you looking for it here?" "There is no light over there," says Vallentin.

## **ANNOUNCEMENTS**



**Our illustrious leader gave birth to a bouncing baby boy Sam, on Friday September 18 at 20:15. Sam weighed in at 8lbs 13oz.**

## **Positive Thinkers Club (PTC)**

**New Location:** The PTC has moved to a new and exciting location - **The Battery Hotel and Conference Centre, (and will be there again for our October meeting.)** 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

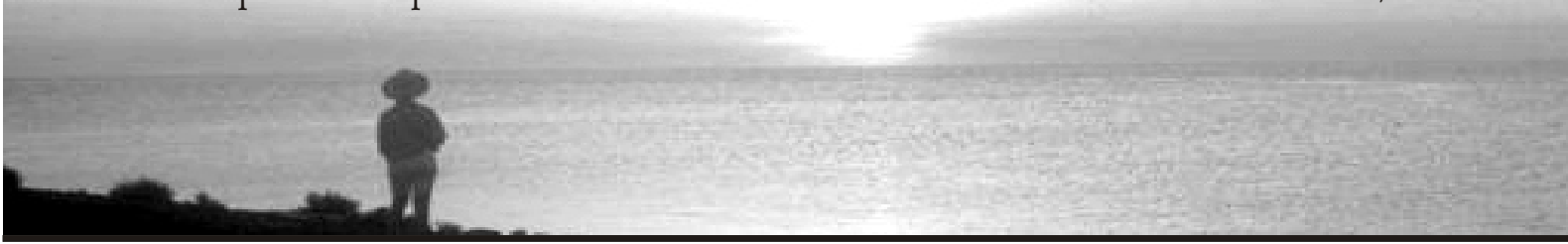
Welcome - Rhonda Tulk-Lane

Speaker: **Steve Callahan**

Steve is founder & CEO of a company called "**Pave The High Road**". The Company focuses on motivating people to visualize their full potential through clearly concise goals that empowers them to action enhancing their belief in themselves.

## **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**

**"When you change the way you look at things, the things you look at change."**

- Dr Wayne Dyer

**Appreciation: A Simple Truth**

by Barbara Glanz

In my keynote speeches and workshops, CARE is an acronym I use for the elements of a caring, creative, joyful workplace and home. The "A" in CARE stands for "Appreciation for ALL." As I speak about appreciation, I use this quote by Albert Schweitzer:

"Sometimes our light goes out but is blown again into flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light."

Then I ask my audiences to please shut their eyes and think about someone, who at some time in their lives, has rekindled their inner light. I leave the room in silence for several minutes, and it is always a profound experience as they remember the joy they received from being appreciated by someone when they needed it the most.

Afterwards I ask them to write down the name of the person they thought of and to commit to their own act of appreciation by letting that person know in the next 72 hours that he or she was thought of. I suggest a phone call, a note, or even a little prayer if they are no longer living.

After one moving session, a gentleman came up to talk with me and thanked me for creating a new awareness in him. He said he thought of his eighth grade literature teacher because she was everyone's favorite teacher, and had really made a difference in all of their lives. He planned to track his teacher down, and when he finally found her, he wrote to her.

The following week he received this letter:

Dear John,

You will never know how much your letter meant to me. I am 83 years old, and I am living all alone in one room. My friends are all gone. My family's gone. I taught 50 years and yours is the first "thank you" letter I have ever gotten from a student. Sometimes I wonder what I did with my life. I will read and reread your letter until the day I die.

He just sobbed on the phone. He said, "She is always the one we talk about at every reunion. She was everyone's favorite teacher we loved her! But no one had ever told her...until she received his letter."

**Famous Failures and Their Future Success**

By Janeen Eliss

So you have tried something and you have failed. You may have been told you have no talent, aren't cut out for "this business" or are never going to "make it in this line of work". Well don't be discouraged. The following are stories of other people who were told the same thing or something similar and went on to be major successes! You might just recognize:

His first book was rejected by 12 publishing houses and sixteen agents. - John Grisham

Turned down by a recording company saying "We don't like their sound and guitar music is on the way out" They were talking about the Beatles.

Vice-president of Columbia told this actor that he was never going to make it in the business. The actor? - Harrison Ford.

Was told by his father that he would amount to nothing and be a disgrace to himself and his family - Charles Darwin.

Told by a music teacher "as a

composer he is hopeless" - Beethoven.

Told that "he couldn't sing at all" Enrico Caruso.

Fired from a newspaper because he "lacked imagination and had no original ideas" - Walt Disney.

Were told by Publishers that "anthologies didn't sell" and the book was "too positive". Rejected a total of 140 times. The book? Chicken Soup for the Soul. It now has 65 different titles and has sold over 80 million copies all over the world.

Told by a teacher he was "too stupid to learn anything" Thomas Edison.

Failed the sixth grade - Winston Churchill.

Wasn't able to speak until he was almost 4 years old and his teachers said he would "never amount to much" - Albert Einstein.

Did poorly in school and failed at running the family farm - Isaac Newton.

Was not allowed to wait on customers in the store he worked in because "he didn't have enough sense" - F. W. Woolworth.

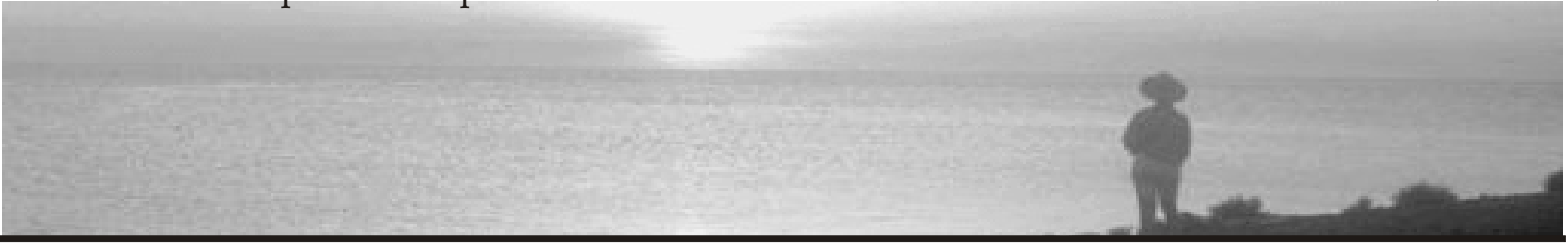
Was cut from the high school basketball team, went home, locked himself in his room and cried - Michael Jordan.

Producer told her she was "unattractive" and could not act - Marilyn Monroe.

Auditioned for All My Children and got rejected - Julia Roberts.

This book was rejected 18 times before it was published. It then sold over one million copies the first year. The book was Jonathan Livingston Seagull by Richard Bach.





## Brain-teaser of the Month

75% can be written as  $\frac{3}{4}$ . How would  $58\frac{1}{3}\%$  be written as a fraction (when reduced to the lowest denominator)?

### LAST MONTH'S RIDDLE:

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



## The Three Stonecutters

One day a traveler, walking along a lane, came across three stonecutters working in a quarry. Each was busy cutting a block of stone. Interested to find out what they were working on, he asked the first stonecutter what he was doing. "I am cutting a stone!" Still no wiser the traveler turned to the second stonecutter and asked him what he was doing. "I am cutting this block of stone to make sure that it is square, and its dimensions are uniform, so that it will fit exactly in its place in a wall." A bit closer to finding out what the stonecutters were working on but still unclear, the traveler turned to the third stonecutter. He seemed to be the happiest of the three and when asked what he was doing replied: "I am building a cathedral."

This story beautifully illustrates a key leadership quality - seeing the bigger picture. All three stonecutters were doing the same thing, but each gave a very different answer. Each knew how to do his job but what was it that set the

third stonecutter apart?

\*Knowing not just how and what to do, but knowing why.

\*Viewing the whole and not just its parts.

\*Seeing a vision, a sense of the bigger picture.

\*Having the ability to see significance in work, beyond the obvious.

\*Understanding that a legacy will live on, whether in the stone of a cathedral, or in the impact made on other people.

From David Wareham

[www.upthebayleisure.com](http://www.upthebayleisure.com)

(Travel booking site)...

## Preach Practice - Walking the Talk

Fire-walking, or the act of walking over a bed of hot coals barefoot, has been used by many self-help gurus as a metaphor for helping people overcome their fears. Mike Nordby, a fellow NL Speaker, recently invited me along for a polar bear dip to test my fears and ability to practice what I preach in the NL Self-Development Movement.

While not an official polar bear dip, on Saturday morning past, the North Atlantic Ocean had cooled down considerably and the cold ocean winds have made such activity a challenge for even the bravest of souls.

Away I went to step outside the comfort zone that has kept me safe in the last few years. Many of us continue to live in these comfort zones, hoping that life will change for the better. Here is a simple note to make: life will only change when you change and when you begin to practice what you preach.

The dip and Mike's weather forecast for Saturday September 19 was not only a rush, but a success! The sensation of the frigid cold water enclosing my body as I took that plunge was a magical moment indeed

talk about stretching your comfort zone! And if I can do it, you can do it.

The note for all positive thinkers is this: do is the first two letters in the word done. It is time to walk our talk and to practice what we preach to others. It can be as simple as this: taking your first walk, buying and reading your first book, making your first phone call, applying for a new job, making your first list of things to do, having a friend to keep you on track as someone to help you along, or maybe even doing something that you have been putting off (like going for a medical check-up) due to fear.

The key is to START; do something... anything! Just start and learn to let-go of your past fears and inhibitions. Breathe, relax and perform. The positive thinkers in our world have to be leaders and we have to set the example for others to follow. It's as easy as jumping in the ocean!

Paul M. White

Author, Inspirational Speaker, Positive Thinker ([www.paulwhite.ca](http://www.paulwhite.ca))

## FISHING FOR REALITY Official Launch

**When:** Tuesday October 6, 2009; 7:30 pm 9:30 pm

**Where:** MUN Inco and Innovation Center, Lecture Theatre (IIC 2001)

**Who:** Paul Michael White; Work-Life Balance Expert, Motivational Speaker, Author



## Even Among Very Old, Physical Activity Linked to Longer Life & Better Functioning

By Paul O. Radde



**Dr. Paul Radde, Ph.D.** is a keynoter, author, psychologist, and expert on "thriving", the highest sustainable life style. Dr. Radde coaches audience and organization alike to go beyond survival to actually thrive in the workplace and in daily living. He does this by developing a positive inner state using an attitude called *innertude*®. Custom-tailored keynotes provide specific steps, skills, and practices that can be applied immediately to get and sustain the feeling of success. Here he writes about the relevance of physical activity for better functioning in life.

Structural integrationists maintain that there is a direct relationship between mesomorph physical activity and state of mind. The mesomorph (muscular build) not only improves in mood with exercise, but also can elevate even further with increased exercise.

As a 69 year old racquetball player, I observe this to be true for me. I play 3 hours at a time 3 times per week, all with younger

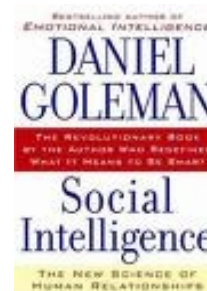
opponents at doubles. Having sustained injuries recently, and undergone surgery, I have had to curtail vigorous activity. This resulted in reduction in mood, loss of muscle tone, weight gain. Meanwhile, few of my age mates exercise at this level. So, I can only imagine that much of their deterioration is accelerated and becomes the norm for how life is. With reduced exercise comes loss of balance - a simple matter of brain training exercises can offset.

I also observe that while playing racquetball, there is a point after about 1.5 hours during which younger players tend to forget who served last, and the score. I attribute this to a loss of glycogen to the brain. Everyone hydrates, but this lack of nourishment reduced brain functioning. Rather than waiting for when I need a Powerbar, I now nibble beginning with the first game, and maintain a steady level of energy and mental acuity.

We are on the frontier of determining what we are capable of. My observation of elders shows that lack of discipline early in life can be deadly for those who now feel less energetic and can easily excuse their own lack of activity.

**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."**

## BOOK REVIEW Social Intelligence: The New Science of Human Relationships



By Daniel Goleman

In this companion volume to his best seller, *Emotional Intelligence*, Goleman persuasively argues for a new social model of intelligence drawn from the emerging field of social neuroscience. Describing what happens to our brains when we connect with others, Goleman demonstrates how relationships have the power to mold not only human experience but also human biology. In lucid prose he describes from a neurobiological perspective sexual attraction, marriage, parenting, psychopathic behaviour and the group dynamics of teachers and workers. Goleman frames his discussion in a critique of society's creeping disconnection in the age of the iPod, constant digital connectivity and multitasking. Vividly evoking the power of social interaction to influence mood and brain chemistry, Goleman discusses the "toxicity" of insult and unpleasant social experience as he warns of the dangers of self-absorption and poor attention and reveals the positive effects of feel-good neurochemicals that are released in loving relationships and in care giving. Drawing on numerous studies, Goleman illuminates new theories about attachment, bonding, and the making and remaking of memory as he examines how our brains are wired for altruism, compassion, concern and rapport.

# Don't Give Up

by Mario Benedetti

Don't give up, you still have time  
To reach up and start anew,  
Accept your shadows, bury your fears,  
Free your burdens and fly again.

Don't give up, that's what life is  
Continue the journey, follow your dreams,  
Unstuck time, move the rubble,  
And uncover the sky.

Don't give up, please don't give way,  
Even if the cold burns,  
Even if fear bites, even if the sun sets,  
And the wind goes silent,  
There is still fire in your soul  
There is still life in your dreams.

Because life is yours and yours is the desire  
Because you have loved it and because I love you  
Because wine exists and love is true  
Because there are no wounds that time does not cure.

Open the doors, Take away the locks,  
Abandon the walls that have protected you,  
Live life and accept the challenge  
Get back laughter, practice a song,  
Lower the guard and extend the hands  
Open the wings and try again,  
Celebrate life and take back the skies.

Because every day is a new beginning,  
Because this is the hour and the best moment  
Because you are not alone and love is with you