



*Today's Brilliance*TM

Inspirational Luminaries
Share Words of Wisdom

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Introduction

What is Today's Brilliance? We believe that each person has untold brilliance within. Our Today's Brilliance is just that- the beliefs and core principles that guide our decisions in life. I believe we have to not only know ourselves but also what we believe in before we can get anywhere in life. Otherwise, it's like heading out on a trip with no destination, no inventory of equipment, no idea how much gas we have in the tank and no idea of which way to turn.

I was originally inspired by the "Desiderata", published by Max Erhmann, made popular in the 70's. The Desiderata was the product of an urge that Ehrmann wrote about in his diary: "I should like, if I could, to leave a humble gift -- a bit of chaste prose that had caught up some noble moods". I was further inspired by one of our Inspirational Luminaries, Randy Pausch, and his Last Lecture. Both made me ask myself, " What words of wisdom would I choose to leave as my legacy?" And thus, Today's Brilliance was born.

We invite you to ask yourself... If you were asked to write your final words to leave to humanity, sharing the most important things you've learned in life, what would you say? If you were seated across the breakfast table tomorrow from a friend that needed inspiration, what have you learned in your life that you could share to help them live a more fulfilled life? What do you believe in? What do you know to be true? What information can you share with others that empowers something within? These are the questions we've asked some of the most successful and inspiring people on the planet.

We've asked our Inspirational Luminaries for InspireMeToday.com to share the summary of the best lessons they've learned in life- in about 500 words. Most are less; some are a few words longer.

It's easier to write pages, but we're trying to provide something meaningful for you, our members, that you can read in just a few minutes each morning and that has the power to rock your world. I hope you agree that we've succeeded.

Now, I'd like to personally invite you to also write your own "Desiderata". Please include the things that are meaningful to you and record who you are for posterity. I found it took me longer to write this than I originally thought it would, but I also edited and added things as I thought, "That should be in my Desiderata". Feel free to do the same and make it your own. No matter what you believe, your thoughts are yours and yours alone. They are sacred gifts to motivate and inspire you always. I find that if I'm ever in a difficult situation, just rereading what I wrote empowers me when I can't seem to find that strong part of myself. I believe the best way to be inspired is by the best part of ourselves! No words will ever resonate so close and remind you of who you really are, than your own.

We're delighted to share Today's Brilliance from some of our favorite Inspirational Luminaries, as our gift to you. Please share your thoughts with us. I hope that it will inspire you to write your own and share it with us and the world. Who knows what untold brilliance we may discover!

It is our humblest desire to help you reconnect each morning to the magnificence that you truly are. We believe you have the power to be, do or create anything in your life. We're here to be your greatest cheerleader and brush the dust off of your wings so that you can fly even higher. Please let me know how we can serve you better. Feel free to email us at gail@inspiremetoday.com with your own personal "Desiderata", or with any comments. Thank you for being such an important part of our InspireMeToday.com community. We love and appreciate you!



Sue Atkins

*Founder of Positive Parents and
author of "Raising Happy Children for Dummies"*

If today was my last day, here is my message for humanity.

For me, there's more to life than money.

For me, it's all about people and relationships and in particular it's about the relationships we have within our own families - with our kids, our partners, and our own parents. Family life is the most important aspect of our true well-being - and so is the really important job of bringing up happy, confident, well-balanced adults - today's children - but tomorrow's future. For all children and for most adults, family life is the most important thing in life. It gives meaning to our lives - as it's a place of safety, security, support, laughter, and a feeling of belonging.

You only have to ask yourself - who was there to pick you up from a late night party, give you a bit of "extra" money when you'd run out, or sorted things out when you got into trouble or made mistakes? Or who was there to get you over a broken heart, a messy divorce, or there encouraging you on the sidelines on a frozen cold January morning when you were playing netball? Who taught you to ride a bike, rollerskate or drive a car? And who is always there believing in you and encouraging you when life is overwhelming and challenging? Your family.

Your family is your rock in a very fast-paced, hectic world of change - it's your anchor in the stormy seas and choppy waters of growing up. And that's why for me it's so important. It's from this centre that children thrive and go on to believe in their dreams and make a success of their lives - whatever that means for them. It's like a ripple in a pond - each generation building on the other. I believe every parent loves their child and is doing their very best for them but because kids don't come with a handbook.

Life with kids can be enormously challenging, tiring and frustrating, but it can also be the most rewarding and uplifting experience in the world too - and nothing can prepare you for that either. It's not about the background you come from, the colour of your skin or the amount of money you have in your bank account that matters - it's about the memories you build with your kids that will last their lifetime.

Here is a quote I came across many years ago that changed the course of my life and I hope you find it thought-provoking too. It was written by Dr. Forest E. Witcraft who was a scholar, teacher, and Boy Scout administrator.

"Fifty years from now it won't matter what kind of car you drove, what kind of house you lived in, how much you had in your bank account or what your clothes looked like. But the world may be a little better because you were important in the life of a child."

You are that very important person in the life of your child. So paint more rainbows, buy more earrings and kick more footballs in the garden and learn to cherish, nurture and embrace your children as you are building bridges of unconditional love and lasting self-esteem deep within them.



Vince Bell

Texas Singer and Songwriter

Despite conventional wisdom and in spite of everything, notwithstanding the advice of a good friend or close relation, aside from the normality of the day, regardless of how someone else would do it and in spite of the fact that you have never done anything like it before, regardless of who's looking over your shoulder, or what the manual says, or how you see others try to do it, even though it might rub someone or some group the wrong way, even if it appears bleak, or you honestly don't think you can, without regard for comfort, come what may, irrespective of the monotony, whatever the cost to you personally, without consideration of the effort, no matter the expense, even with the crowd against you, though it sounds absurd and although it may be horribly circuitous in the face of desperation, despite the grievous, grim, or grisly, even if it gives the impression of being foolish, however bad it may look, without regard to who notices, despite the fact that it gives the impression of being terribly ill-fated, against the odds, against the strongest winds, against your better judgment, although it may be frowned on, in the absence of logic, despite advisability or defying common sense, for all the practicality of the professionals or the politicians or the preachers or whatever powers may be, no matter it be forbidden, however helter-skelter or incautious it might appear, despite another's truth, without consideration it might take more time than you can imagine, in spite of the fact that you might have to do it all by yourself and live with the deafening quiet...

Don't...give...up.



Werner Berger

The Everest Guy - Committed to Your Health

DARE TO DREAM

I am sitting in a self-development workshop. The year is 1989 and I am 52 years old. The leader asks us to think of three things we'd love to do before we die and likely never will. My "Bucket List"...climb Kilimanjaro, climb the Matterhorn and see Everest Base Camp. What, I'm not a climber? Little did I know where those wishes would take me.

Fast forward to May 22, 2007. It is 8:08 in the morning and I am standing at 29.035' on the top of Mt. Everest, the world's tallest mountain. Aside from two (2) Japanese I am the oldest person in the world to do so. Since 2002 I have now stood on the highest point on each of the seven (7) continents.

I reflect . . . what does all this mean and what have I learned along the way. Clearly, it's not normal for a person, just two months shy of his 70th birthday, to have climbed to the top of the world. But then, what is normal, other than a perception we collectively have bought into and now believe as true? Aren't the only limitations, the ones we place on ourselves? And yes, I might have had something to prove. I grew up without running water, electricity and a telephone in a reasonably isolated farming community. Like so many people, my underlying life's theme has been, "I'm not good enough."

Three University degrees, a reasonable showing as an athlete, and success as a businessman were not enough to dispel this ingrained perception (which I had not even recognized as a conditioned belief). The slow dawning, partly gained in the mountains of the world, was simply, 'very little is as it appears', and, if I follow my passion and stay in action, my perceived limitations, are not limitations at all.

Instead they are motivators to excellence, and not only in climbing. Most everything I have attempted in life has been to make a difference, to leave a mark. Interestingly enough, I know something about you, the reader: we are not that different. For the most part we all need to honor ourselves more, appreciate our individual strengths, and seek and approach life with maximum passion.

Many other learning experiences struck me along the way. When the mountains threw obstacles into my path, crevasses, bad weather, avalanche conditions (to name a few), I simply asked, "OK, how do we deal with this?" There was no reason to get angry, the way I frequently have when the people in my life tossed 'obstacles' into my path. Being passionate about the quest being clear on the goal and being able to visualize success even when the going gets tough trusting, supporting and allowing support from the team remaining in high and open communication even when the emotions dictate a retreat or fight being willing to pay the price for success, are all ingredients to a successful quest.

My wish? Everyone be exposed to these lessons early in life, and not to have to learn them in the school of hard knocks....nor on the peaks of the world.



Phil Bolsta

Author and Motivational Speaker

CHOOSE LOVE IN EVERY MOMENT

Your every thought, word, and deed springs from either love or fear. The nature of your choices determines the quality of your life.

Love is the voice of your conscience, the whisper of the divine. Fear expresses itself as anger, intimidation, judgment, self-loathing, or any other emotion or behavior not grounded in love.

When you choose love, you are coming from your heart and declaring that you trust God to handle the consequences. When you choose fear, you are coming from your head and announcing that you can manage the situation better than God can.

Choose love, and you are being proactive. You are making things happen, living a life of choice, and getting better. Choose fear, and you are being reactive. You are letting things happen, living a life of chance, and getting bitter.

Choose fear, and peace remains a stranger. Choose love, and peace gathers you tenderly in its arms.

Love is the language of God. As a child of God, love is your divine heritage, evidence of God's presence within you. Every thought of love brings you one step closer to God.

As you broadcast the energy of love, people in need of healing will be drawn to you. Many others will turn and smile in recognition and divine friendship- they pass by.

As you evolve into an instrument of God's love, your mere presence becomes an act of service.

Serving others is love in action, as long as it is not tainted by the ego's desire for recognition. If your service leaves you feeling unappreciated and resentful, then ego, not love, is your motivating force. Love has no ulterior motives, and no agenda other than to do God's work.

Paradoxically, acting selflessly is ultimately a selfish path. It is a gateway to peace, fulfillment, and attunement with the divine current.

Of course, devoting every moment to serving others is neither advisable nor possible. You must choose love for yourself as well as others by engaging in enlightened self-care, proper diet, exercise, sleep, and other healthful activities.

If you do not care for your own body, mind, and spirit, you will not be capable of authentically caring for others. Worse, you may be co-creating an environment in which others expect your service and take you for granted.

Ultimately, loving yourself allows you to love others, God, and life itself in ways that someone with low self-esteem cannot begin to comprehend.

So what will you choose, love or fear? Choose love, and you are charting a new course, creating a different outcome, transcending the circumstances at hand, and appreciating all the gifts that life has to offer.

Choose fear, and you are acting out old scripts, falling prey to bad habits, holding fast to patterns of behavior that no longer serve you, and taking life's most precious gifts for granted.

May you choose love. It is a wonderful place to live. After all, divine intelligence does not keep score by how many possessions you accumulate, but by how much love is in your heart. Why wait another minute to begin living that truth?



Kelly Bouchard

Speaker and Founder of Bouchard International Training Company

Do you celebrate Joy Day?

What? You've never heard of it? When is it? As soon as news of it reaches you, it's Joy Day! Actually you can make any day Joy Day.

Today is a fresh brand new day. Twenty four hours to do whatever your heart desires! How great can you make it? I mean really forget everything on your to do list and let's commit to making this the very best Joy Day ever -- until the next one of course!

Start with creating your very own Joy. Let go of the same old same old and do something new by devoting this day to your joyful self. What is it that would make your heart sing out loud today? Whatever it is do it! Call up that friend you haven't connected with in a long time or go watch a really great movie. Put on some upbeat music, turn it up and get your body moving. Let your Spirit soar with joy and passion. Ignite the greatness living inside of you. Crank it up.

For the next 24 hours be different, be daring you can always go back to your old self tomorrow if you really want to. Treat yourself to something spectacular, new shoes, a jog in the park whatever it is, do something just for you.

Do not --I repeat-- do not bring guilt, fear, worry, doubt or judgment along for the ride. These guys are hardcore party-poopers and they will ruin Joy day for you. If you see "should" trying to get your attention, wanting to tag along -- look away! Hopefully they'll all feel so rejected they won't even be there when you get back.

Bring Great Expectations, Courage, Confidence, Fun, Freedom and Happiness with you. They're always up for a party and I guarantee you'll have the time of your life. When you get back home, feel free to invite them in to stay for awhile.

Oh, I know some of you are saying, "What if my family thinks I'm crazy?" Smile at them and say, "I'm not crazy, this is what Joy looks like". If anyone else you know has any negative comments, who cares, simply look at them and delete.

When I asked some of my friends and colleagues if they celebrate Joy Day , some immediately answered, "No, but I'd love you to tell me about it." or "No, but I will when is it?" Then of course there are others who thought it was absolutely ridiculous. You know, those negative toxic," life is meant to be hard" type people. The joyless cynical ones that we all run into from time to time. Well they don't need to celebrate joy day but if you're still reading it means that you're someone who's open to celebrating and creating one of the most joyful days for yourself and for others around you.

Once you get in the Spirit go out and spread the Joy -- do something you've never done before. Feed the homeless, buy someone a sandwich and give them your time, love and attention even if it's for 10 minutes. You'll give them a sense of meaning and significance and probably even learn something from them. Visit someone who needs a pick me up or bring flowers to someone in the hospital. Buy groceries and diapers for that new single mother who just moved down the street. Whatever it is spread the Joy and your wonderful feeling will manifest abundantly. Here's the countdown 10-9-8-7-6-5-4-3-2-1.....

Happy Joy Day!



Dave Boufford

Mr. Positive, Writer, Author, and Motivational Speaker

One of my favorite quotations about life's teachings comes from Thomas Carlyle, who said "Life is a succession of lessons which must be lived to be understood."

So, here's what I've come to know:

Take care of yourself as best you can. Daily exercise, relaxation and nutrition are vital for optimal performance in every area of life. Do your best and don't be afraid to ask for help when you need it.

Love is what makes life worth living. I believe learning to love is the most important skill we can develop in our lives, and yes I strongly believe it's a skill that must be learned. I think it's the reason why we are born - to love and be loved.

Give until it hurts. That's my motto and sometimes it does hurt - especially when others take advantage. But give anyway! Giving is the other part of receiving, and I've found that helping others always comes back to me multiplied.

Learn to be interested in others and their lives. Always look for ways to be of service and you'll never be alone. You never know who you'll meet and how your life will be blessed by your connection.

Have goals but don't fall in love with them. Be flexible, as life is ever changing and your goals will change as you grow and your dreams evolve.

Learn to flow with life like a stream. Change is the only constant in our world, everything and everyone is in always in a constant state of change. Learn to flow with life, relax and enjoy the ride. Remember, "Row, row, row your boat gently down the stream..."

Develop persistence. I always like to remember that when life knocks you down (and it will), your ability to persist and look at the big picture is what gets you through.

Practice gratitude everyday. Everyone can find something to be grateful for and developing an "Attitude of Gratitude" will pay dividends in ways you cannot imagine.

Grow through adversity. The trick to growing through adversity is not "becoming a victim" by looking for reasons "why," but by looking for the benefits in the situation. Ask yourself high quality questions that start with how or what, such as:

- How does this help me?
- What's good about this situation?
- What can I learn from this?

Exercise control over your thoughts and emotions. There's only one thing you can completely control in life and that's your thinking. Master your mind and the world is yours.



Sami FitzGerald

Author, Speaker and 7-yr old Wonder Kid who Teaches Gratitude

When I grow up I have decided to be a "big kid" instead of an adult.

What made me decide to do this?

I watch my mom and dad and all of their friends have fun, but I still think they are missing out on the good stuff kids get to do....

I think there should be an option to grow up but still do kid things. This would make the world a better place because everyone would be having fun.

In the world full of "big kids" everyone would get to do stuff like:

1. Play outside everyday. Don't just go outside, but kick a ball around or hoola-hoop in the yard.
2. Of course when you are outside, you should invite friends over to play too! How about a skipping contest or see who can hop on one foot longer? That is sure to make you smile.
3. Definitely wear comfortable clothes. Sometimes I see adults wearing fancy clothes and high-heel shoes and they don't look happy. Soft, colorful clothes and sneakers are great for everyone!
4. Put a brush through your hair and then "go, go, go" don't worry about it being perfect or looking "just right."

5. Play in the dirt. Go to the park and play in the sandbox or plant in garden and dig, dig, dig into the dirt. Get good and dirty and don't worry about messing up your clothes - we are all washable!

6. Do you have a pet? Play with your pet. If you have a cat or dog, take time to play with them or just pet them. Cats and dogs love people and will hug you if you hug them. Be kind to the furry people too!

7. Color a picture. Take out your crayons and coloring book and make something pretty. Use lots of colors and be sure to put your name on the picture so you know who colored it. And it is okay to color outside of the lines, because that is where life happens!

8. Laugh a lot. Find things that are funny and laugh. It's okay to laugh. It makes everyone around you laugh too!

9. Eat ice cream and cake for breakfast and don't worry about being healthy. Ice cream and cake have milk and eggs and good stuff all mixed in. So it is okay to eat them for breakfast, just not everyday.

10. Don't worry about money. If you remember that money does grow on trees and will show up when you require it, then it will all be okay. Remind yourself everyday that you will always have more than you require if you think it, it will happen.

I am only 7 years old, but I like these ideas. Growing up should be fun and not be hard work, so I challenge everyone who reads this to pick something fun and do it everyday. You will see your world get much better. Like my mommy says, "laugh, have fun, rest and repeat."



John Garcia

Motivational Speaker and Business Consultant

Visionary Leadership – From Where I Sit

When I personally set off to visualize a dream or a goal, I use the letters of my name, **G.A.R.C.I.A.** as a formula or guide to focus my vision in the area I am pursuing. You might try this with your name.

Go for it.

I visualize my goals. All I have to do is simply recall that as a young boy, I could barely speak English and my education was suffering, and that I worked under the blazing sun for 12-13 hours a day, as a laborer, for 40 cent an hour. I remember that I felt like I was in prison, and in a sense, my own mind was my prison. Although society kept telling me that I'd never amount to anything I kept dreaming. It was then that I told myself, go for it.

Act on your ideas.

Life was not giving me what I wanted. I knew that picking cucumbers and hoeing weeds was not my destiny. I had big ideas and dreams. "Most people fail because they settle for what life has given them, they stop trying." You have the same sized brain as any successful person... use it.

Reinvent yourself.

In order to become someone you've never been, you've got to do things you've never done. I believe at some point in our lives we have to reinvent ourselves.

Each time we are successful, we have continue raising the bar and aim for bigger and better accomplishments.

Commit yourself.

It's not just enough to say we want something; we have to commit ourselves fully towards accomplishing that dream. Not succeeding is not an option. Be advised, it won't be easy, nothing in life ever is. To be committed means that regardless of the obstacle, we must find a path over it, around it, or under it. When life recently handed me cancer, I had to find a way to beat it. I had to be stronger mentally than I had ever been. I had to educate myself to a cure. I am committed in this fight!

Invest in yourself.

In order to be successful, I needed to master the English language. I had to get rid of my thick ethnic accent. Don't confuse this with not being proud of my culture, it was not that, but rather, if I was going to succeed, I needed to invest in me and present myself differently.

Absolute faith.

Lastly, if you are going to be a visionary and go down a path no one else has traveled, you will need to have absolute faith. This new path can be scary. What if I fail? What will others think? When I decided to leave home, and the poverty, prejudice and discrimination that I was doomed for, I had to have faith that I'd be successful. Failing was not an option. And so it will be with you. Not just faith, but Absolute faith. You have it in you.



Gini Gentry

Author, Spiritual and Personal Growth Teacher

PUTTING THE LIGHT BACK INTO ENLIGHTENMENT: An Action Plan

- **Free yourself from judgment.** Each judgment you have is a complaint with the Divine Mystery.
- **Let go of your attachment to being right.** This doesn't mean you can't be right, only that you can't keep score.
- **Let go of your attachment to being wrong.** Scrutinizing your actions to identify your "mistakes" is a justification for self-judgment. The opposite of being wrong and the opposite of being right is the same—just *being*.
- **Stop trying to fix yourself.** You are not broken, you don't need repairing, and you don't need to try harder. All you need to do is accept yourself as you are.
- **Get over thinking your belief system is the cornerstone of reality.** It isn't. Everything you think is real is based on an illusion. Laugh, it's pretty funny if you think about it.
- **Detach yourself from your need to know.** The problem with knowledge is it doesn't *do* anything. How much more knowledge do you need to embrace the truth of your magnificence. Your choices will distinguish you, not your knowledge. (Note: There is no exception for bad hair days.)
- **Stop justifying your actions.** To move out of the duality of right/wrong thinking, you must be willing to stop defending your point of view.
- **Quit blaming anyone, including yourself, for the way you are experiencing the world.** There are no victims, only volunteers. Assume responsibility for your experience of life, regardless of where you acquired your point of view.
- **Release the idea that any one human is better or worse than another.** If you feel you are better or worse than someone else, you are still under the influence of the myth of your imperfection.

- **Make peace with yourself (and everyone else).** Peace doesn't come and go. It is always there. It is you who come and go away from it.
- **Love actively.** The only way to bring love to yourself is by loving. You don't need to pursue love. You need to love.
- **Practice, practice, practice what you want to master.** If you practice acceptance, you master peace.
- **Come from your heart.** To answer any question, simply ask, "What would love do here?"-then DO IT!
- **Observe your mind at work.** You change yourself by changing how you perceive your world.
- **Separate your sense of self from your fear.** You are not your fearful thoughts and emotions. Fear is simply present. Nothing can hurt you when you know yourself as an immortal aspect of the Divine Mystery.
- **Remember and live the truth of your magnificence.** You need only to remember the birthright of your innate perfection and release everything else.
- **Once and for all, stop telling tall tales.** If your actions don't match what you say you believe, you are just kidding yourself. It's time to get real.

Don't wait for a "right" time to follow these steps. The future will always arrive as *now*.



Mark David Gerson

*Author, Inspirational Speaker,
Spiritual Mentor and Creativity Coach*

Perhaps the most important principles I've learned through the years are the ones that inextricably link life and creativity, the ones that keep me open to the infinite, that help me surrender to the unknowable, that push me beyond the bounds of what I can imagine.

I've also learned to be open to the synchronistic and the miraculous, to the numinous and the unseen. I've learned that not everything plays out as I expect. I've learned to trust my intuition above all else...even when that intuition doesn't appear to make sense.

If I were a tarot card, I'd be The Fool, that questing soul who steps off the cliff in complete faith that he'll sprout wings on the way down.

I'm also the main character of my novel, who embarks on his journey knowing little more than the next step. That's, in fact, how I wrote the book: one word at a time, one day at a time, knowing nothing of where the story was taking me, trusting the story to be wiser than I was. It's still wiser than I am.

There's little in my life today, for example, that I could have predicted, planned for or tried to attract, because there's little in my life today that I could have imagined, little that I even knew I desired. That includes the big things: teaching...becoming a parent...publishing two books.

I believe that in both life and creativity, we're called to be flexible, adaptable and anchored in the moment, recognizing that what works today may not work tomorrow.

We're called, too, to make the highest choices we can and to move beyond what we think from our head into what we desire from our heart.

That doesn't mean we'll always get it "right" - whether that "it" is a work of music, writing or art or a work of life, whether it's how and what we write or how and what we live. In life and in art, it's important to recognize that our human imperfection is what makes us divinely perfect.

When we live our lives creatively - even if we're not involved in a traditional creative pursuit - we're better able to touch that place of passion within us that always fires our joy, our success and our prosperity.

It's this spirit of creative transformation that governs how I live my life. It's also the primary principle I apply to my teaching, coaching and mentoring - to all my work. And so it doesn't matter what kind of client I'm seeing, what I'm speaking about or what I'm writing because my goal is the same: inspiring people to empower themselves to access, acknowledge, experience and express their highest potential and mastery.

If I had one piece of guidance to offer, something that's worked miracles in my life, it would be this: Trust in your innate wisdom, your limitless courage and your infinite potential. Don't let convention or your perceived limitations fence you in. Trust...leap...and surrender!



Barry Goldstein

Grammy Award-Winning Music Producer and Sound Healer

Moments: The Notes in Your Heart's Song

Like notes in a song, moments lead us into the chorus of our life...the chorus of a song is the part that we all sing along to. The part we all remember! So, each moment is strung together to create a larger time period in our life and these larger time periods become our life... but the moments are the notes that create the song and the song is our life. It is the beautiful moments that create a beautiful life. A life so beautiful others sing along with it and are inspired to find the song of their heart!

The universal ripple affect has been one of the most profound truth's to affect my life.

Simple to understand yet challenging to implement...Drop a stone in the water and the ripple moves outwardly from the center to create larger circles. Everything moves outwardly from our center as well, and our center is our heart. It all begins with us, to create world peace we must create inner peace first, to find love in our life's we must first love ourselves in our heart of hearts. And this love starts now, in this moment!

There is no delaying, there are no criteria, there is no learning, and nothing you have to do. It is already here, a remembrance that can be re-ignited in this moment! And as you re-ignite it in your center it ripples outwardly and inspires others to do the same!

So you may be asking, how do I re-ignite this remembrance that I am love?

The answer is listen...Listen to your heart. What makes your heart sing?

Not, what am I here to do? Not, why am I not happy? Again, what makes your heart sing? What brings you harmony? When do you feel like you have found your rhythm in the dance of your life? It could be a walk on the beach, listening to your favorite song, painting, or writing something you loved to do as a child. Close your eyes for a moment, put your hands on your heart, and just remember...

Now that you are remembering, make a commitment to nourish yourself everyday with something that makes your heart sing. In these moments of making your heart sing you begin to truly listen. These moments are the notes that begin to create your heart's song.

The moments that link together to create the chorus of your life...the part that we all remember! The part that inspires others to inspire others to inspire others...Inspiration creates inspiration and it all starts in the moment!"!

Sometimes it is in the smallest steps that we find the largest movement. These small steps carry large messages that we send out. That we trust, that we know we will be supported, that we don't have to have all the answers. The space that we leave for the answers to come in is where magic and miracles occur. May your life be filled with magical and miraculous moments and may many sing the chorus of your life!



Eileen McDargh

Professional Motivational Speaker and Author

To: My Dear Reader

From: The "Woman of Independent Means"

I laugh as I write this last line. Funny but it seems to capture all the vigor and verve of self-sufficiency, achievement and hard core measurable goals which marked my passage and intentions upon entering the decade of the 90s. I determined to change the world, to make quantum leaps in financial gain, to publish and to produce. After all, 40 was upon me and time a'fleeting.

Now, closer to 60 than to 40, I realize that the better triumphs have not come from reaching these goals but in the shadows and nuances of missing them. When things have not gone as planned and I am forced to stop in pain and confusion, I learn and grow more. And I discover how very dependent we are upon an external world to help us see meaning and discover the deeper purpose behind the seemingly meaningless. It is impossible to truly be a "woman or man of independent means."

I have discovered that for every beast in the wilderness, there are angels in attendance. Just at that point when I am whipping myself for failures, someone comes along to remind me of some difference I never knew I made. I was looking to "win them all". The far greater impact came from "winning one". When I'm feeling most unlovable, some angel appears to whisper in my ear. Yes, I am dependent upon my angels.

I have discovered that unspeakable moments of beauty abound when least expected. In a juvenile "shelter" for girls from the ages of 12-17, where street-smarts and supposed hard hearts conspire to create a short lifespan of crime, I found honesty, fear and a deep desire to be loved and to love.

In the bewildered, child-like brain of a failing grandfather, I found humor and humanity. And in the frightening onslaught of a lightening and hail storm atop a 12,000-foot peak, I found a sliver moon behind the clouds. I am dependent upon the experience.

I have discovered that the road away from self-absorption is other-absorption. When I am throwing a pity party, the quickest cure is to help someone else. It can be as simple as telling the store clerk that she has beautiful eyes. It can be as time-consuming as sitting with a lonely widow and letting her recall stories of her past.. Truth be told, often I'd rather whine and complain. I am dependent upon the needs of others to move me out of myself.

I have also discovered that I like myself better as a human being rather than a human doing. Talking to roses can sometimes be better than speaking to thousands. Giving myself permission to "be" rather than "do" remains a daily struggle. I am dependent upon the tug of time.

And lastly, dear reader, I do not wish to go quietly into the next decade. I'll admit to needing bifocals and estrogen but I have no intention of aging. I'll trade exercise for cheesecake and Chardonnay. I'll forgo naps for too-late parties and choose time with my sweet spouse over a bursting bank account. I'll arrange to throw my old self away, to molt the dry skin of complacency so I can discover what is new to be learned and experienced.

These are intentions, not goals. Some days I live intentionally-- other days, unintentionally. We've all been in that knee-jerk, where-did-the day go mode. I need daily reminders to pay attention to what I intend to create: a life by design and not default. By realizing my dependency on life as my teacher, my greatest wisdom comes from just plain showing up today and living NOW. From NOW comes a day that is WON.



Albert Mensah

Motivational Speaker from Ghana, Africa

Aim High: Dreams are never built on low expectations and achievement always begins with aiming high. To aim high is to dream of a result that seems to exceed possibility – but the desire for the result is so authentic it must become reality. We fail to fulfill our dreams because we restrict what we believe is possible.

Recognize Opportunity: Opportunity walks through our life everyday in the form of other people. Don't read minds – listen to words.

Overcome Fear: Expect a lot from yourself– Step up and pay the price that success demands to move toward your dream. You have to sacrifice what you are in anticipation of what you can become.

Be Persistent: Never take your eye off the dream and remember that focus is the first cousin of persistence – one helps the other. Everybody can't be lucky, but everybody can be persistent. Obstacles are always removed when you are persistent and learn to recognize opportunity.

Trust Yourself: Any dream or goal we conceive becomes a reality because there is a way to achieve it. Belief creates vision and vision becomes reality.



Father Miles O'Brien Riley

Extraordinary Speaker and Catholic Priest

ATTITUDE

I love it when folks ask me to pray for the weather: "Hey, Padre, say one for a sunny golf game this weekend" or "Father, please pray for good weather for my wedding next Saturday." Of course, I always have to respond: "Oh, I'm so sorry--I'm only in sales!" ("You'll have to speak with Management!")

It's a good reminder that we cannot control the weather--or very much else in our lives--the only thing we can control or change is our outlook, the glasses through which we look at life, our filter, our attitude. You can't change other people--even or especially those closest to you--the only person you can change is you.

And we do not have absolute control over a great deal in ourselves: our moods and feelings and emotions come and go spontaneously, outside of our control. We can control how we express our feelings--but hardly the emotion itself: be it anger, fear, jealousy, resentment, hatred, joy, optimism, or love. The one thing we have power over and can control is our attitude.

Dr. Victor Frankl, survivor of three grim years at Auschwitz and other Nazi prisons, wrote this about Hitler's barbaric camps: "We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms--to choose one's attitude in any given set of circumstances, to choose one's own way."

When we were in Junior High School, over 50 years ago, we were taught that the three things that contributed to a long and happy life were genetics (if your parents lived a long life, then you will, too) diet and exercise. (The medical profession likes things you can measure.) However, in the past 25 years, most studies on longevity and fulfillment focus on more spiritual things like optimism (attitude of choice) and passion (interests) and purpose (a reason to get out of bed in the morning) and our ability to handle loss. Genes, exercise and diet may still be in the top ten--but the top four are spiritual and number one, in study after study, is attitude.

Charles Swindoll was even more emphatic: "The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home."

"The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our attitudes."

We all know people who are grouchy or sullen and often say something like: "I'm always in a bad mood until my second cup of coffee." That is so sad--because they always will be! That is their choice. I ride my bike 20 minutes over to the gym every morning for a little cardio exercise and weight workout and the other morning a woman coming out of the gym glanced at my big smile and demanded: "Are you always in a good mood?" "No," I answered honestly, "But I am always happy--because I choose to be--I choose the attitude of gratitude."



Flo Schell

*Founder of Perceptive Coaching Systems
Re-energizing your life and your work*

Good Morning, Glory!

I wonder how you are greeting this fine day. Are you bringing to it high energy... fresh from pleasurable dreams and a good night's sleep? Or are you slumping tiredly from your bed...and slowly creeping your way into the physical world? Either way is fine, because here's what I know to be true...

You will figure this day out...just like you've figured out all the days of your life so far. And, with a little guidance, you may even find perfection in whatever comes your way today.

How do I know this? Because I have lived so many days....woken up on so many sides of beds...and figured out so many things...even on the worst of days. And the good news is this: I have survived them all....and on many days, even thrived! And you are no different from me.

There are days when life is scary or uncertain. On these days we hold on... For dear life...and wait for the clarity to come. And later...when the scariness seems less...we search for the perfection in this day. We ask: What is life teaching me today? Am I learning something that will help me grow stronger...get out of my rut...open my thinking? And when we get clear on the answer...the 'perfection' of this day... We'll know for sure that we have solved the puzzle. We'll know that all the answers we need each day are with us all the time...right inside of us.

After all, we have a lifetime of experiences to draw on... A lifetime of decision-making... good and bad. Surely we have learned so much.

And all that we learned is right inside of us. In that place we talk of as our 'gut'. But may be thought of more gracefully as that 'place of inner knowing.'

So go ahead. Tap right into it. And when the day throws up a curveball...ask that secret place a question. See what it has to offer. And learn to trust what it's telling you...and to pay attention and take action on its message. Because figuring things out is a process that will go on forever. And you will get better and better at it.

So whatever today may bring...questions....quandaries....uncertainties... I invite you to tap into your inner knowing. Ask it for guidance...answers...a hint. That will help you to figure out life this day. And please accept my wish for you:

That you greet today in whatever shape you're in...

That you tiptoe in slowly, inch by inch...or dive in quickly with a big splash.

That you put one foot in front of the other...and simply move forward.

Because, you may not know where you're going...but it's ok. You may not see a clear path...but it's ok. You may not get the results that you seek...but it's ok. Because one day a wonderful message will come your way. And someone in the wide, wide world will find you. And you will know...

That you have not been working in vain.

That what you seek is right around the corner...and well within your reach.

And that there are many, many people...living and not...available to help you.

All you need to do is 'call them in'. Ask their advice. Seek their support. And know that you are not going through life alone.

My friend, take this day to move forward with joy. Take this day to tap into your wisdom. Take this day to hug, and smile, and laugh, and cry. It is your very special day.



Larry Schellink

Minister, Author, Inspirational Speaker

Perfect Love, Imperfect Expression

What do you think Jesus meant when he said, "If you only love those who love you, what reward have you?"

I've thought about this idea and I'm reasonably convinced the reward he was referring to had nothing to do with rewards from outside oneself, such as might come from an enemy who you found a way to love, or from God that favored you for your generosity in loving the estranged. Jesus was a teacher of the enlightened perspective, whose radical view of an unconditionally loving God flew in the face of the Old Testament. His teachings and practices were a complete reversal of the view of a God that metered out love in accord with a person's lovability. You know, please God and you will be blessed - anger God, and you'll suffer. This is the God that man created in *his* image and likeness evidence that reciprocity is sometimes a bad idea.

The experience of pure, absolute unconditional love is the pearl of great price in a human life. It is rare and precious, which accounts for our endless pursuits to capture it. Like all divine qualities, it is experienced as an internal flow of energy in us, both when we are receptors and when we are expressers of love. Most of us have precious few moments of loving freely and openly and we find it most difficult to sustain in intimate relationships, where it could do the most good! Why is that?, I have often wondered. You too? Well, if you think I'm going to answer that age-old question in 500 words or less you are a true romantic! Actually, John Welwood, in an article in Shambhala Sun magazine nails the essence of the problem in these few words:

What lies at the root of every relationship problem is a core "wound of the heart" that affects not only our personal relations, but the quality of life in our world as a whole.

This wounding shows up as a pervasive mood of unlove, a deep sense that we are not intrinsically lovable just as we are. We experience ourselves as separated from love, and this shuts down our capacity to trust. So even though we may hunger for love or believe in love, we still have difficulty opening to it and letting it circulate freely through us.

I can relate, can you? I have spent most of my life in pursuit of love from outside myself, clinging with painful tenacity to the notion that a parent, a friend, an employer or a lover could mend this gaping wound. Such a belief amounts to a seek, but not find, mission. Always has been. The prognosis will not improve by finding new friends, lovers, surrogate parents, or a boss that loves me. Damn!

Where does that leave us? *A Course in Miracles* says that *we are at home in God, dreaming we are in exile*. It is our dream of separation from our true self (as God's creation), that gives rise to the nightmares that mar our relationships. So how do we awaken to this greater love within us?

Mary and Joseph searched the countryside until they found a place that was open. What they found was far from their ideal birthing place. It was humbling, requiring extraordinary willingness to be o.k. with what they were facing. Yet their love found a way through the night where even greater love could come into the world. You and I are on a similar journey. Our quest is to find love in ourselves and in each other when the appearances are far from ideal. Not because we are dreamers, lost in illusions rather, the opposite. Our determination to journey through the night to find love against all odds will reward us with the only Love that is worth pursuing, a Love that is at once, beyond us, and the essence of us.



Michael Bungay Stanier

Founder, Possibility Virus, 2006 Canadian Coach of the Year

No Going Back

Can you think of a time when you fully committed to something? Went full out? Took a leap of faith? Went, "What the heck, why not?" Put your money down? Went past the place of no going back? Did you feel your body react as you recalled that moment? Did you notice that you held your breath, that you shifted your body slightly as you reconnected?

Such is the power of commitment.

Here are three insights about taking the plunge, stepping up to the plate, and what that commitment looks like.

1. Commitment = feeling fear

If you're struggling to commit to a bold task, then you're almost certainly struggling with fear. Fear of starting, fear of failure, possibly even fear of success. It just comes with the territory.

What's needed is courage. Courage is possible once fear is acknowledged - and the decision is made to press on regardless. Courage comes from knowing that the fear is there, but that the goal you're striving for is more important than that fear. Courage comes from breathing, and seeing fear shift into excitement. What's possible here is, as Aeschylus writes, to "Overcome fear and behold wonder."

2. Commitment = moving

There's an old joke: five frogs sitting on a log. One of them decides to jump off. How many are left? Five - because deciding doesn't mean doing.

You'll know you are committed when you're on the move. It might be getting out of the house, it might be making the phone calls, it might be rehearsing that tough conversation. But unless there's movement, there's no commitment.

So ask yourself this question: if people were watching you, how would they know that you were committed?

3. Commitment = persisting

An insistence on perfection (and for nothing but) can immediately deflate the balloon of commitment. Whatever you are committing to, it is almost certain that you will stumble and quite possibly fail. And then you can decide whether that failure is permanent or temporary.

I had dinner the other night with David Allen, author of the international bestseller *Getting Things Done*, and he told me that it took a year to write the first draft of the book - and then he had to abandon it. And he decided that this was a temporary failure, not a permanent one. And so he wrote the second draft.

Where have you given up? Was it too soon?

The low down on "burning your boats"

You may have heard of "burning your boats" as a metaphor for commitment. Legend has it that Hernando Cortes, en route to dismantling the Aztec Empire, burnt his boats on arrival so that his rebellious crew had no option but to press on.

The truth is, he didn't burn his boats but ran them aground, and not as a way of getting his crew to commit to battling the Aztecs.

John H. Coatsworth, director of Harvard's David Rockefeller Center for Latin American Studies, puts it like this:

"Cortes beached the ships to prevent anyone from heading back to Cuba to report to the Spanish nobilities that he was engaged in an utterly unauthorized and illegal expedition. He was running for cover."

From Idea to Action: Something to Practice

What's the big thing, the Great Work that you want to commit to? Out of ten, how would you score your current commitment?

And now you've done that, realise that this is a trick question. There is no "half way" on commitment. You either are, or are not. (It's either a ten or it's nothing).

So, imagine you're now fully committed - ten out of ten. What wouldn't you do to make this a success? (This is a more powerful question than jumping to "what would you do?")

And now you've written that short list, what's left?

Pick one of those actions. Make it one that excites you and also scares you. Write it down. Write down when you'll do it. And now write down who you'll ask to support you, by creating accountability. And here's what you'll tell them: What you'll do. By when. And how you'll come back to let them know.



Bob Urichuck

*Canadian best selling author, speaker
and international sales expert*

Disciplined For Life: You are the Author of Your Future

Discipline is defined as a commitment to the most important person in the world. It means doing what you have to do, even when you don't want to do it. - Bob Urichuck

Any behaviour that gets recognized and/or rewarded gets repeated. To be disciplined for life requires that you recognize and reward yourself accordingly.

So let's start with the first question: who is the most important person in the world? While you are at it, who is your greatest enemy?

It is fair to say that you came into this world as a miracle? Then what happened?

You got exposed to the outside world - family, religion, education, friends, politics, etc., and you internalized these messages. You have created who you are by what you allowed in. Is it fair to say you have created your own fears, barriers, limitations, and beliefs primarily because you have lived your life from the outside-in? Is it fair to say you are who you are because of you?

Yes, you are the most important person in the world, and at the same time your own worst enemy.

Maybe it is time to take a good look at your beliefs about you. As an adult, you should be able to distinguish between fact and fiction - what is real about you and what is not.

Maybe it is time to turn things around, to believe in yourself, to take control of your life and start living your life from the inside - out.

Your beliefs will determine your attitude. Your attitude determines how you feel, and how you feel determines the actions you take, which in the end provide you with results. Are you getting the results you are looking for? If not, take control of your life and start living your life from the inside-out, instead of the outside-in.

Combining attitude and discipline, both of which are 100% under your control, will increase your performance by 200%. By the way, each word when translated to numeric value adds up to 100. Try it and see for yourself.

Of all commitments one makes in life, the one you make to yourself is by far the most important. So, make some commitments and get Disciplined for Life, as you are the author of your future.

What is the most productive time of your day - morning, day or night? What would happen if you took one hour of that most productive time and dedicated it to the most important person in the world? As a morning person, that is what I do first. After that hour, I reward myself with my first cup of coffee. Ummm, is it ever good.

Just applying this one discipline in your life will make the difference. But there is so much more I want to share with you, and it is all in my new book: *Disciplined for Life You are the Author of Your Future*.



Christy Whitman

*Life Coach, Motivational Speaker, CEO and Founder
of the Quantum Success Coaching Academy™*

Abundance

No matter who you are, where you grew up, or what your family situations were, you are and always have been abundant. You are already an abundant being and were born that way. Our entire universe is abundant. That is the truth of who we are and the truth of our universe.

Most of us have been programmed out of abundance and programmed to think in lack. It is our limited thinking or limited beliefs (false beliefs) that is what caused us to have lack in our lives. We are always creating from our attitudes and beliefs. Whatever we ask the Universe for, we receive. We don't necessarily ask with our words, but by the vibrations that we send out. The universe is supporting us all the time, no exceptions, no matter what. The question is, how are you asking the Universe to support you?

Knowing the Universal laws is like knowing the rules of the game, or having a recipe to build a cake. If you follow the rules or the recipe that so many successful and abundant people have, you too will be living your abundant life. It is law. It doesn't work for one person and not another. It doesn't matter who you are or where you live. The same rules apply. If you feel abundant and connect with the abundance in the universe, you will experience more and more of abundance. This is the Law of Abundance and Sufficiency. This could translate to better and supportive relationships, more money, more success, more love, more time, more freedom and more joy in every area of your life. Abundance in all good things.

Most people are experiencing abundance, but it is an abundance of struggle, pain, heartache, debt, ill-health, etc. The choice is yours as an amazing deliberate creator what type of abundance you want in your life. The Universe only knows abundance, so choose. Do you want an abundance of all good things, or an abundance of lack? You create it your way. You create your life based on what your belief you deserve.

When you start feeling and believing that you are abundant, that you deserve abundance, and that you are valuable, you will see your outer reality change. Your entire outer reality is a direct reflection of how you feel about yourself. If you see areas in your life that are not abundant, the good news is that you can change it. You created it, so you can transform it. You are the one responsible for your life, no body else.

What do you want? Why do you want it? And how will you feel when you receive it? These are some of the most important questions you can ask yourself when connecting back to your abundance. Focus on abundance (not the lack of abundance) and you will receive more of the same. Remember that you looking for abundance is like a fish looking for water. You are abundance! Imagine and Enjoy.