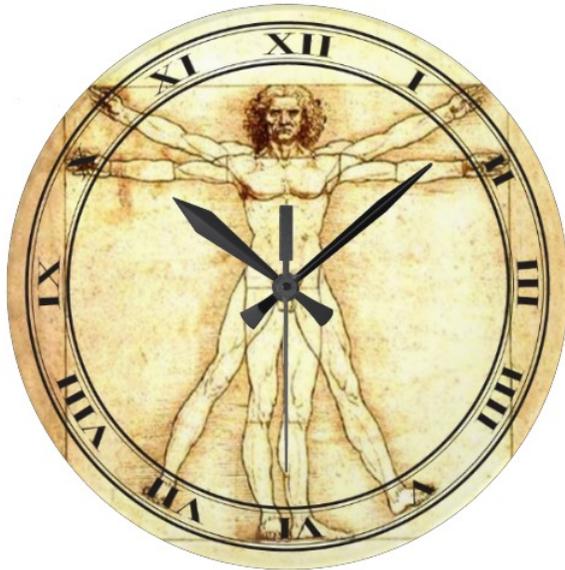


**THE
TWO MOST
POWERFUL
MOTIVATING
WORDS
ARE**

“WHY NOT?”

- Trebla Ognim

THE POWER IN YOU



YOU CAN LIVE YOUR DREAM

(Revised 2014)

Albert J. Mingo

THE POWER IN YOU

By Albert J. Mingo

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Book Revised 2014 – added twenty-one new chapters

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This revised version of this book is dedicated to my wife
Loretta Rose McCain-Mingo

My daughter
Lainey Rose Skylar

my granddaughter
Ashley Silva

Nathan Simose

Matt McCain

and

in memory of my mother Rose Mingo
1901-1985

and my Father Arthur Mingo, who
passed away when I was one and a half years old.
1890-1937

"IN MEMORY OF MY MOTHER, ROSE MINGO"

My parents were immigrants from Italy and arrived in the United States in the early nineteen twenties. My father, Arthur, passed away when I was one and a half years-old. My mother was thirty-five-years old at the time and was left to raise nine children-aging from me to my oldest brother who was fourteen. My parents owned a gas station located near Galt, California off Highway 99. At the time of my father's death, my mother said she had fifty dollars in cash and the underground holding gasoline tank was half-full. Traffic in the late forties was very light. Mom had no knowledge of a Welfare Program to help her; therefore, she simply went on doing what she normally would in raising her family. Approximately six years later, a woman who was familiar with my mother's situation, stopped by to purchase some gasoline and told my mother about the Welfare Program in Sacramento. Mom applied and was given groceries periodically, and once a year, we were given school clothes. Mom managed to keep the gas station running and kept all of us in school. Through her efforts, all of us completed our high school education and went on to create lives of our own. Obviously, it was not easy for her to control nine little kids. As grownups, none of us chose to live on the dark side of life. We all seemed to want to better our lives from whence we came, and we worked hard to achieve it. I am very proud of my Mother. We all understand the sacrifices she made and the difficulties she had to overcome in order to raise us. Mom accomplished that which could be thought to be the impossible - keeping her family together. Today, the road next to where the gas station stood is named *'Mingo Road'* after my parents.

I grew up without a father just like many others did.

God Bless my mom!

“SPECIAL RECOGNITION”

The following people helped me through the most challenging adversity in my life, a state of homelessness, at the age of fifty-eight. I had been in business for twenty-eight years as a Landscape Contractor but could not survive the Recession of 1991-92. My last year in business I finally grossed a million dollars but I had to close my business.

I want to thank my friend Jerome “Jerry” Kuller for saving my life when I had a bleeding ulcer and didn’t know it – my sister Gina Guido for going beyond the call of duty keeping me with wheels by refinancing on my car so that I could look for a job – my friend Ginelle “Linky” Heflin-Hamolka who allowed me to work part time in her hat store – my friends Albert and Jackie Aievoli who allowed me to work temporarily in their business – my nieces Lisa Tyner and Dena Evangelista for giving me food - my friends Chris and Candy Gwaltney who prepared food for me that went into my freezer several times, plus later helped me buy a car nine months after I was forced to sell my car – Jacque Price and Betty Artley who each gave a small amount of money

I want to thank my apartment manager Carol Slazak and owner Gus Kelpris giving me a place to live with free rent for two months then offered me the landscape maintenance job around the apartments in exchange for rent until I got back on my feet a year later. God Bless the both of You.

I want to thank my friends Jack Temple, Paul Warrick, John Mehl and Ernie Stermer who stayed in my life during my down time.

I want to thank my friend Karen Indreland who motivated me to continue writing this book and gave me her old computer, monitor and printer – my brother Danny Mingo for lending me his computer after I crashed mine- my friend Jacqueline Price for being my editor for the first half of my manuscript – my significant other Loretta McCain for taking over – and then Cheryl Hronec who edited my completed manuscript. My final professional editor was my daughter, Elaine ‘Lainey’ Mingo. Whew! The book survived!

Thank you God for my life..

YOU ARE
IMPORTANT,
YOU ARE
NOT A MISTAKE,
YOU ARE WORTHY,
YOU ARE LOVED,
AND
YOU HAVE A DREAM.

- Trebla Ognim

**AS YOU READ THIS BOOK, LET
THE MIRROR OF YOUR MIND
REFLECT UPON YOUR PAST.
PERHAPS YOU WILL DISCOVER
SOME PERSONAL CHANGES
YOU MAY WANT TO MAKE IF
SO, THEN MAKE THEM AND
E M P O W E R
YOURSELF TO LIVE YOUR
FUTURE LIFE WITH FEWER
REGRETS**

- Trebla Ognim

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About the author

Thank you to Bob Marden

People who have touched my life.

Reference material, inspirational songs - new novel

INTRODUCTION

(The essence of this book through poetry)

L I F E

Life in itself, understand it, I don't. Living it, seems to be the only antidote. Day by day, experiences come and go. Leaving questions for answers we'd all like to know. Our minds, we claim to be our own. Creates a turmoil, my God!; like a tornado's cone! Up, and down, and around; we seem to scurry. As if, we are drifting in some awesome fury. All of a sudden, appearing from out of nowhere, Words of wisdom from, 'THEY'; implying we should care. Who are, 'THEY', exclaims us all; won't you appear? Wait! Behold! A feeling of ecstasy generates from within. It's giving meaning and purpose, for why we have been. Knitting together the loose pieces, making us feel whole. What is it? We ask; why, it is LOVE, pleasing our soul. Giving rhyme and reason for our lives as it should. My God! Thank you, for this awakening day. If this is, LIFE, then I will change my way. The, 'WHY?' question, will become a fading thought. From this day forward, I will only ask, 'WHY NOT?' I will set my goals, running full steam.....trying to reach my impossible dream.

Albert J. Mingo 1976

THE ONLY THING

IN A BOOK

IS THE MEANING

IT HAS FOR

YOU

-W. Somerset Maugham

IN THE BEGINNING



“Your time to live”

Chapter One

This book is written to give you the opportunity to find the secret to the power in you. You are about to embark on a journey consuming provocative thoughts. It will stimulate your mind in a way that conjures up your gut feelings on how you view your life. Some of what you read will stir your emotions. You will learn that time is more precious than you ever thought it to be, and that your life is more important than you ever imagined. And, most importantly, you are a gift to life. The truth is that you are the most important person in your life.

Your personal appearance here on earth is not a mistake. It is my hope that you accept the reality that your birth was not by accident. No matter how you feel about your life, you are here for a reason. The primary reason for your life is that there is a meaning and purpose to it. And, you are here to share it with life itself. You possess the power in you. If you are not living your life using that power, you could be traveling through life with an emptiness in your heart. If you are tired of not knowing why you are here on earth, you ought to consider seeking the power in you. Use it for the betterment of your life and others. Consider being the person you were meant to be and live the plan of your life. Live your life to its fullest.

Somewhere in this book, the power in you will show itself to you. When you accept the power in you, and begin using it, you might be surprised that your life will rebound with renewed energy.

BELIEVE IN YOU!*Trebla Ognim*

When you accept the power in you and set a personal goal, and begin living it, your life will be engulfed with enthusiasm. Taking an action on your personal goal will cause you to not want to wait for tomorrow--you will want today to last forever! Your personal goal will cause you to live your renewed life with a sparkle in your eye and a smile on your face. You will live each moment with a passion for life. You will feel so alive that you will not want it to come to an end. Each day will bring new adventures. Problems will be turned into challenges to overcome - instead of creating confusion. They will become minor goals to achieve and you will eagerly await their successful result. Doubt, as you have previously known it, will disappear. The people who know you will recognize--a new you. One who is energetic, motivated, enthusiastic and excited about life. Some of your friends might think you are on a new drug that keeps you on a high and never lets you down. They, too, might wonder when you are going to collapse into nothingness, but it will not happen this time. This time, you are experiencing a renewed spirit from within that drives you happily toward the future. When you commit to the power in you, and set a personal goal, you will be attracted to what you need for its fulfillment.

"You will experience euphoria!"

It will be long lasting and it will be a feeling of renewed energy. You will be focused on personal goal going after the work you love and were meant to do while you are here on this earth. You will meet the people you need to meet, and your life will be enhanced in their presence. It will be a give-and-take relationship with each new person who enters into your life. Finally, your life will be what you always thought it should be.

You will be constantly giving of yourself, and you will enjoy every minute of it. Other people will be giving in return, and it will quench your thirst for joy. Self-satisfaction will be at an all-time high as you

In The Beginning 3

triumph over each step forward to reach your personal goal. You will be so alive on this earth that you will think the sun is shining in your dreams nightly. And, that the sun rays are warming your whole body with peace and harmony. When you awake from your sleep you will feel totally rested. No matter what the negativity in your living environment, it will simply bounce off your resistant armor. You will go forth in your life as if walking upon a cloud while gentle winds take you to new horizons. You will experience wonderful moments in time creating memories.

"Wonderful memories forever for you to reflect upon—always making you smile."

You will be thankful for being alive. You will feel healthy, wealthy, happy, loving and prosperous in every way.

Take a moment and ponder what you just read.

Perhaps you would like to experience a renewed energy in your life.

By the way, are you familiar with the television show, Fame? It begins with the dance instructor saying something like this, *"You have dreams! You want fame! Fame costs. And, right here is where you start paying."*

If you want to experience the power in you, then the journey begins here and now and the cost is only your time and energy.

Let's start from the beginning. Physiologically, it is a truth that men have the strong inborn instinct for procreation and women have the strong inborn instinct for nurturing. It is these two instincts that create new life, not necessarily love.

Many of you were not planned babies by your parents – you just happened to be conceived.

"Was it an accident?"

This author thinks not.

Give the following process your undivided attention!

You are the one single sperm from the millions and millions of sperms that tried to reach the female egg. You are not one-in-a-million but rather one-out-of-multi-millions. You wanted to live so much, even though you didn't know why, that you beat all the other sperm in the

race for life.

You are the winner and that is the miracle of your life!

It doesn't really matter under what circumstances you were conceived. What really matters is that you have the gift of life.

You were born with a spirit to live. That spirit could be called your soul. After birth, comes living; after living, comes death; and after death, comes eternity. And, eternity begins when your soul returns to the true source of energy within the universe. Some people call it the Infinite Intelligence, Supreme Being, Brahman, Spirit, Buddha, Allah, Jehovah, and God, as well as numerous other names. Each one of you will have your own belief about death and the existence of a Higher Power. I refer to my Higher Power as God.

Regardless of what you believe, life is to be lived to its fullest, it is a certainty that began the day you were born.

***FROM THE MOMENT OF BIRTH WE
WE ARE IMMERSED IN ACTION
AND CAN ONLY FITFULLY
GUIDE IT BY TAKING THOUGHT.***

- Alfred North Whitehead

Someone once told me, *"You create your life."*

I believe that you may not have created the sum of your life, but for sure you created the majority of it. I believe that conception, God, you, and life on earth co-created you.

Part of who you are came at the time you were conceived. I believe that God created you. And then you created who you became by making your decisions from choices that life presented you along the way. You were definitely influenced by your parents/guardians and your peers during your upbringing. However, your life is mostly your own creation.

Who and what you are is the sum of all your living experiences from your birth to the present. Think of the sum of who you are as being a whole pie. A small piece of who you are is not consciously within your memory banks, but come through your ancestors. A larger piece of who you are influenced by your parents/guardians and peers during your upbringing. Another small piece of who you are is life In

Simply blending itself within your conscious and subconscious mind without you being aware of it. However, the largest piece of who you are is your own creation. The remaining piece of who you are is connected to the true source of energy in the universe – the Supreme Being – Infinite Intelligence – whom I call God. All of these make up the whole pie. Everything you did up until now you were supposed to do. Every decision you made has been the right decision. Every time you laughed, and every time you cried, that was how it was supposed to be. Every time you thought you were in control of your life and a forced change interrupted it, causing you to lose control that is what was meant to be. You were in the process of learning. You gained the knowledge that enables you today to make better choices to live a better life.

The truth is you are who you are, because you chose to be! The truth is you were born with free will! Do not fear the truth, for to turn away from it can be a living death.

If you are one who is still blaming your parents/guardians and peers for who you are today, please stop! Perhaps now is a good time for you to begin taking responsibility for your life and your choices. As you grew up, you - not someone else, were making your choices.

***THE QUALITY OF A LIFE IS
DETERMINED BY ITS ACTIVITIES***

- Aristotle

As the song, “*Get Over It*,” by The Eagles Rock Band says from their album of 1994, “*When Hell Freezes Over*” Geffen Records, people need to get over it. People need to stop blaming others for their life’s choices. You made the choices and you are now living with them. Please take the time to go on Internet, and read the lyrics of that song, for they are a truth of life.

TV talk host Oprah Winfrey – Oprah was raped, molested, whipped, rejected, and lost a baby during her growing up years. But, it doesn’t stop her from living her life to its fullest. She made the decision - to get over it. She chose to believe in herself, and God who gives her the strength and courage to be who she is today. She may at times still struggle with her past; however, she walks with poise, confidence and dignity on her journey through life.

Do your best to accept that you are who you are because you chose to be. In other words, take responsibility for who you created. You need to get on with your life and consume healthy information which could enhance it. Now is a good time to begin being thankful that you have the gift of life. You may simply need to make some minor changes. But in order to do so, you must reflect on your past. Every human being needs to break some habits from the past. Especially those that are destructive. I believe that you, like most people, want to live the best possible life. Your life is a gift. You were born with a dream and you are here to live it!

Read the following words very mindfully:

You were born a winner and you will die a winner!

No one, nor anything in life, can take that away from you. It is your destiny at the moment of conception. You are, and will be, a winner forever. Contemplate that truth.

Trebla Ognim says,

“You are important, you are wanted, you are needed, you are loved and you are here with a meaning and purpose to your life. And, most importantly, you are a worthy human being.”

Shakespeare might have put it this way, *“How will you live your life in between your birth and your death?”*

Will you live your life your way or will you let someone else tell you how to live your life? Could it be that you will just exist by staying in your comfort zone no matter how unhappy you are? Or, will you leave your comfort zone and reach out into the unknown, in a leap of faith, to begin living your life to its fullest?

Many human beings settle for less in return for a comfort zone and false security. Many human beings choose to exist rather than to live. Many of you choose to be manipulated by others. You allow them to do it to you. They end up in control and you allowed it to happen.

Your present comfort zone may not be a healthy one. The truth is you really do teach others how to treat you! You have a choice to seek and accept the power in you. When you find God and accept Him, it will change your life. You will find meaning and purpose to your life. It is your reason for being here!

***ACTION WILL REMOVE THE
DOUBT THAT THEORY
CANNOT SOLVE.***

-Tehyi Hsieh 1948

You are not here to be controlled by another human being. You are here to have meaning and purpose in your life by using the power in you.

“POWER!”

What does that word mean to you?

What feeling do you derive from reading or hearing it? If you had it do you think it would benefit your life? Do you want it? Are you who you want to be and are you where you want to be in your life now?

Take a moment and ponder the foregoing questions.

Shakespeare wrote, *"All the world's a stage, and all the men and women merely players."*

You are here to act out your role in life's gigantic play. No matter how you play your role, think about it carefully. No matter how small or large your role is in life, it is up to you to act it out to the best of your ability. You are who you are until you become who you can be. Who you can be is the real you!

Not everyone fully develops into their true self in their lifetime.

As you know, not every life is given the chance to live a full life. Some life forms die before they are born, such as a fetus. Others die as newborn babies. And then, others die at a young age. It seems so unfair because it appears they are not given a chance to live their meaning and purpose in life. That unfairness cannot be answered in a way that all human beings would receive as acceptable. It could be that each acting

role in life no matter how short or how long has its meaning and purpose in this gigantic play on earth.

From the beginning of creation, human beings have taken extreme risks in an attempt to unfold the secret of life within the universe. They have submerged themselves into the depths of the oceans and have traversed gravity into space seeking the truth to life. Human beings have spent more time searching their surroundings in their quest for the secrets to life, than looking within to learn the - *Why?* - of their life. Perhaps it is because looking within--*is too risky!*

You are here for reasons beyond your capability of comprehending at this moment. Question your presence, but keep in mind you are not here by accident. There is a greater understanding by the Infinite Intelligence - God of why you are alive. All you really need to know in the beginning is that you chose life and that you are alive. Therefore, you have the opportunity to live your life to its fullest. You are here to bring forth the power in you, and to use it to fulfill your meaning and purpose on Earth. No one knows why they are here but while they are here they can contribute something of benefit to life itself.

Take a breath before you continue reading. This author is not trying to offend anyone and their beliefs.

Take a peek at Ecclesiastes in the Bible, which was written over 2000 years ago. Please read it. Believe me, you will not be offended. You will find that nothing really changes. Life goes on from one generation to another. History tells you that life continues as it always has.

***IN EVERY SOUL THERE HAS BEEN
DEPOSITED THE SEED OF A GREAT
FUTURE, BUT THAT SEED WILL NEVER
GERMINATE, MUCH LESS GROW TO
MATURITY, EXCEPT THROUGH THE
RENDERING OF SOME USEFUL SERVICE.***

-Napoleon Hill, Author

What is new? Inventions are new! And they usually make life easier to live.

I believe reading Ecclesiastes is important. It talks of the truth of life itself. It provides strong reasons as to why your dream is of vital In

importance to your life.

***CHERISH YOUR VISIONS AND YOUR DREAMS
AS THEY ARE THE CHILDREN OF YOUR
SOUL, THE BLUEPRINTS OF YOUR
ULTIMATE ACHIEVEMENTS.***

-Napoleon Hill, Author

What you read could be very stimulating and, at times, very shocking. It simply tells you the way life was, is and will be! You may find it to be too honest and too realistic. The plight of human beings does not change. I believe you to be intelligent; otherwise, you wouldn't have picked up this book. Therefore, I am positive you are not offended by my suggestion. You will be able to associate that which you read, to what you have experienced and observed in your lifetime. You will find some of the thoughts as being negative - even depressing.

Read it from the beginning to the end. You may find a hint on the possibility of Infinite Intelligence or Higher Power existing. It is the true source of energy and consciousness in the universe. To me, it is God.

***AMIDST ALL THE MYSTERIES
BY WHICH WE ARE SURROUNDED,
NOTHING IS MORE CERTAIN THAN
THAT WE ARE IN THE PRESENCE OF
AN INFINITE AND ETERNAL ENERGY
FROM WHICH ALL THINGS PROCEED.***

-Herbert Spencer

Human beings hold the highest degree of intelligence on earth and have dominion over all other earthly life. And, human beings have evolved into two distinct people walking upon this earth.

These two distinct-people have chosen their paths in life by their attitudes toward life.

Why? - The negative one
Why Not? - The positive one

Which of these two people do you think yourself to be? Take a moment and examine your life.

You will find the power in you somewhere in this book. You may

have been searching for it all your life. It expresses itself through your dream, and it brings forth the energy that enables you to bring your dream to fruition. When you find it, you might be surprised that you acquire a new outlook on life. It will be like an awakening from a deep sleep. You will breathe in a renewed energy for life. You will go beyond your existing daily energy level. You will experience a new joy. You may even experience the true spirit from within for the first time - God.

The Bible contains this scripture, "*Be renewed by the spirit of your mind.*" In other words, become a renewed person today, by changing the way you think. Like the Kellogg Corn Flake Television Commercial says, "*Taste them again for the first time.*" You really can become who you are again for the first time!

The question is, "*Do you believe this to be true or just foolish words written*

"Why?" - The negative one would say,

"Foolish words written!"

Why Not? - The positive one would say,

"It's true - Go for it!"

Clint Eastwood, the movie star, producer and director, when receiving the 1996 American Film Institute Award said, "*Keep the juvenile aspect in your life.*" That could be interpreted as meaning to be childlike, look and see with awe; be truthful with yourself and others; be emotionally excited about life itself. Experience life again without fear and be the kid you were once again.

Have you noticed that kids always seem to find something to do no matter where they are and enjoy living in the *NOW* time of their life? As an adult have you experienced the feeling that sometimes you want to be some place other than where you are?

Movie Star Sophia Loren, during a television interview, was asked, "*Have you ever been one place but wishing you were someplace else?*" Sophia responded with, "*Yes. But, after living that way for a while I finally realized that life is where you are, not where you want to be. So, you need to live your life where you are.*"

John Lennon, one of the famous members of the rock group *The Beatles'* from England wrote these lyrics in a song,

"Life is what happens while you are planning something else!"

His song could be interpreted that life goes by while you are thinking of what you would like to be doing, rather than what you are doing at the moment.

Trebla Ognim says,

"Keep in mind that life goes on without your permission."

By retaining the juvenile aspect in your life like Clint Eastwood said you will find living your life easier no matter where you happen to be at a given moment. You, as an adult, probably feel you have too many responsibilities to allow the child in you to come out. It possibly seems silly to image yourself bringing forth your child like instincts. This author says, "*Let the child in you come forth.*" You will experience more of life. The less self-imposed stress you apply, the healthier you will be. Life has enough challenges without you adding superfluous ones by thinking only like an adult. Relax and have fun living. After all, you never know when it will come to an end. Life is just as much a mystery as death is. You have been given the gift of life to experience both. You are now on the threshold of beginning anew. It is your choice whether or not you reach out and grasp your true future - your renewed life!

Through the journey of life there are *Doers* and *Viewers*. Ask yourself at this moment, "*Which one am I?*"

My dear friend, Shirley Rossi, a successful real estate saleswoman, believes and lives "*If it is to be, it is up to me.*"

It seems to me that the people who refuse to live their life to its fullest commit the most serious transgression. I suggest that you do not let this happen to you from this day forward.

***THE ONLY LASTING FAVOR WHICH THE
PARENT MAY CONFER UPON THE CHILD
IS THAT OF HELPING THE CHILD TO HELP
ITSELF.***

-Napoleon Hill, Author

Many people dream of becoming a millionaire, being famous, or

losing weight. These are common dreams today as they were years ago.

Ask anyone you know and they will usually pick money if they had one wish to make them happy. Many people would like to become famous, and a few succeed. Thousands of people go on diets to lose weight. The diet business is in constant motion. And, some years it booms. Money is very important because it allows you more choices. The truth is that there are many more other satisfying dreams to be lived.

Nothing is new except you when you decide to change your life and live it to its fullest..

There are millions of people who have achieved their dream and did not become famous or a millionaire, and will tell you that experiencing the feeling of self-satisfaction along the way was the crowning glory of their accomplishment.

***WHEN TRAVELING ON YOUR JOURNEY OF
DOING WHAT YOU LOVE AND WANT TO
DO, WHILE NOT INTENTIONALLY
HURTING ANOTHER PERSON, YOU WILL
FIND YOURSELF ABOUND WITH ENERGY!***

- Trebla Ognim

The truth is that there are few millionaires and few famous people in the world. However, there are multi-millions of people who commit themselves to go after what they love and want to do. They know the feeling that self-satisfaction brings. Money is very important in life, but not the reason for living life. Once you experience the feeling of self-satisfaction after achieving your dream - living your goal - you will know in your heart, that your life had a meaning and purpose to it. You will also recognize that you left behind your comfort zone and took a leap of faith. And most importantly, you can now dream a new dream. It is not important to become a millionaire or famous, but rather that you choose to do what you love and want to do. It is important that you experience the joy of self-satisfaction. Self-satisfaction is the ultimate feeling of self-worth! Continue the journey of searching for the power in you. It will be a thought-provoking adventure that will stimulate your mind. Your thinking processes will be altered, and it will

generate new thoughts. These new thoughts will cause you to leap into action. The power in you is in this book. When you find it - commit to it. Create a personal goal and take the action of going after what you love and want to do. Why not create a burning desire with passion to begin living the life that you were meant to live?

You were born with an allotted time to live your life on this earth. You might consider using your time resourcefully! Reflecting on your past can be a good reason for making changes in your future.

Ask yourself, *"Why am I living the life I am now living?"*

Keep reading this book. When you finish it, you will not be the same person. Your old beliefs could be just those--old beliefs. Whoever you are today will not necessarily be who you will be tomorrow! The power in you is waiting for you to recognize it. When you do embrace it and commit to it and create a personal goal. Creating a personal goal will change your life when you act upon it. Create the goal then create a passion of wanting it so bad that you will be seeking it with gusto!

BELIEVE IN YOU!

- Trebla Ognim

WHY NOT choose to begin anew and go for your dream while not hurting another person?

ACTION / REACTION



“Your time to live”

Chapter Two

My friend, Jacque Price, once told me, *"It is very important to understand the process of action/reaction."* Read this subject as if it were of vital importance to your future. This is the one subject that you might embrace with an open mind. Your comprehension of it could change your life. Once you understand it's meaning, you might consider implementing it into your thinking processes immediately.

***REACTION IS AN ACTION INDUCED BY VITAL
RESISTANCE TO ANOTHER ACTION.***

-Daniel Webster

Only through your complete acknowledgement of the action/reaction universal truth will you be able to go forth and live your life to its fullest.

Scientists have proven that for every action there is a reaction. A reaction brings with it - a consequence. The consequence can be negative or positive. Positive reactions are easy to accept, but negative reactions bring consequences of discomfort. It seems that most young people will take an action without considering what the consequences of that action will be. They seem to have an invincible attitude toward life. For some odd reason the invincible attitude continues with many adults. It is as if those who have this attitude are not aware of the fact that for every action there is a reaction or they simply don't care.

All human beings react to negative verbal comments, physical intrusions, visual sightings, accidents, tragedies and catastrophes in their own lives as well as other lives around them. It is your reaction that

creates your destiny. Your reactions can cause you to become ill. In the field of medicine it is becoming an accepted possibility that your frustrations create your illness.

Trebla Ognim says,
*"Your reaction to a negative
 action determines your quality
 of life."*

Anger is on the top of the list of reactions that alter your good health. It alters the way you deal with life. Keeping your feelings within, without expressing them outwardly, alters your good health. Anger, worry and tied up feelings tell your immune system that there is a problem. I believe that the immune system begins to attack the intruder, but is unable to locate it. Not being able to find an intruder, the immune system goes running around in circles and becomes confused, and then finds itself in turmoil resulting in mass chaos. This concludes with frustration. Frustration causes disorientation of all bodily functions thus creating a real illness. You feel very sick. You become dysfunctional, which leads to depression. What results is a created illness that now exists in your body. Your weakened and confused immune system allows it to manifest itself in the form of that illness. The medical field has always acknowledged mind over body illnesses. You might be familiar with hypochondriacs. Generally the doctor is unable to detect an illness. That could be how the phrase, *"Take two aspirin and call me in the morning"*, began. The medical field is also beginning to recognize that the mind can heal the body. Keep in mind that the medical field is one of science not spiritual.

Healing of the body is a combination of science and spiritual. Those in the medical profession are now beginning to open their mind to the possibility of this truth.

Action/reaction is the most important mental and emotional response process that you experience daily. People with whom you are in contact with can, and often will convey a negative action that you automatically react to mentally, emotionally and visually. Human beings respond to how they have allowed themselves to be conditioned by the

negative actions they experienced in their lifetime. You, like many others, have created a reactive mind. There isn't any thinking in your reaction to a negative action. It just happens! One of the most common responses by people is that of anger. While you're driving your automobile, "*Do you respond with anger when another driver is not driving correctly, timely or safely according to your thinking?*" Your reaction to the negative action determines whether or not you continue driving safely. You react according to your conditioned mental, emotional and visual responses from your past experiences.

"You created your reactive mind."

***AS A MAN THINKETH SO IS HE, AND AS A
MAN CHOOSETH SO IS HE.***

-Emerson 1841

It is consequential that you become cognizant of this truth. It is with acknowledgement of this truth that a change is required in how you respond to a negative action. This change requires a conscious effort each time you react. Notice how you react emotionally to the next negative action you experience, whether verbal, physical or visual. You might find it very interesting. You will become consciously aware of the fact that you have a conditioned reaction to every negative action around you.

Keep observing yourself in your reactions to negative actions until you recognize that a change could be of importance to your health. Every time you experience a negative action, you will react and feel discomfort within. Through your personal observation of yourself you will find that a change in your life might be required. Change can only occur now that you have become aware of your conditioned living processes that are negating your good health in mind and body. You know that your body and mind need to stay healthy in order for you to live your life to its fullest.

***THERE IS NO DEFEAT EXCEPT
FROM WITHIN THERE IS REALLY NO
INSURMOUNTABLE BARRIER SAVE
YOUR OWN INHERENT WEAKNESS***

OF PURPOSE*-Emerson*

You will always react to negative actions, but it will be in a different and healthy manner. You will make your own changes according to how you feel you need to do so. You will pay attention to your reaction, and how it affects your mind and your body, and that will tell you what needs to be changed.

You will probably allow your negative reaction to linger on way past a healthy point. As you begin to pay attention to your reactions, you will begin to understand how your reactive mind affects you mentally, physically and emotionally. Changing your reactive mind will not be easy at first but as you work on it, you will find it easier to reduce the span of time completing the cycle of your reaction. That is the key to your successful transformation to a healthy reactive mind. As the creator of your reactive mind, it is up to you to change it to a healthy one.

Trebla Ognim says,
*“Your reaction to a negative
 situation has the power
 in it to alter your life’
 journey in an instant.”*

I would like you to give more thought to your actions. Positive actions usually come with positive reactions and negative actions come with negative reactions.

There is this old adage, *“You must pay the consequence.”*

A good example of reaction and paying the consequence is road rage. Many people have being attacked and some even killed.

You and you alone are living your life. You and you alone have the choice of how healthy you will live it.

It is no secret that a healthy mind and body result in a healthy lifestyle. Being healthy allows you to create more wonderful moments in time to be cherished forever. In other words, for you to feel good! Stay healthy and have a better life.

The power in you is in this book. Find it, embrace it and commit to

Action / Reaction 18

it. Begin to change your life by setting and taking an action on a personal goal. Going after what you want in life is a positive action.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT take an action on changing your reactive mind, and go for your dream while not hurting another person?

INFERIORITY COMPLEX



“Your time to live”

Chapter Three

While you were growing up, you probably experienced someone putting you down. Sometimes, the words you heard were concerning your physical appearance and other times your mental competence. Being young and vulnerable you began to believe what you were told. The words created confusion and hurt feelings that you stored in your memory banks. You harbored these feelings and soon they created what is commonly referred to as an inferiority complex. You were too young to understand what was happening. You only knew that you were feeling uncomfortable when put down. Sometimes you actually felt violated by the words. The most common destructive words that many of you heard was that you were ugly, fat or stupid. The name calling created a self-imposed imprisonment process.

It is the inferiority complex that determines your comfort zone, which is your accepted way of living your life. The more inferior you feel the more controlling you can be or the more you permit yourself to be controlled. It depends on whether you choose to use your inferiority complex against others or allow it to be used against yourself.

***CONDUCT, AS DETERMINED, NOT
BY PRINCIPLE, BUT BY BREEDING.***

-Ambrose Bierce

An inferiority complex can be created by yourself as well as by others. It is created through the process of repetitive self-condemnation. It takes away the natural inner strength you were born with and replaces it

with inferior feelings. For example, anorexia is the cruelest self-imposed complex because it often causes death. An inferiority complex becomes a calculated equation in every decision you make determining how you are going to live your life.

Trebla Ognim says,
*"Living with an inferiority complex
is the saddest, cruelest and most
demeaning behavior that human
beings experience. It creates
feelings of shame, guilt and fear
that creates insecurity."*

The turning point in everyone's life is when they make a decision to overcome their inferiority complex. Keep in mind that if you refuse to make a decision about your life, you are leaving the door open for someone else to do so. By simply making a decision to make a positive change in your life and take an action, your inferiority complex no longer has a negative power over you. Feelings of shame, guilt and insecurity disappear. You will experience a feeling of confidence and tranquility for the first time with your determination to follow through on your decision. Peace is lack of shame, guilt, fear and insecurity!

***BEHAVIOR IS A MIRROR IN WHICH EVERY
ONE DISPLAYS HIS OWN IMAGE.***

-Goethe 1809

The following is a poem by my daughter:

"STRANGER IN ME"

*I look in the mirror,
what do I see?
A reflection of,
the stranger in me.
With distant eyes,
staring out into space.
To some other time,
in a faraway place.*

*Who is she,
the image I see?
She's the child in me.
Filled with emotions,
she can't control.
She hides herself deep,
inside my soul.
Can it be,
she wants to dance,
she wants to play?
But of letting go,
she is afraid.
In this world,
she has no place.
So I am the mask,
she wears on her face.
I am bold,
when she is meek.
I am strong,
when she is weak.
She carries the dreams,
passed before my eyes.
She carries the hurt,
from all of their lies.
The stranger within,
is the part of me.
I keep tucked away,
so no one can see.
Without this stranger,
I wouldn't be me.
But, without me,
SHE, would be FREE!*

-Elaine R. Mingo - my daughter – 1991

Your inferiority complexes cannot keep you from living your

dream.

***NO ONE CAN MAKE YOU FEEL INFERIOR
WITHOUT YOUR PERMISSION.***

Eleanor Roosevelt

Scientists say, “Bumble Bees cannot fly because their bodies are too big and their wings are too small.” And yet, Bumble Bees defy them and fly. You too can fly with your dream and no one can tell you that you cannot.

Set a personal goal for what you love and want to do. Commit to doing it. Then create a burning desire of passion and take a leap of faith! You will be surprised that your inferiority complex will disappear. When taking an action on your commitment, you will experience freedom by using the power in you. When committed, you will connect to the true source of energy in the universe. You will be attracted to what you need to fulfill your goal.

***THE CONDUCT OF OUR LIVES IS THE TRUE
MIRROR OF OUR DOCTRINE.***

-Montaigne

Keep in mind you were born a winner and you will die a winner!
You are one in a multi-million - you are unique!

Trebla Ognim says,

“Don’t let your past control your future. After all, you don’t live there anymore.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT overcome your inferiority complex and go for your dream while not hurting another person?

CRITICISM



“Your time to live”

Chapter Four

For some people negative criticism can be so devastating that they are unable to go forward with their life looking for a favorable experience. Other people learn to cope with the negative criticism and go forward using the criticism as a new strength to empower them to expect favorable experiences.

There is negative criticism and then there is constructive criticism. Most criticism is not constructive. No one really likes criticism whether it is constructive or negative.

Parents try to employ constructive criticism to help their children improve their lives. However, the average kid does not understand criticism as being helpful. Most offspring rebel against their parents when criticized. Especially those who think they are already smart in adult ways. It is as if they were born to resist authority. But it seems later in life most offspring will eventually accept what their parents were trying to teach them. When such offspring have children of their own they too will offer constructive criticism. It is definitely a cycle of life. Constructive criticism is easier accepted by people who are trying to better themselves in some kind of endeavor. For an example constructive criticism is given on people's written or artistic work by teachers or instructors of a class to allow the student to improve on future endeavors. Also, constructive criticism is applied to a person's behavior as in a patient and therapist setting or group.

To have been criticized means you have done something.

*TO AVOID CRITICISM DO NOTHING,
SAY NOTHING, BE NOTHING.*

- Elbert Hubbard author 1856-1915

An example of constructive criticism easily identified happens on the TV Show – “American Idol.” The singers are critiqued by the judges in order for them to do better the next time they perform. This show confirms that constructive criticism is helpful because the singers usually do perform better the longer they survive on the show. By the time the American Idol is voted upon and announced the winner is definitely a good singer - one who is ready to make recordings.

***FEW PEOPLE HAVE THE WISDOM
TO PREFER THE CRITICISM THAT
WOULD DO THEM GOOD, TO THE
PRAISE THAT DECEIVES THEM.***

- Francois de La Rochefoucauld

However, it must be noted that not all people who think they are employing constructive criticism are actually being helpful. Therefore, it is up to the receiver to make that decision.

Some people are criticized for how they look, act or dress. Generally this kind of criticism is negative. People do not always have control of how they look, act or dress. This kind of criticism hurts to the core.

***A SUCCESSFUL PERSON IS ONE WHO CAN LAY
A FIRM FOUNDATION WITH THE BRICKS
OTHERS THROW AT HIM OR HER.***

- David Brinkley

For those people who have been criticized for the above reasons then chances are they might consider making a change if they can do so. If not, they must develop inner strength to withstand such criticism and not let it affect their personal goals in life. They might consider wearing such criticism as armor and go forth and achieve their goal.

More than likely you have received negative and constructive criticism in your life. It is up to you to determine which is which and hold close to your heart that which is helpful. That which is not helpful can be a building block of inner strength to go forward.

***IF YOU BELIEVE IN WHAT YOU ARE DOING,
THEN LET NOTHING HOLD YOU UP IN YOUR
WORK MUCH OF THE BEST WORK OF THE***

***WORLD HAS BEEN DONE AGAINST SEEMING
IMPOSSIBILITIES. THE THING IS TO GET
THE WORK DONE.***

- Dale Carnegie

You, the reader, might give criticism more attention in the future.

Trebla Ognim says,

*"Your reaction to negative or
constructive criticism determines
your quality of life. Embrace
criticism and create inner
strength to live your life to its
fullest."*

Set a goal and go for it. Embrace the power in you and tell yourself that no matter what people say you will go forward achieving your goal in life.

BELIEVE IN YOU!

Trebla Ognim

***WHY NOT embrace criticism and build inner strength and go
for your dream while not hurting another person?***

INTIMIDATION



“Your time to live”

Chapter Five

It seems most people feel intimidated at one time or another when around other people. The question might be, “Why?”

To feel intimidated means to feel less important, less talented, less knowledgeable and sometimes financially insecure when around other people.

It can be uncomfortable and at times even fearful.

INTIMIDATION DEFINED: *“To make timid or fearful; frighten, etc.”*

It is not so much that other people say anything that makes you feel intimidated but rather sometimes it is just an inner feeling that simply arises from within. It is something that your mind creates on its own. There will always be someone who intimidates you when you are around them. And yes, others will actually try to intimidate you on purpose. Most of you already know what I am writing here.

The foundation for feeling intimidated is caused by your inferiority complexes that you developed when you were young. Perhaps you were told you weren’t smart, you weren’t good looking, you had no talent, you would amount to nothing, you were poor and will always be poor, you are stupid, you are dumb and no one wants you. These words are generally spoken by family members, friends, class mates, acquaintances, during your vulnerable growing up years. It came from people who themselves felt less important therefore they tried to gain self-importance by putting you down.

It is natural to feel intimidated when you do not feel self-confident.

This author writes on this subject because it is imperative for you

to know why you might feel intimidated. This author felt it many times when he was around other men and women for no apparent reason. And, the feelings were real.

Some people just have an aura about them that intimidates others. This author believes all of us have been intimidated during our lifetime!

***INTIMIDATION DOESN'T
LAST VERY LONG***

- Lenny Wilkins

When you are involved in something you know nothing about you may feel unsure of yourself and fearful. Most everyone feels out of place one time or another and only begins to feel comfortable when they learn that which they do not know at the time.

When you are *'not knowing'* of something you are considered to be ignorant.

It is your ignorance at times that makes you feel intimidated. Everyone has been *'not knowing'* in their life. After all you were born *not knowing*.

IGNORANT DEFINED: *"The condition of being uneducated, unaware, or unformed; lack of knowledge, information, or education."*

You are ignorant until you learn that which you do not know.

Yes - there are people who are smarter, better looking, stronger, more talented, have more money than you but they also have their inferiority complexes. The reason you may not see it is because they have developed self-confidence. They walk upright, look you in the eye when talking to you, they act powerful and think positive but they are not more than you except in what they have experienced in life that allowed them to overcome their inferiority complexes giving them the strength and courage to face life head on. They may feel intimidated at times just like you but generally will not show it. To show it is considered a weakness with them.

This author has been intimidated by others unintentionally and intentionally including bullies.

Example is when a bully walks up to you and pushes on you or hits

you and then threatens to beat you up. They may want to take something away from you. The objective is to scare you into letting the bully have what they want from you. If it is in school it could be your actual lunch or lunch money. It could be they want a piece of clothing such as your jacket, shoes, etc. If you do not lose your self-confidence then you can push back or you can simply move away. Sometimes you may feel the need to ignore them and other times you may feel the need to run away – if so – then run. If you choose to confront them make sure you are conveying self-confidence. You might be surprised how they react to your show of assuredness. Do not confront them if you do not feel confident about your inner strength. It is better to give them what they want and walk away. You won't feel good about yourself at that moment but you can live another day in hopes you can show confidence if it happens again. These moments are tough but they build character.

After all you don't want to be harmed.

The only way to resolve the bullying is by defending yourself. Bullies are usually cowards who act tough. Defend yourself and you might see them run away. Just be careful with your reactions.

But bullying can also happen on the street by a thief. They may want your purse, wallet, your wrist watch, bracelet or necklace, etc. Give them what they want. Just remember stuff is stuff. If you should push back make sure you are confident in your ability to do so. Your life and good health is most important. Stuff can be replaced - your life and your good health cannot.

Be careful how you react especially to a thief. Keep in mind some of them are as scared as you or could be on drugs.

During your younger years you may not have known of your inner strength because you might not ever have made an attempt to confront another human being testing yourself.

Even though you are smart, talented, and financially stable, and you feel equal to your peers, you will still feel intimidation at some time.

Trebla Ognim says,

“Intimidation is a temporary feeling of fear. When you become knowledgeable of what you are intimidated about then you will feel self-confident and the feeling of intimidation goes away. If it is a bully or thief, then be careful how you react. Keep in mind your life is more important than stuff. If it is a person who intimidates you for no apparent reason then simply physically move away from that person. The feeling will go away.”

Keep reading and find and embrace the power in you. It will help you overcome your feelings of intimidation when the feelings seem to arise for no apparent reason. The power in you will also strengthen you against the bully and the thief.

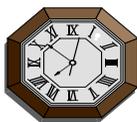
When you set a goal for yourself to achieve, it will give you self-confidence as you strive for it. Each step on the way to achieving it will make you feel more confident. So, set a goal and go after it with passion in your heart and determination in your mind to achieve it.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT accept the fact that sometimes you will feel intimidated for no apparent reason and go for your dream while not hurting another person?

DISAPPOINTMENT / BETRAYAL



“Your time to live”

Chapter Six

Sometime in life you may experience disappointment by a relative, significant other or friend that will disturb you.

This seems to happen to most everyone. When it does happen it will catch you off guard and it will shock you. You will find it unbelievable that someone who supposedly cares for you can hurt you. It will take some time before you feel the hurt and whether or not you want to speak to that person again.

Disappointment is a common occurrence. And no matter what happened it does cause an emotional response.

The least hurtful but bothersome experience is when you have an appointment with a relative, friend, co-worker or just an acquaintance and they fail to show up. You have gone out of your way to be on time and they never show up. This experience may happen more than once with the same person. It will definitely disturb you and you may even become upset with that person. Your reaction will be worse if they could have called and told you but did not.

***THESE SLIGHT DISAPPOINTMENTS ARE SENT
TO PREPARE FOR WHAT MAY HEREAFTER
BEFALL; FOR SEASONS OF REAL
DISAPPOINTMENTS AND CARE,
WHICH COMMONLY HAPPEN TO ALL.***

- Jane Taylor

People who are late or no shows are irresponsible and cause annoyance and anger. Chances are you cannot help them but rather you must make the decision to accept them as they are or separate from

them. They are who they are.

***MAN MUST BE DISAPPOINTED WITH THE
LESSER THINGS OF LIFE BEFORE HE
CAN COMPREHEND
THE FULL VALUE OF THE GREATER.***

- Edward G. Bulwer-Lytton

One of the solutions to no shows is to wait no longer than fifteen minutes for them to show up. Often people will wait for a half hour or longer hoping the other person will eventually show. If you wait too long you will simply prove to yourself that the other person is a *no show*.

Fifteen minutes is a fair amount of time to allow the other person to be late if necessary. It is also long enough to receive a phone call if you have a cell phone from the other person explaining their lateness. After waiting the fifteen minutes the chances are that person either forgot or chose not to show up.

***BE CALM AND STRONG AND PATIENT.
MEET FAILURE AND DISAPPOINTMENT
WITH COURAGE. RISE SUPERIOR TO
THE TRIALS OF LIFE, AND NEVER
GIVE IN TO HOPELESSNESS OR
DESPAIR. IN DANGER, IN ADVERSITY,
CLING TO YOUR PRINCIPLES AND IDEALS.***

- Sir William Osler

Some people who are irresponsible can cause anger, annoyance and sometimes chaos. They could be family members, friends, co-workers or simply acquaintances. They usually are late and miss appointments. They forget to call if they will be late. They are who they are because they are irresponsible.

Betrayal can happen to you but it doesn't happen to everyone like disappointment.

***ONE IS EASILY FOOLED BY THAT
WHICH ONE LOVES.***

-Jean Baptiste Poquelin Moliere

One of the most excruciating experiences is when a spouse or significant other cheats on you. You will immediately want to deny the truth because you are not ready to face the truth. One of your

immediate thoughts might be how could that person do that? It will confuse you at first and then eventually you will become angry.

This kind of action can cause people to go of control and want to retaliate.

You probably have read stories in the newspaper or heard on radio or television about someone doing serious harm to their significant other for cheating. Betrayal can be devastating and can cause a reaction of wanting to retaliate. To hurt the person who hurt you.

If you are cheated by a loved one it means that the other person does not love you like you thought.

This author suggests that you take no immediate action if you are cheated on but rather let a long time pass to allow yourself to gradually accept the truth. Once you accept the truth still take no action to harm the other person. Yes, you can file for a divorce if it was your spouse or break up if it is a significant other that cheated.

***TO CHEAT ONESELF OUT OF LOVE IS
THE MOST TERRIBLE DECEPTION; IT
IS AN ETERNAL LOSS FOR WHICH
THERE IS NO REPARATION, EITHER
IN TIME OR ETERNITY.***

- Soren Kierkegaard

The truth is simply that people who cheat – cheat!

Most everyone experiences disappointment. Some will experience betrayal.

Both are common occurrences in life. Disappointments can hurt you while betrayal can devastate you.

This chapter is written so that you are aware of these negative experiences that may come to pass. By being aware of them it is hoped that you overcome them by accepting them as life's experiences. Forgive the offenders and go on living your life to its fullest.

You can make a serious mistake during this time of emotional upheaval. So it is suggested that you do not do anything to harm others or yourself.

***INTEGRITY IS NOT A CONDITIONAL
WORD. IT DOESN'T BLOW IN THE WIND***

***OR CHANGE WITH THE WEATHER. IT
IS YOUR INNER IMAGE OF
YOURSELF, AND IF YOU LOOK IN
THERE AND SEE A MAN WHO WON'T
CHEAT, THEN YOU
KNOW HE NEVER WILL.***

- John D. MacDonal

Disappointment and betrayal are learning lessons about life and they are not pleasant at all. Surviving them will give you greater inner strength. What doesn't kill you strengthens you!

Trebla Ognim says,

*"Your reaction to disappointment
or betrayal are of vital importance
to living your life to its fruition. It
is imperative that you forgive the
other person so that you can go
on living your life to its fullest.*

This author suggests you read the chapters on *Action/Reaction* and *Forgiveness* to fully understand why you need to forgive the people who have offended you and as well as those who have hurt you. Forgiving them does not mean you condone what they have done but rather it allows you to heal.

Find the power in you and it will be easier to forgive. Embrace the power in you and create a goal and go for it. Striving toward your goal means you will be focused on achieving it. You will be excited during the process. It will cause you to leave the past to the past and look forward to the future.

BELIEVE IN YOU!

Trebla Ognim

***WHY NOT forgive those who disappointed you, or betrayed you,
and go for your dream while not hurting another person?***

GUILT FEELINGS



“Your time to live”

Chapter Seven

Guilt feelings are learned behavioral habits causing you to sidestep living your life to its fullest. They are present in every decision that you make. Your guilt feelings cause you to succumb to and follow your habit with the end result being unhappiness. You feel as if there is no way out and that you cannot overcome this powerful negative learned behavior.

***IT IS ONLY TOO EASY TO COMPEL
A SENSITIVE HUMAN BEING TO FEEL
GUILTY ABOUT ANYTHING***

-Morton Irving Seiden 1967

Habits can be difficult to break. It is important that you recognize your positive habits from your negative habits and consider altering your negative ones. Your negative habits are the ones that cause you to live an unhappy life.

Learned behavior can be altered and, eventually, changed for good. People who drink alcohol, take drugs, smoke, gamble, overeat, etc., all know how hard it is to stop what they have developed as a negative habit. Fortunately, there are many self-help anonymous programs, for alcohol, drug, overeating, gambling, depression, codependence, sex and love, etc., that are available to help people change their lives with a twelve-step program including a support system. Those who have entered these programs and changed their lives will tell you that learned negative behavior habits can be altered allowing new positive habits to be formed.

When you make the decision to change a negative habit and believe

In your decision to do so, you can begin to alter that habit and eventually create a positive one. Changing a negative habit is not easy. Then again, life is not easy! There are many self-help support groups, but there isn't a, 'Guilt Feelings Program'. There ought to be one.

***A BAD MAN CAN DO A MILLION TIMES
MORE HARM THAN A BEAST***

-Aristotle

People who govern their lives by their feelings of guilt are constantly struggling between right and wrong. They tend to take the easy way out of their predicaments, or at least they think so. Usually the results make them unhappy.

Guilt is akin to fear. It is built upon weakness. Guilt and fear can stop you from making a positive change because you fear the unknown. And yet, the unknown could be what you are looking for to change your life for the better.

To live life to its fullest is to risk ***being happy!***

Trebla Ognim says,
*"Guilt feelings are learned
 negative behavior habits
 of being controlled by
 those who manipulate you,
 by your willingness to
 succumb to their weaknesses,
 which have been converted
 by them into false power.
 The weak controlling the weak."*

Guilt feelings stem from other people controlling you through the process of manipulation. It usually begins at a young age, and continues as you grow into adulthood, at which time, you now have the negative learned behavior habit of feeling guilty, and are easily manipulated by those who recognize your weakness. There are plenty of weak people who recognize other people's weaknesses and, because they themselves feel unworthy, they grant themselves a false premise of power by manipulating other people.

Then there are times when you even manipulate yourself into succumbing to your weakness of guilt feelings and take a negative action in your life. Each time you do, you become unhappy in the situation and you tell yourself you can't do anything about it. However, you do so only out of habit, and by using your lazy mind.

It is easier to function from your lazy mind than it is to function from your creative mind. A lazy mind requires no real thinking and forms a comfort zone on the negative side of life. While the creative mind requires real thinking and forms a comfort zone for you that is on the positive side of life. Those of you, who live by your guilt feelings, know the difference.

You recognize the difference and you know what you are doing is wrong. But, then you do it anyway out of habit. Guilt feelings create resentment and displeasure for what you do, for you know it is wrong.

The next time you begin to take action predicated by your guilt feelings, Call it for what it is and say to yourself, "No more!"

You really do have the choice to alter your thinking and change your life. You really do have the power in you to overcome your guilt feelings.

Ask yourself, "*Why do I not want to change my life? What am I really afraid of? Could it be happiness?*"

Each time you call it and say, "No more", you are beginning to make a positive change in your thinking processes. The change could be immediate or it could take a period of time to form the new positive learned behavior habit of calling it and saying, "No more!"

***ONLY ONE SIDE OF YOUR
BEING ALL EMOTIONS ARE PURE WHICH
GATHER YOU AND LIFT YOU UP,
THAT EMOTION IS IMPURE WHICH
SEIZES AND SO DISTORTS YOU.***

-Rainer Maria Rilke 1904

Ann Hampton Callaway sings, "*Enough is Enough*," on her album, "Sibling Revelry" - 1996 - DRG Record Co.

Now is the time to say enough is enough.

Find and embrace the power in you. It will help you overcome your guilt feelings. Create a goal and act on it.

Trebla Ognim says,

"Don't let your past control your future. After all, you don't live there anymore."

BELIEVE IN YOU!

Trebla Ognim,

WHY NOT overcome your guilt feelings and go for your dream while not hurting another person?

DENIAL



“Your time to live”

Chapter Eight

You will find many areas of your life where you experience denial. Sometimes you deny yourself your needs and wants - sometimes others deny you your needs and wants. The most crucial kind of denial is while you experience an action by another that shocks you into numbness by the excruciating pain you feel within. They can so deepen your reaction of shock and pain that you choose not to deal with it. Instead, you deny its existence. The most challenging of all denial experiences is your denial of being in the state of denial.

The ostrich is known for sticking its head into the sand thinking that no one can see it. As you know, it is simply not true. Human beings at times perform a similar action. The difference is that human beings do it mentally rather than physically. They put away their pain into the deepest part of their memory banks thinking no one can see it therefore it does not really exist.

Sometimes an experience is so painful that some people refuse to consider it in their thinking processes. They strongly feel the experience will go away on its own.

***OBSESSED BY A FAIRY TALE WE SPEND OUR,
LIVES SEARCHING FOR A MAGIC DOOR
AND A LOST KINGDOM OF PEACE.***

-Eugene O'Neill 1964

It is in this process that many people decide how they should deal with painful experiences - simply put them away, and deny their existence.

People who are addicted to alcohol, drugs, gambling, overeating, work, sex and love, etc., are usually in denial. Ask any of them if they

feel they are addicted and their answer probably will be, “No!” Those who are abused, and those who abuse, often enter a state of denial thinking of it as protection. Others enter the state of denial when a loved one is dying, or while going through a divorce, or the break-up of a relationship.

The truth is the state of denial is the unwillingness to confront reality. The greatest moment in the life of anyone who is in a state of denial will be the moment they allow themselves to confront their pain.

***THE EFFORTS WHICH WE MAKE
TO ESCAPE FROM OUR
DESTINY ONLY SERVE TO
LEAD US INTO IT***

-Emerson 1860

Opening up from within, and releasing a painful experience from its stored place, is a powerful awakening. It will definitely be uncomfortable at first, but it is the true beginning of the healing process.

They will need support during this transition period by a loved one, or someone who cares enough to help that person through the process to fruition.

There are professionals, such as psychiatrists and psychologists, who are among those who can help people through the process of transcending their state of denial. Counselors and therapists have also been successful with helping people through the process. Many enter twelve step programs, such as Alcoholic Anonymous, which offer the opportunity and support system needed. Some will become strong enough on their own to open up, and talk to a relative, friend, or an acquaintance. It often produces good results. Others just decide to confront their personal demons, and conquer them on their own.

For most people, it is the opening up and talking that allows for transformation in their state of denial into a state of tranquility. Inner peace comes through the spilling of your guts and forgiveness of your past. It is then that the word denial loses its power, and just becomes another word in the dictionary.

Trebla Ognim says

*“Being in the state of denial
alienates the heart from the
soul. Alienation causes
people to forsake living life
to its fullest.”*

You have the responsibility for living it to its fullest. You have a meaning and purpose to your life, and it contributes to life itself. Without your life in the now would not be complete. You are an integral part of the whole of life today. If you were not here, you would be the missing piece of the whole pie.

When you find the power in you somewhere in this book, and you will – accept it, embrace it and commit to it. Create a personal goal and go for it and it will change your life!

BELIEVE IN YOU!

Trebla Ognim

WHY NOT overcome any barriers that may be holding you back from your full potential, such as denial, and go for your dream while not hurting another person?

REJECTION



“Your time to live”

Chapter Nine

When you have been rejected you will find it to be emotionally disturbing and disruptive to your life. It can cause your mind to go into a spin instantly bringing forth many feelings such as, shock, anger, and guilt. These emotions may surprise you.

There is no doubt that rejection disorients the rejected person. What happened is unclear and difficult to understand. Rejection is confusing and causes the mind to spin out of control. Rejection is generally painful.

Rejection is when another person no longer wants to be your friend, companion, loved one, or acquaintance. Rejection comes from many circumstances in life. It can also come from different walks of life such as your boss or even a co-worker. Sometimes even a stranger will reject you not wanting you near them. Rejection is people deliberately avoiding you and deserting you and abandoning you. The Amish people shun those who do not follow their rules. Can you imagine living within a group of people and all of them ignoring you?

Rejection is equivalent to being shunned.

Rejection defined: *“the action of rejecting; the state of being rejected; to cast off; to discard, to repel; to forsake; to decline, to avoid.”*

You may experience loneliness that could transform into depression.

Depression can cause you to lose self-confidence. Being unsure of yourself changes you within. You may feel that you are unworthy and that no one cares about you even when you do have people who care

you, but those people cannot replace the person who rejected you.

No one likes rejection. It is hurtful and the pain can last a long time. It makes a person feel worthless. It immediately conjures up an inferiority complex from your earlier life where you felt rejection while growing up. The hurt feeling is deep and brutal. It can knock you off your feet and into instant depression. The feelings of rejection are cruel and demeaning. Rejection creates loneliness. It can actually affect you so much that you can lose your energy for living. Rejection can cause you to want revenge to hurt the other person back.

Rejection is only one of many hurts that you may experience in your lifetime.

Men fear rejection more than women. Most men who choose to live their life to its fullest will experience rejection many times from women they would like to meet and hopefully date. Some men quit trying after being rejected by a woman once.

It seems that the most hurtful rejection comes from a love relationship breakup.

What follows after couples break-up are reminders. The rejected person will suffer through reminders such as songs, words, foods, places, things, activities, cars, etc. Life will bring forth things that remind the rejected person of the other. The reminders cause feelings of discomfort that prolong the adjustment period.

In order to overcome rejection you will have to go through the grieving process that is generally related more to experiencing a loss such as the death of a loved one. You must allow yourself to feel what you feel because it is necessary for healing.

The five stages of the grieving process:

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

The grieving process can be like a roller coaster—full of ups, down, highs and lows. And then, when you reach acceptance - you feel free!

The pain of rejection can and usually does nourish courage.

***PAIN IS WEAKNESS LEAVING THE BODY.
THE QUESTION ISN'T HOW MUCH MORE
YOU CAN TAKE, BUT HOW MUCH MORE
CAN YOU GIVE? JUST WHEN YOU'RE READY
TO QUIT, YOUR MIND SAYS PUSH HARDER.
YOU LISTEN SENSING AN INNER
STRENGTH THAT WASN'T THERE
BEFORE, AND SUDDENLY YOU DISCOVER
YOU NO LONGER FEEL THE PAIN.***

Unknown

You must stay strong during the process of getting through rejection. When you feel rejected you must fight with all your might to live each new day on unsteady legs. You need to know and understand that you are not the only one who has ever experienced rejection and that you will make it through the misery. Feeling rejection is a part of living life and it is going to take time to get past it.

***WE KEEP GETTING STRONGER, NOT WEAKER,
BECAUSE WE WILL NOT ALLOW REJECTION
TO BEAT US DOWN. IT ONLY STRENGTHENS
OUR RESOLVE.***

Earl G. Graves

The feelings of rejection are owned by you, the rejected person. It is your feelings and not that the rejecter caused them. You, the rejected person, may often think, "*The person who rejected me created my pain.*" The truth is that only you create your own feelings of pain - you own them. The other person may have hurt you, but your feelings of hurt, are created by you. As harsh as this may seem - it is true.

There can be no growth in you without the experience of pain such as rejection. It is the process by which experience is acquired. As you grow you learn, and as you learn, you strengthen your resolve to live life to its fullest. The truth is that life is not easy but it is worth every adversity that you may experience along the way. Life is what you were given and you are responsible to live it the best you can.

It is imperative that you, the rejected person, keep busy when experiencing rejection. You need to keep active by doing things that

needs to be done, and things you want to do, no matter how hard it is to do them. To do nothing is a breeding ground for ruining your life - such as your health, career or both. You must be cognizant that at this time you are vulnerable to self-destruct. It is a time when you need to conjure up all the strength and courage that you have within and live the best way possible. You must keep on keeping on.

Trebla Ognim says,

‘Let rejection build your inner strength by surviving. Let your experience renew your desire to live life to its fullest once again. You will find that you are stronger than you were before your suffering of rejection. You will find yourself with renewed energy for living life and with new hope for the future.

Open up your mind to new information. Find and embrace the power strength to face and conquer your rejection feelings. It will renew your faith in life.

To forgive those who rejected you is the essence of going forward.

If you have ever mouthed the ‘Lord’s Prayer’, then take special note of the words not italicized below:

*Our Father, who art in Heaven, Hallowed be thy name.
Thy Kingdom come. Thy Will be done, on earth as it is in Heaven. Give us this day
our daily bread.*

And forgive us our debts, as we forgive our debtors.

Lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, forever.

Amen

In brief, *Forgive us as we forgive others.* Think about that!

It is hoped that you have found the power in you in this book and have embraced it.

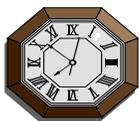
Create a goal to go after what you love and want and take an action on that goal with passion. You will find yourself overcoming your pain from rejection much faster.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT come out of your rejection with renewed inner strength and go for your dream while not hurting another person?

LIFE IS A STRUGGLE



“Your time to live”

Chapter Ten

Life becomes a struggle from the moment we are conceived and continuing until we leave the womb. Once we are out of the womb we begin living our earthly life and we then begin struggling for survival.

Babies cannot talk so they cry for attention when they need food or their diaper changed. The struggling on earth begins with their tears.

The one question that was never asked of you, *“Do you want a life on earth of constant struggling?”*

Would you want to be born knowing that your life would be a life long struggle of survival?

Who really wants to struggle in life? Not one human being that this author has ever met asked to struggle living life!

Most of us were not told this information as we grew up but it is a truism.

We human beings want life to be comfortable on a daily basis. We don't mind putting energy into living but we don't like struggling. It just isn't any fun.

You want the sun to come up each new day shinning bright and go down each day quietly disappearing into night. You want the day to have been a good day for you. You want to go to sleep peacefully and wake up peacefully.

The problem is that you have no choice.

The song, *“Que Sera Sera”* means *“What will be, will be.”* It was sung by Doris Day and became famous worldwide. (Copyright: Lyrics © Warner / Chappell Music, Inc., Jay Livingston Music Inc. Songwriters: Livingston, Jay / Evans, Ray)

Your life on earth will play out just like the words of the song,

“What will be, will be.”

**LIFE IS SIMPLE,
IT’S JUST NOT EASY.**

- Author Unknown

The words of the song represent the true fact that you will not know ahead of time what your life will be like. Each new day will be a surprise – some good and some not too good.

Why is it that we struggle?

We struggle in life because it was preordained by God.

(This author knows that some of you do not believe in a Higher Power which this author chooses to call God.)

It is best that we just live it the best we can.

This author suggested earlier in this book that you read Ecclesiastes from the Bible and now this author suggests you read it again:

ECCLESIASTES

(The Holy Bible: King James Version)

A Time for Everything

*To everything there is a season, and a time to every purpose under the heaven:
A time to be born, and a time to die; a time to plant, and time to pluck up that
which is planted;
A time to kill, and a time to heal; a time to break down, and a time to build up;
A time to weep, and a time to laugh; a time to mourn, and a
time to dance;
A time to cast away stones, and a time to gather stones together;
A time to embrace, and a time to refrain from embracing;
A time to get, and a time to lose; a time to keep, and time to
cast away;
A time to rend, and time to sew; a time to keep silence, and a time to speak;
A time to love, and a time to hate; a time of war, and time of
peace.*

What you have just read is only a small part of the Book Ecclesiastes that you will find in the Bible. Please read all of it. It may help you with understanding life itself.

YOU WILL NEVER BE HAPPY IF YOU CONTINUE

**TO SEARCH FOR WHAT HAPPINESS CONSISTS OF.
YOU WILL NEVER LIVE IF YOU ARE LOOKING
FOR THE MEANING OF LIFE.**

- Albert Camus

Ecclesiastes was written many years ago but yet it is what happens today. It seems odd that someone years in the past could write something that would be true during their time and remain true to during our time. Ecclesiastes explains life on earth the best.

Read Ecclesiastes then you may understand why life is a struggle.

Life is the gift you receive from your birth. Cherish it!

Unfortunately some people are born with illnesses that affect them during their lifetime. Others suffer an illness that occurred while living life that affects them for the rest of their life. Serious illnesses are created in many ways. Some illnesses come from automotive or sports accidents. A person can be infected by a disease through a virus or their body may create one on its own. Cancer is one that is manifested by the body. Some serious illnesses just happen for no apparent reason whatsoever.

Serious illness is the worse that could happen because a person has no power over it. They just live with it the best they can.

However, for those who have no serious illness will still find themselves struggling in life because life in general offers obstacles for everyone to overcome. It is up to each person how they handle their personal struggle. When you struggle and overcome the struggle you have become a stronger person. This new strength will help you with your next struggle.

**WHO WILL TELL WHETHER ONE HAPPY MOMENT
OF LOVE OR THE JOY OF BREATHING OR WALKING
ON A BRIGHT MORNING AND SMELLING THE FRESH
AIR IS NOT WORTH ALL THE SUFFERING
AND EFFORT WHICH LIFE IMPLIES.**

- Erich Fromm

If you had a choice you would not pick struggling as part of living life on earth. You would more than likely choose an easy life.

**LIFE IS WHAT WE MAKE IT, ALWAYS
HAS BEEN, ALWAYS WILL BE.**

- *Grandma Moses*

Now that you know for sure that you will be struggling through life perhaps you then should begin facing your struggles head on with renewed strength and courage. This author suggests that you pray for strength and courage every day.

“God, Grant Me The Strength To Accept The Things That I Cannot Change And The Courage To Change The Things That I Can And The Wisdom To Know The Difference.” Amen

You may want to memorize the above prayer and recite it on a daily basis. It has a lot of meaning and strength within it.

All of you struggle with things you cannot change and most of you do not have the courage to change the things you can and the most difficult part is having the wisdom to know the difference. All of you need help and help it is available through the Higher Power.

Trebla Ognim says,

“Life is a struggle but it is also an unbelievable adventure! Life is your personal journey with a lot of exciting surprises along the way.

Some good- some not as good. But it is all we have, so live it to its fullest! Do the best that you can while traveling from its beginning to its end.

This author realizes some of you do not believe in God and do not pray. This prayer is for those who do believe in God and for those who want to believe.

Find the power in you in the book and then create a goal and go for it with all your might. You will begin a journey that will change your life!

BELIEVE IN YOU!

- *Trebla Ognim*

WHYNOT overcome your struggles and go for your dream while not hurting another person?

LIFE IS UNFAIR



“Your time to live”

Chapter Eleven

It is important to accept the truth that life is unfair.

Sometime in your life you probably felt that you were being picked on. And, what happened to you was unfair and unwarranted - that you did not deserve it! The truth is that you were not selected to suffer an unfair action, while everyone else in the world did not. Unfairness happens to everyone at one time or another. Things just happen!

***NO MAN ALIVE CAN SAY, THIS
SHALL NOT HAPPEN TO ME.***

-Menander

Perhaps you will be able to acknowledge this as a truth. In doing so, perhaps you can also learn to focus on living life to its fullest without feeling that life has selected you to be unfair with. Good and bad happens to everyone. When good happens - you are happy, and when bad happens - you are unhappy. That is the balance of life. That is the fairness of life.

It is better to continue taking actions on your dreams than it is to worry about what bad could happen. You have control of your actions, but you have no control as to what bad will happen.

Take each new day of your life and live that day to the best of your ability. It is just as easy to focus on the positive side of life as it is to focus on the negative side. You will find life more exciting when you have a daily plan to work. Do the basic things you have to do, but always try to include something you really want to do. This can help you do your basic daily things with a positive attitude, knowing that when they are done, you can do something for yourself. You can think

of it as rewarding yourself for all that you do.

You might consider things like; a long hot bubble bath, going out for dinner, seeing a movie, a play, a musical show, swimming, playing tennis, reading a book, watching your favorite TV show, dancing, jogging or having a picnic during the week rather than on the weekend, etc. Be creative!

Plan something for you to do that is fun each calendar day of your life. Give yourself something to look forward to, creating a happier life. Live each day the best you can, and reward yourself.

By planning your days (including a reward) you will be focusing on living your life to its fullest and giving no thought to life being unfair.

Trebla Ognim says,

"As life is unfair, it is also fair in that it is unfair to everyone."

Should something unfair happen to you, turn your thoughts to your happy memories and begin planning your days once again. Be sure to include a reward at the end of each day. This will get you through an unfair experience easier and faster. This will provide you with hope for your future once again. Your life will improve. It is guaranteed, if you persevere!

***EVERYTHING HAPPENS TO EVERYBODY SOONER
OR LATER IF THERE IS TIME ENOUGH.***

-George Bernard Shaw 1921

Think of unfair experiences as tests and press on. As you survive your experiences, you will develop a renewed strength and self-confidence. Through your renewed strength and self-confidence your life will be the best life it can possibly be. Do your best for that is all that life can ask of you and that is all you can ask of yourself!

You will become your best when you find the power in you, accept it, embrace it and commit to it. Create a goal and take a positive action toward living your life to its fullest.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT overcome life's unfairness by accepting its truth and go for your dream while not hurting another person?

NEVER SAY NEVER



“Your time to live”

Chapter Twelve

You have heard that history repeats itself, and as you live your life, you probably have found it to be true. What you say and do affects your future life - it will be either a positive or negative experience, depending on what you set in motion. That which you say or do has a boomerang effect - and it usually returns when you are totally unaware of it. As TV's Candid Camera says, *“Don't be surprised if someone walks up to you when you least expect it and says, 'Smile, you're on Candid Camera'.”*

TO USE THE WORD NEVER IS TO CREATE A BOOMERANG EFFECT IN YOUR LIFE.

- Trebla Ognim

Sometime during your life you may experience the universal law that every time you say - *I will never* - it returns to you like a boomerang some time in your future.

A publicly known “*never*” was spoken by Actor Sean Connery who said, *“I will never play in another James Bond movie.”* Well, he did in 1983, and it was appropriately titled, *“Never Say Never Again.”*

Another universal law that is true is, *“That what goes around comes around.”* What you say and do will return to you.

Of course, we cannot forget what happens when you say, *“I promise.”* The truth is most people do not keep their promises

And let's not forget, *“Be careful what you ask for,”* because you might just get it. What you ask for may come to you, but the result may not quite be what you expected.

The learning conclusion to all of the truths above is:

To not experience the truth of “*never say never*” is to stop saying, *“I will never.”* You might find it better in the future to say something such

as, *"I hope not to ever."*

Take a moment and think about the above. Have you ever lived one *"Never say never"* that boomeranged on you? This author has lived many. No one ever told me to not say those words.

To not have a negative experience of, what goes around comes around is to be mentally alert to what you say and do so that you say and do only positive things.

To avoid having the experience of breaking your promise, just do not say the words, *"I promise."* It will serve you and others best if you do not make any promises. You might consider saying, *"If all goes well, we can do whatever it is you want to do."*

My daughter and I have talked about my not ever making a promise to her. I told her I did so because I could not predict the future and I chose not to risk the possibility of letting her down should I have not been able to fulfill the promise.

Trebla Ognim says,

"There are truths in life such as; never say never - what goes around comes around - promise making - and be careful of what you ask for because you might just get it - that are universal laws. When you live long enough, they will inclusively have an effect in your life."

To avoid having a bittersweet experience from, *"Be very careful what you ask for,"* because you might just get it, choose your words very, very carefully. Make it a complete request from A to Z, describing it precisely. Usually, you ask for only that which you want and do not think of what may be included should you get it.

The sooner you accept these universal laws as truths, the better your life will be. Ironically, all your *nevers, what goes around comes around, promise making, and be careful what you ask for,* because you might just get them to come back to you when you least expect them too! Sometimes, they do not boomerang until several years later. It will astound you when you do recognize them. Think back.

You may then laugh or cry, depending on whether you are experiencing happiness or unhappiness from the words or actions you

had imparted in your past.

***THERE ARE WORDS THAT WE
MOUTH THAT LATER WE
WISHED WE HADN'T.***

- Trebla Ognim

The power in you is in this writing. When you find it, embrace it and create a goal and go for it!

BELIEVE IN YOU!

Trebla Ognim

WHY NOT choose the words, and take the actions, that are favorable to you, should they boomerang, and go for your dream while not hurting another person?

ADVERSITY



“Your time to live”

Chapter Thirteen

Adversity confronts all people in one way or another. It definitely staggers the mind when it befalls upon you. The challenges of an adversity can be so overwhelming that one can only live through it day by day, rather than being able to deliberately overcome it. Some adversities come under the heading of a catastrophe. It can cause excruciating physical, mental or emotional pain. It can totally disarray your life, and it often does. Your normal thinking processes no longer serve you. What is happening to you has no real explanation; therefore, you are unable to comprehend it. It just seems to require your living through it.

Adversity brings you down to your knees presenting you with the opportunity to consider the possibility of the existence of a Higher Power.

It is during this time that you will experience a crying out for help with these words, *"God, help me!"* Sometimes it is more of a reactive response rather than one of truly recognizing God.

"If there is a God, then this is the time to prove Himself."

Many of you take this opportunity to put the blame on God.
***EVERY ADVERSITY, EVERY FAILURE AND
 EVERY HEARTACHE CARRIES WITH
 IT THE SEED OF AN EQUIVALENT OR A
 GREATER BENEFIT.***

-Napoleon Hill, Author

During the time you are experiencing an adversity, you are not

thinking clearly but rather going into a survival state of mind. It is definitely a time when you might be asking, "Why me?"

***HALF OF OUR MISTAKES IN
LIFE ARISE FROM FEELING
WHERE WE OUGHT TO THINK,
AND THINKING WHERE
WE OUGHT TO FEEL.***

-John Churton Collins

An adversity is an opportunity to grow while your inner strength is being tested.

Some of you will not survive your adversity. You will simply give in and become weakened, thereby choosing to exist in life rather than picking yourself up to live your life to its fullest. Some of you may think of taking your own life, and a few of you actually will do so. Keep in mind that adversity does not seek you out; it just happens!

It depends on your reaction as to whether you survive. Sadly, it is the adversities in life that sell newspapers and television news!

If your adversity does not destroy you, it will make you strong.

The following information on two human beings was taken from Internet.

Nicholas James Vujicic is an example of someone turning their personal adversity into a positive lifestyle.

He was born on December 4, 1982 in Melbourne, Australia with the rare Tetra-amelia disorder: limbless, missing both arms at shoulder level, and legless but with two small feet, one of which has two toes. Initially, his parents were devastated. Vujicic was otherwise healthy.

Nick's full name: Nicholas James Vujicic

Today he travels the world giving speeches on subjects such as disability, hope, and finding meaning in life. Nick is a preacher, a motivational speaker and the Director of the non-profit organization *Life Without Limbs*.

This author suggests you check him out on Wikipedia:

www.lifewithoutlimbs.org

Of course, Nick is one of the exceptions, but one who can truly convey the message that life is worth living no matter your physical

disabilities.

Nicholas James Vujicic is an enthusiastic believer in God.

Stephen William Hawking is another example of someone turning their personal adversity into a positive lifestyle.

Out of a crumpled, voiceless body in a wheelchair, the mind of Stephen W. Hawking soars and summons expression by pressing a finger and thumb to a small control box in his lap. Slowly, one word or letter at a time, sentences appear on the lower half of a compact computer screen attached to the chair.

Stephen is considered to be one of the world's most brilliant scientists

This author suggests you check him out on Internet:

http://en.wikipedia.org/wiki/Stephen_Hawking

These are two examples of human beings having experienced adversities and turning them into positive living lifestyles helping others.

Nicholas James Vujicic believes enthusiastically in God and Stephen Hawking claims that God was not needed to create this universe.

It seems that most scientists do not believe in God. It seems they must have proof if they were to believe. They seem to not believe in divine faith.

It seems to this author that both men are living out their purpose in life.

Keep in mind, that you too, have your purpose in this life.

Katherine Hepburn in the movie, "African Queen", spoke the following line, *"We were put on this earth to rise above nature."*

Dr. Keith Black, a prominent California brain surgeon, appearing on a 1998 Hour of Power TV Program, said, *"Life is full of adversities, pot holes, and road blocks - we need to turn negatives into positives - we need to always find a balance in our lives - we all have good times and bad times."*

Human beings have been tested from the beginning of time, and most have come out stronger after surviving adversity. The American settlers experienced adversity while crossing East to West in search of

their dream. One noted story is that of the "*Donner Party*." Those who survived went forward developing a better life for themselves and for those who followed.

Surviving your personal adversity is your Medal of Courage. It strengthens you for future challenges. The longer you live, and the more challenges you overcome, the stronger you become.

Like a lot of people, you often may not fully recognize how you survived your adversity, or whence your inner strength came. After surviving your adversity you may have attributed it to your own inner survival instinct and will power. You may not have acknowledged another source, only yourself as having the strength to overcome.

***HE KNOWS NOT HIS OWN STRENGTH THAT
HATH NOT MET ADVERSITY.***

-Ben Jonson 1640

It is a self-proclaimed power of survival! The opportunity to learn averted your thinking processes. To you it just happened; you survived, and no awakening to a Higher Power took place in your mind. Your ego just reinforced itself as being all-powerful. You may continue living your life without learning from your adversity. This could be the worse tragedy of all. You were born with free will and you played an integral part in your survival. However, the ultimate reason for your survival is when you connected with the true source of energy – God!

You may not believe in God but God believes in you. You are definitely here with a meaning and purpose to your life and you are challenged to recognize your true source of energy – God!

***I AM THANKFUL FOR THE ADVERSITIES WHICH
HAVE CROSSED MY PATHWAY, FOR THEY HAVE
TAUGHT ME TOLERANCE, SYMPATHY,
SELF- CONTROL PERSEVERANCE
AND SOME OTHER VIRTUES I
MIGHT NEVER HAVE KNOWN.***

-Napoleon Hill, Author

When your consciousness awakens, then you have begun to comprehend the true meaning of life.

Trebla Ognim says,
*"Adversity is your personal
challenge to awaken you
to your inner being. Your
true source of energy - God."*

It is very important that you seek out your true source of energy so that you can renew your life.

You could become so enthused that you might take the action to go after what you love and want to do.

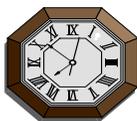
When you find the power in you – you then have the choice of embracing it or not. But if you do, take an action on your life by creating a personal goal and acting upon it.

BELIEVE IN YOU!

Trebla Ognim

***WHY NOT overcome life's adversities and go for your dream
without hurting another?***

YOU ARE NOT ALONE



“Your time to live”

Chapter Fourteen

Whatever you are feeling today keep in mind that you are not alone. People elsewhere are going through similar circumstances. No one going through a personal problem is really alone in the world. Most adults and young people especially teenagers, think that they are the only ones going through their circumstances. Not true!

There are billions of people in the world and many are going through a similar circumstance at the same time. Grant you there is no close relationship between them and you but it is important to know that you are not alone even though it feels that you are.

***IT'S SO LONELY WHEN YOU DON'T
EVEN KNOW YOURSELF.***

- Unknown

Most teenagers do not know themselves and a lot of adults as they grow do not know themselves either. Loneliness is just as tough on an adult as it is on a teenager.

If you are a teenager though you need to give yourself a chance to learn who you are and what life is about. Your teenage emotions are raw and open to being easily hurt. Your thinking can change in a moments notice from good to bad. If you are a teenager and you have been left out or hurt then it is important for you to recognize that it is not the end of life. It is just a period of adjustment that you will need to go through and whatever you are experiencing shall pass. You are not alone as all teenagers have gone through the Rite of Passage into adulthood as you are experiencing. It is not easy but it is necessary. Granting each teenager will experience the Rite of Passage because each family is unique and their environment is unique. Of the billions of

living adults in the world, all have survived their teenage years.

A definition: *A rite of passage is something which marks a transition from one state of life to another. For instance going from elementary school to high school or going from adolescence to adulthood. Some Rites of Passage are a cultural process and are ceremonial.*

Adults should know who they are after surviving their teenage years but some do not. Their Rite of Passage seemed to have failed.

You are not alone in your tough times that you are experiencing right now. Chances are someone else is going through the same thing or things you are experiencing now.

So take a little comfort in knowing that you are not alone even though you do not know the other person or persons.

***WHEN YOU CLOSE YOUR DOORS, AND MAKE
DARKNESS WITHIN, REMEMBER NEVER TO
SAY THAT YOU ARE ALONE, FOR YOU ARE
NOT ALONE; NAY, GOD IS WITHIN, AND YOUR
GENIUS IS WITHIN. AND WHAT NEED HAVE
THEY OF LIGHT TO SEE WHAT YOU ARE DOING?***

- Epictetus

However this author knows that some of you do not believe in a God but rather only believe in yourself or maybe in some symbol, planets, stars, or statue, etc. Should you be one who does not believe in a Higher Power, than you will find it more difficult to get through tough times. One who believes in God knows that there is a Higher Power than themselves. They know the Higher Power will help them. They know they must ask for help and eventually they will ask.

Bible - King James Version:

Matthew 7:7-11 – *“Ask, and it shall be given you; seek and ye shall find; knock, and it shall be opened unto you:”*

Not always “Yes”. Sometimes the answer is “No”. Other times it is “Maybe”.

Different Bibles have different translations.

***THE END COMES WHEN WE NO
LONGER TALK WITH OURSELVES
IT IS THE END OF GENUINE
THINKING AND THE BEGINNING***

OF THE FINAL LONELINESS.

- Edward Gibbon

No, there isn't any immediate resolution but with prayer there will be a resolution. But you must hang in tough and not give up. Keep in mind you are tougher than you think and for those who survive they learn that about themselves.

When you are shattered and have little strength remaining do all you can to begin writing your problems down on paper, or in this modern day, on a document on your Computer. As you write about your problems you will begin to feel some relief. The reason being you are expressing your feelings and that is imperative. To keep your emotions within can cause real illnesses. Your immune system goes looking for the illness but it cannot find any so it continues looking in circles until finally it creates an illness because there wasn't any to be found. Then the immune system feels it has done its job. Your immune system is your bodies' protection against illnesses.

***IT'S ONLY NATURAL TO FEEL LONELY
AFTER THE ENJOYABLE MOMENTS PASS.
BUT AS YOU EXPERIENCE NEW JOYS THOSE
FEELINGS OF SORROW START TO FADE.***

- Mizu Sahara

Trebla Ognim says,

"Knowing that you are not alone in this world can be helpful. There are times when you seem to feel all alone and it can be a scary time. It is beneficial to interrupt your thinking processes by writing down your feelings. In this process you are taking control of your thinking and it is possible to overcome the feeling of being alone. By doing so it can change your outlook on life for the better. Always write your thoughts down before taking any action."

Once you have survived the feeling of loneliness you are on your way to living a life with joy.

WRITING IS AN ANTIDOTE FOR LONELINESS.

- Steven Berkoff

Mingo 63

Keep reading and hopefully you will find the power in you. Embrace it and know that you will renew your life. Set a goal and go after it with all your might and develop a passion for it. It will be your way out of your loneliness.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT embrace your loneliness by writing down your thoughts and then setting a goal and go for your dream without hurting another?

LOSS



“Your time to live”

Chapter Fifteen

You may experience an unbelievable devastating event or loss which could be a divorce, break-up of a love relationship, loss by death of a member of the family or friend. It could be a separation of family members by circumstances beyond anyone’s control. It could be the loss of a home by fire, tornado, flood or other acts of nature. The unfortunate event could have come by way of a bout with a crippling or deadly disease such as cancer. It could be loss of a job, loss of a business, or a loss of money. The sad event could have come by an accident where serious bodily harm, temporary or permanent damage was done. No matter what the event or loss was, and how it happened, it was devastating.

There are all kinds of devastating events that happen to people throughout this world that are not mentioned such as a loved one being killed in a war, death by family argument. It can go on and on just like you may now be thinking of things not mentioned.

The truth is that devastating events happen to children, adolescences, young adults and adults. It is the adults, not the youth, who have the most difficult time in surviving a devastating event in their lives. Somehow it seems youth gets help from the higher power.

When you experience a loss of a loved one by death you will probably experience emotional pandemonium in an instant including shock and disbelief. It can be devastating if the death was unexpected. It could have come by way of natural causes or the person was killed in some type of accident. No matter how the person died you will respond with a painful emotion that upsets you immediately. It can hurt so bad that you think you won’t overcome the loss.

***THE BITTEREST TEARS SHED OVER
GRAVES ARE FOR WORDS LEFT
UNSAID AND DEEDS LEFT UNDONE.***

- Harriet Beecher Stowe

Sometimes you can experience lost love from a relationship that you may find equally or even more devastating than a loved one passing away.

Some people consider lost love the most serious emotional suffering that a person experiences in life. It seems to be because the other person is still alive.

If it is a loss of love then it can feel like an arrow pierced your heart.

"You don't die from a broken heart – you only wish you did."

You may lose your energy and desire to live so you must hold on to life with all your might.

***DEATH LEAVES A HEARTACHE
NO ONE CAN HEAL,
LOVE LEAVES A MEMORY
NO ONE CAN STEAL.***

From a headstone in Ireland

You most likely will feel excruciating pain when you experience loss through a death of a loved one, or loss of love, or loss of money. Most people do.

If it is a loss of money you will find yourself traumatized and in a panic. It can be so shocking that it can stun you at first and then you will find it difficult to breathe while your heart is beating frantically. Your first reaction could be disbelief followed by crying tears of anger. Your blood could boil as your mind goes into turmoil. You might respond with, *"Oh my God what will I do now?"* Or, you simply fall apart and feel nothing – you become numb.

***NOTHING STINGS US SO BITTERLY
AS THE LOSS OF MONEY***

Unknown

When you have experienced loss it can be challenging to overcome. You may feel shock, anger, and guilt. These emotions may surprise you.

Loss creates loneliness and loneliness can generate depression. Depression can cause you to lose self-confidence. Loss can be a danger to your quality of life.

Loss by a death, or loss of love, or loss of money can make facing the future seem terrifying!

Each human being is a separate entity and will respond according to their existing strength and weaknesses when facing a loss.

Some people respond to a loss by collapsing into a state of helplessness and immediately give in to the survival mode.

They simply fall apart.

For those of you who did not fall apart, you will find yourself going through the grieving process.

The five stages of the grieving process:

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

When you feel loss you must fight with all the strength you have to stay alive. You will face each new day with apprehension. You will be unsure of what the future holds but somehow you make it through the day. Experiencing loss is sad and you must conjure up all your strength and courage to survive it – but survive it - you will!

You will find the grieving process not comfortable, but it is important to your good health. When you reach the stage of acceptance you will have made it through successfully. You will come out of it refreshed and have a new outlook on your future. You will feel good again about life and you will be anxious to go out and live life with joy once again. And, you will!

Trebla Ognim says,

*“Loss through death and loss of love
are the two most devastating losses
you can experience in life. Loss of*

money is the third. No matter what the loss at the end of the grieving process you will reach the final stage, that of acceptance. It is then that you are ready to face life with renewed energy, strength, courage and hope for the future.

For those who believe the following words are powerful!

***I CAN DO ALL THINGS THROUGH CHRIST
WHICH STRENGTHENS ME***

Philippians 4:13

It is during the step of acceptance that you gain your freedom from your burden.

***ACCEPTANCE OF WHAT HAS HAPPENED
IS THE FIRST STEP TO OVERCOME THE
CONSEQUENCES OF ANY MISFORTUNE.***

- Unknown

Acceptance is a difficult place to reach after experiencing a challenging moment in life when you thought you may not survive.

Acceptance results with peace of mind.

When you accept things as they are instead of how you would like them, then you are ready to live life again to its fullest. It is a very difficult journey into acceptance but to *begin again* you must reach acceptance.

Continue reading this book to find the power in you. If you ever needed to find it and embrace it, without a doubt, it is while experiencing a loss. It is during this time that you may call on the higher power to help you through your loss. Many people will vocalize, "*Oh my God! Help me! If there is a God - I need you now!*"

Find and embrace the power in you in this book and create a new dream and making it your personal goal to achieve it. Take an action on that goal with passion and begin again living your life to its fullest. It won't be long until you will set aside the loss and replace it with hope in your heart. It won't be long until you find joy in your heart once more in living your life to its fullest. It won't be long until you accept your new life with all your heart and soul.

BELIEVE IN YOU!

Trebla Ognim

WHYNOT complete the grieving process of loss and go for your dream with a new view on life and a stronger human being without hurting another?

SURVIVAL



“Your time to live”

Chapter Sixteen

Sometime you may be faced with a life-threatening experience that forces you down on your knees. All that you have believed counted on and assumed about your world crumbles before your eyes. You may react with panic followed by going into severe shock. You may feel terrified and find it hard to breathe comfortably. You may try with all your might to push this confusion and sadness out of your mind. You may begin denying the truth of what has happened to you that instantly changed your life.

You might think, *“This cannot be happening to me!”* When I wake up tomorrow all will be okay and nothing will have changed.

You may ask, *“Why me?”*

You could become worried to death not knowing what the future will hold. You will become so engulfed with fear that your mind will spin relentlessly finding no solutions. You get so scared that you think your heart will stop beating and life is over. You may scream for help but no one is there. You might feel your heart cracking and you cannot stop it from breaking.

You may find yourself crying tears of sadness. You may become a person confused within the boundary of your own inner excruciating pain.

When you face a devastating event head on you have three (3) choices:

1. End your life
2. Exist with your life
3. Begin again living your life to its fullest

You will have to choose!

If you choose number three you will find yourself entering into a survival mode which takes over your thinking processes.

The survival mode is strictly reactive.

Surviving means facing change! Change can be and is usually a difficult thing to accept unless the change is for the better. However you will need to make a change in order to go forward with your life.

Now that you have chosen to live then you must do what you have to do. If you have a job you may call in letting your boss know that you won't be in for a few days. Or, you may have enough strength to go to work and do the best you can under the circumstances. Or, the day after the devastating event you may not do anything but just wake up and go through the motions of being alive. You may do nothing for several days but just wake up and get through the day.

You, like most people who experience a devastating event, will react emotionally and you will begin functioning automatically on a daily basis without forethought. You will want to do nothing but continue to exist on this earth. You will have entered an unknown zone of reality that will scare you to death and yet you will find yourself waking up each new day. You will become rigid in body moving robotically. All that you will think is that you must survive. You will realize that you must keep moving and keeping on.

***WE MUST EMBRACE PAIN AND BURN IT AS
FUEL FOR OUR JOURNEY.***

Kenji Miyazawa

Your life has just been shattered.

You may ask this, "*How will I survive?*"

The truth is that some people do not survive. They reach a point of not being able to handle their circumstance. They give in to their pain and commit suicide.

Some of you who experience a devastating event, rather than get emotional, you simply succumb into a survival mode instantly and into a state of numbness.

Both of you who respond emotionally and unemotionally, the result is the same. Your life has been traumatized.

If you have chosen number three you, to begin again, then you will find yourself going through the healing process whether you want to or not. Some refer to this as the grieving process. This process is how you will find your way back into the living again.

Shock
Helplessness
Denial
Guilt feelings
Pain
Depression
Fear
Despair
Anger
Loss of reasons to want to live
Confusion
Feeling of betrayal
Anxious by life and maybe by God!
Feeling that a part of you is missing.
Loss or gain of body weight
Loss of pride
Loss of direction in life
Loss of self-confidence

ACCEPTANCE then LETTING GO.

Re-entry into living life fully again

If you have experienced a devastating event and survived to live life fully again then chances are you went through all the steps listed above.

Now that you have survived the big question might be,
“Who will put Humpty Dumpty back together again?”

The answer to that question is, *“You will!”*

(There are many types of tragedies in life such as a loved one passing away, lost love, losing a long time job, a life threatening accident in a vehicle, on the job, around the home, someone getting shot, a house burning down, or the loss of all finances. Anyone of

these tragedies will change your life. Anything that alters your life, as you know it, can be considered a tragedy.)

You will take the first step, although shaky, to begin a long and difficult journey of putting the broken pieces of your life back together.

***I CAN DO ALL THINGS THROUGH CHRIST
WHICH STRENGTHENS ME***

Philippians 4:13

For you believers the above words from the Bible will help you. They will empower you to go forward with your life!

You will begin putting your life back together with the power in you by facing the future with trepidation of being unsure of how to go forward. Then each new day after that when you wake up you will force yourself to do something worthwhile whether you want to or not. You may not think you will make it through the day but you will. And you will repeat this day after day and soon you will begin to feel alive and each new day will become easier.

You will find that you are more powerful than you ever thought. You will learn that within you is the courage and strength to overcome. You will learn because you did not die that you are forced to go on living.

And live - you will!

Beginning again is a new opportunity for you to live life to its fullest! You will be stronger than you ever thought you could be and life will become more meaningful. You will find new joy!

My daughter wrote:

SUNSHINE

*When sunshine touches my cheek,
I know I have nothing more to seek.
My fears are gone as if the wind blew them all away.
And the dark side of the world to me has nothing to
say. If only this could last forever. I'd be an eternal
debtor! Even as the sky starts to darken and I enter
into a sleep that is only mine. In the morning, I'll
know on my cheek will be a ray of sunshine.*

-Elaine R. Mingo

Age 13 - 1983

Each of you will begin in your own way and at your own pace. During this transition period advice from relatives, friends and professionals will barely be heard much less acted upon.

You will wake up one day and tell yourself that you must set the goal for renewing your life. At first you will create an easy goal (minor goal) something you know you can do. It can be as simple as just washing your face, making the bed every morning or making a grocery shopping list. Something that is easy for you to do.

You will set and complete minor goals until you gain the self-confidence that you can set minor goals and complete them. Then one day you will feel strong enough to set a major goal to go on with your life in the best way you can to rebuild it.

You will learn that the power in you is greater than the fear before you.

***IT IS NOT THE STRONGEST OF THE SPECIES
THAT SURVIVES, NOR THE MOST
INTELLIGENT THAT SURVIVES.
IT IS THE ONE THAT
IS THE MOST ADAPATABLE TO CHANGE.***

- Charles Darwin

As time goes on you will begin to regain your confidence and feel stronger. You will become less frightened and less unsure. You will become less confused and less hesitant in looking into the future. You may not have a complete picture of what the future will look like but you will begin forming visions of what you would like it to be. You will still be struggling but you will be making a new life. At first it will not be comfortable because it will be different than you one you knew. But you will like this new beginning. It won't be long before you begin to feel that there is a potential of a good life and you want to live it. You will begin experiencing happy moments again. You will begin to release your fears and replace them with self-confidence that all will be well. You will become stronger and more courageous about waking up tomorrow. And it won't be long until you look forward to waking up and living your new life. You know it is not the same but you learn to accept it.

***YOU WILL FORGET YOUR MISERY; YOU WILL
REMEMBER IT AS WATERS THAT HAVE
PASSED AWAY.***

King James Bible: Job 11:16

When you have endured through your tragedy and survived, then you know that you have been reborn into a new you. When you entered you were that person who had to face a life-threatening experience (at least you thought so at the time.) but when you came through it, you stayed alive and became a new person with renewed strength and courage beyond your belief. You have been changed into a stronger more courageous human being.

You survived because you were resolute in your desire to live and go on living your life to its fullest. You wanted to find out what life has to offer you in the future and you expect life to offer many good things.

Trebla Ognim says,

“Survival is the ultimate challenge in life that you can experience. The reason being that you yourself, through the grace of the higher power, came out of your devastation with your life. You conquered your fears and you came out thankful to be alive. You are now the strongest you have ever been. You now have more self- confidence from the experience. You have survived hell and came back to the living.

What you learned is that the human body and mind are unbelievably durable. The survival process was tough but you were tougher. You did not give up as you persevered with every ounce of determination that you could muster. You fought the hard fight and you ended up being the winner as you were born. And now it is time for you to go forward with your life.

Surviving means facing change:

You will try again!

You will take risks again!

You will hope again!

You will forgive yourself and others!

You will trust yourself and others!

*You will become vulnerable
You will give life all you have to give!
You will be thankful for your life!
You will dream dreams again!
You will live your life to its fullest!*

And, then you will go forward:

*Don't ask why you are here or what life is all about.
Go on living it day by day until it's all lived out.
Just remember this, you are important and you do
count. The world is simply waiting to find out what
you are all about. So why not go for it? Stand up and sing.
Hey world! Here I am...watch me now...I'm doing my
thing! Decide what you want. Set yourself a goal.
Create a desire and release your soul.*
albert j mingo 1982

Keep in mind: *You shall not pass this way again.*"

The power in you is in this book. When you find it, embrace it, and create a personal goal. It is imperative to have a goal to go on with your life after surviving. You must look to the future with hope in your heart in order to begin living your life again to its fullest.

What is done is done:

*Devastating events leave behind excruciating pain.
During our suffering we will wonder if we are still sane.
Continuity in our lives has been broken for sure.
Having to face change head on is its only cure.
Oh, I know it's not easy but give it all you got.
Go through the healing process-suffer the pain not easily forgot.
Survive the transition breathing in life once more.
Begin again with dreams become vulnerable like before.
Step into the unknown with slight noticeable scar tissue.
Standing upright and walking forward with your life's new view.
Reflect on the past here and there but focus on your future.
Dream your dreams once again living each day as an adventure.
Set yourself new goals and give life all you have to give.*

Become The Real You by taking risks being glad you chose to live!

Why not go for it? Maybe your time in life has finally come.

To stand up and show the world who you are and your outcome!

albert j mingo 1984

You now have your life back to go forth and to bathe in the sunshine of life breathing fresh air and sporting a new attitude of being thankful!

Set yourself a new goal and go for it and pursue it through its fruition. You have a life to live – live it!

BELIEVE IN YOU!

Trebla Ognim

WHY NOT overcome the survival mode and go after your new dream with hope in your heart, passion for your goal and the spirit to live your life to its fullest once again without hurting another?

LIVING IN REALITY



“Your time to live”

Chapter Seventeen

Living in reality can be misconstrued as living in negativity. When you speak in the realm of reality other people can receive it as being negative. There is the pragmatic world – *reality* – and the optimistic world – *fantasy*.

Some people will tell you that the key to being a positive person is to only speak of positive things – never negative things. If you do that other people might think that you are living in a fantasy world.

The reality is just as there are two sides to a coin there are two sides to you - one is the positive side and the other is the negative side.

The question might be, *“Is speaking positive the only real way to live life or is it better to be a pragmatist and live in reality which can sound negative at times?”*

Choose your own living style! You are you so live you!

***REALITY ISN'T THE WAY YOU WISH THINGS
TO BE, NOR THE WAY THEY APPEAR TO
BE, BUT THE WAY THEY ACTUALLY ARE.***

- Robert J. Ringer

This author believes it is best to be you and hopefully most of who you are is positive. Yes, there are times when you will speak negative words. It is simply part of life. Do the best you can to catch yourself when speaking too negative so that you can make a correction. People around you would rather hear you speak positive but will allow you to say something negative once in awhile.

***LIFE IS NOT EASY FOR ANY OF US BUT WHAT
OF THAT? WE MUST HAVE PERSEVERANCE AND***

***ABOVE ALL CONFIDENCE IN OURSELVES WE
MUST BELIEVE THAT WE ARE GIFTED FOR
SOMETHING, AND THAT THIS THING, AT
WHATEVER COST, MUST BE ATTAINED.***

- Madam Marie Curie

Some people speak only positive words to you but within their person they may not be as positive as they speak. They may be hoping by speaking only positive words that they themselves will feel positive. We all know that our lives are not perfect and that there are times when we complain to one another. That is simply living life in reality. Before anything else we are human.

People who think and speak only one way whether it be positive or negative are not being truthful to themselves or others. A balanced life consists of being both positive and negative which keeps you stable.

Dale Carnegie wrote a book, *"How to Win Friends and Influence People."* The primary premise is to get other people to talk about themselves. If you succeed you will win a new friend.

This author experimented with the book's teachings and found them to be true. However, since you have not talked about your life you will feel slightly empty when you leave. Yes, they will love you but you will not be personally fulfilled with the end result of the conversation because it was one sided. However, you will leave having made a new friend.

You can also influence people through this method. The more they talk about themselves the more they like you and trust you - trust makes for easy sales.

Dale Carnegie's method is a superb method for sales people. Sales people are not looking for personal satisfaction from the conversation just making a sale.

What the book does for those of you who are not sales people is to teach you not to dominate the conversation talking about yourself if you want friends or if you want to influence people.

Most everyone likes talking about themselves. And, when they do, there is few negative words spoken during the conversation. However, it seems some people get stuck talking about their problems – not good! When this happens you will more than likely back off not

wanting them becoming a new friend.

This author believes in living and conversing in reality and still making friends - in other words having a two way conversation.

***LIFE IS NOT A PROBLEM TO BE SOLVED,
BUT A REALITY TO BE EXPERIENCED.***

- Soren Kierkegaard

It is best not to think only positive thoughts and it is best not to think only negative thoughts. One way thinking limits you in your ability to see the whole picture. When you only see part of the picture of life it provides you with a short sightedness. You may miss important moments that could benefit you.

It is best to speak more in the positive than negative when speaking to others. That way the other person will think that you are acceptable to be around.

In 1800, Alessandro Giuseppe Antonio Anastasio Volta of Italy built the voltaic pile and discovered the first practical method of generating electricity. His most famous invention, however, is the first battery.

Our body is like a car battery. When the positive and negative in you is balanced you are totally energized and ready to perform at your peak.

Car batteries are built so that the: *“Electrons in the positive plates race through an electrolytic solution of water and sulfuric acid into the negative plates. The six cells produce a total of 12.6 volts, powering the ignition system and starting the engine.”*

Electrolytes are also found in the human body and the balance of the electrolytes in our bodies is essential for normal function of our cells and our organs. Electrolytes keep our bodies in balance and fully charged and ready to perform.

When you think both negative and positive thoughts it is like the battery – it creates a power of balance in your thinking processes. It gives you the strength to live in reality. With a positive attitude, and little negativity, you can overcome obstacles that will try to prevent you from reaching your goal. Simply persevere with determination to succeed!

***WE CAN EVADE REALITY, BUT WE CANNOT EVADE
THE CONSEQUENCES OF EVADING REALITY.***

- Ayn Rand

Trebla Ognim says,

“To live in reality gives you the inner strength to face each new day head on. You know that you will have to make adjustments as you are faced with the challenges within that day, but when the day ends, you know that you have lived that day the best possible.

You will find the power in you in this book. When you find it, embrace it and set a goal for what you want. Go after it with a burning desire in your heart. Let nothing stop you from reaching your goal.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT live in reality with your attitude being more positive while going for your dream without hurting another?

DO NOT SEEK APPROVAL FROM OTHERS



“Your time to live”

Chapter Eighteen

Most everyone seeks approval from their parents as to who they are and how they live their life. They want their parents to be proud of them and of their accomplishments in their independent lifestyle. It is like wanting the parents to recognize that they are capable of living independently – on their own.

It seems that more men than women seek approval from their parents as they go forth living their life. Women seem to have a mind of their own from a young age and just live life as they choose not concerned of what their parents might say about them or what other people might say about them. It might be because women seem to get away with things easier than men. However some men and some women want others to like them and do their best to make it happen.

Everyone goes forth in their lives living with their inferiority complexes the best they can. It is the inferiority complexes that you harbor within that determines what you will seek in life when it comes to others. How you were treated growing up by others will define who you become. However you can change your behavior once you recognize what and why you are doing what you do.

Most everyone would like others to like them. It seems to be an inner motivation by birthright.

THE INDIVIDUAL HAS ALWAYS HAD TO STRUGGLE TO KEEP FROM BEING OVERWHELMED BY THE TRIBE. TO BE YOUR OWN MAN IS A HARD BUSINESS. IF YOU TRY IT, YOU'LL BE LONELY OFTEN, AND SOMETIMES FRIGHTENED. BUT

***NO PRICE IS TOO HIGH TO PAY FOR THE
PRIVILEGE OF OWNING YOURSELF.***

- Arthur Gordon

Becoming an adult is an exciting experience of trials and tribulations that slowly forms who you will become. However in the process it seems most people find that they do not like being alone. Most people think that they need a partner in life whether it is just be a friend or a significant other such as a girlfriend/boyfriend or a spouse. The only way to truly grow into an independent person is to experience aloneness. It is your alone time that will strengthen you.

***MIND YOUR OWN BUSINESS AND LIVE
YOUR LIFE, THE WAY YOU WANT TO, THE
WAY IT BEST SUITS YOU, AND LET GO
OF YOUR APPROVAL SEEKING BEHAVIOR IF
YOU LIKE AND APPROVE OF YOURSELF,
BELIEVE ME, IT WILL NO LONGER MATTER
IF PEOPLE SAY NICE THINGS ABOUT YOU
OR NOT, FOR YOU WILL UNDERSTAND:
EVERYTHING THAT IRRITATES US ABOUT
OTHERS CAN LEAD US TO
AN UNDERSTANDING OF OURSELVES.”***

- Carl Jung

As you grow it is best that you develop inner strength so that you can cope with what life will present you. As long as you are alive you will be challenged by life itself. You will experience the good and the bad of it. Obviously the good is always easy to handle. It is the bad that you will need inner strength to overcome what may have happened to you. When you overcome a bad experience you will come out of it a stronger person. Your experiences develop your character.

***A TRULY STRONG PERSON DOES NOT NEED
THE APPROVAL OF OTHERS ANYMORE
THAN A LION NEEDS THE APPROVAL OF SHEEP.***

- Veron Howard

It ought to be your intention while growing up to become the most independent person that you can be. You can accomplish that by always doing what you think is right for you.

Do Not Seek Approval From Others 83

Other people will always talk about you whether you like it or not because no matter what you do you don't always do what they would prefer you to do. Given the opportunity other people would like to change you to their liking. If you let them control your life then you are no longer you.

Should you constantly need approval from another it will be your down fall!

CARE ABOUT PEOPLE'S APPROVAL AND YOU WILL BE THEIR PRISONER,

- Lao Tzu

Strive to be independent and yet dependent in a balanced way of living life. When two people come together who are independent and dependent in a balanced way it will make for a strong relationship. If your need is greater than your independence you will not be a happy person.

Trebla Ognim says,

"Living life seeking approval from your parents or from others is futile. It is imperative that you seek approval from yourself."

Once you approve of yourself you will walk through life with an inner strength with confidence. You will know and understand your strengths and weaknesses. You will know who you are and what you want out of life. You will understand the meaning of relating to others in a positive way. You will know that others are important to your life for they give you balance. Walking through life with balance is the essence of living life to its fullest.

When you find and embrace the power in you, life will change for the better. Focus on seeking approval of yourself and make it happen. When it does create a goal and go for it!

BELIEVE IN YOU!

Trebla Ognim

WHY NOT seek approval for yourself by yourself and go for your dream without hurting another?

FEAR



“Your time to live”

Chapter Nineteen

Because of your fears, you probably have settled for less than living your life to its fullest. Primarily, your fears are deeply imbedded in you, and they automatically become a factor in every decision you make.

The dictionary defines fear; *"an unpleasant, often strong, emotion caused by anticipation or awareness of danger."*

Danger is defined, *"exposure or liability to injury, pain or loss."*

Most human beings learn at an early age about fear and danger. Most of your fears were taught to you by your parents, guardians, relatives, friends, and acquaintances.

Trebla Ognim says,

"You were born with two basic fears only.

1. *Fear of loud noises*
2. *Fear of falling.*

All the other fears that are a part of you – you have succumbed to through your life’s experiences. As things frightened you - you automatically stored them as a fear.

You have heard the old adage, *"When you fall off a horse you need to get right back up on it."* That is sound advice!

***NO PASSION SO EFFECTUALLY ROBS THE MIND
OF ALL ITS POWERS OF ACTING AND
REASONING AS FEAR.***

-Edmund Burke 1756

Those of you who do not confront your frights turn them into

fears. Fears accumulate until they have such a control on your decision-making process that you begin to settle for less, rather than live your life to its fullest

Living your life to its fullest requires taking risks, and because of your fears, you negate taking the necessary risks.

The dictionary defines RISK; "*possibility of loss or injury.*"

POSSIBLE is defined; "*being something that may or may not occur.*"

Having the definitions of risk and possible you now know taking risks is how one should live. When you risk you are taking charge of your life and reaching out into the unknown with a 50/50 chance of success or defeat. When you settle for less you are letting someone or something else take charge of your life and you have no chance of success – only defeat. You will be sad and unhappy because you know there is a better way to live.

You now know that wherever you are in your life, you made the choice to be there.

Living with fear means hiding from life hoping that something will happen to change your life for the better on its own--a change for the better without any input by you--is not good.

A funny thing about human beings is that when they are afraid of a thing, they usually hide within their abode. You have read many times in the newspapers where cars crashed into a home or bullets entered the home, and sometimes an injury occurred or even a death. The point being, life is a risk, and trying to avoid danger is useless, as it can come right into your hiding place. This is not to say that you should go out looking for dangerous situations, but it is to say that fear itself can be dangerous.

"No human being is really safe from harm's way."

WHERE FEAR IS, HAPPINESS IS NOT.

-Seneca

Many people today are sitting in front of their computers using the chat room programs available to them, talking to strangers around the world, seeking love and attention, while hiding behind the screen. They type words with confidence knowing that no one knows who they really are or anything about their insecurities. They are creating a new

comfort zone of avoiding living their lives to its fullest. They create a world of fantasy and hide within it.

This can lead to a life of a recluse.

What is important is that human beings should stop hiding from life. People should consider setting a personal goal and going for what they love and want to do in a leap of faith.

Anyone who drives an automobile experiences many moments where their life was in danger of being in an accident. By the Grace of God most potential accidents do not occur. People need to live their life free of fear as they do when they drive their automobile.

You need to live your life to the best of your common sense without intentionally putting yourself in harm's way. Like driving your automobile you do not intentionally drive into oncoming traffic. You drive on your side of the road as safely as possible, and in doing so you are taking risks because you never know what the other driver may do. Isn't it recommended that you drive defensively, which means to be aware of other automobiles around you and try to out think the other driver? That is simply driving smart.

You, like most people, get into your automobile and drive it without thinking about anything going wrong. Your intentions are simply to arrive at your desired destination. When you are driving your automobile you are living your life to its fullest in a leap of faith.

You should consider living the rest of your life in the same manner as driving your automobile - living without fear, yet taking risks, reaching out for what you love and want - creating a burning desire of passion in a leap of faith - simply going forth trying to reach your true destination.

"The opposite of fear is faith!"

When you drive your automobile, you are driving on faith using common sense. You are simply driving without *fear*.

Some fears are legitimate, such as fear of fire, floods, earthquakes, and penetration of sharp objects into your skin. However, these fears should not interfere with you living your life to its fullest. After all, none of these dangers may ever be part of your life, but rather just something you hear, or read about, or see on television news.

Common fears are loss of money, loss of love, loss of life, and for some it's old age.

These common fears should not be nurtured.

It is important to recognize your fears and separate the real ones from the preconceived ones.

“You hurt yourself when you try to avoid being hurt.”

***OF ALL THE PASSIONS, FEAR
WEAKENS JUDGEMENT MOST.***

-Cardinal De Retz

The truth is that fear locks you out of living your meaning and purpose in life.

F E A R

F – *alse*

E – *nergy*

A – *verting*

R – *esponding to the power in you*

Napoleon Hill, author of "*Think and Grow Rich*," Hawthorn Publishers, says, we all have six basic fears:

1. *Fear* of poverty.
2. *Fear* of criticism.
3. *Fear* of ill health.
4. *Fear* of lost love.
5. *Fear* of old age.
6. *Fear* of death.

Any one, or more, of the above listed basic fears could be a conscious or subconscious powerful negative force within you. It is possible that they exist without your being aware.

It has been said, "*Most of what you fear never really happens.*"

Trebla Ognim says,

"There are real fears that scare most people. Napoleon Hill quoted six fears in his book over the two basic fears you The six fears are mentioned in this chapter. And they are real should you have to face any of them. But each of them that you may face you can overcome. None of these fears ends

your life unless you do so on your own. Remember that most fears are created by you and never become reality unless you will them so. Do nothing to harm your person on purpose. Fear stops most people from taking a leap of faith and going for their dream! Do your best not to be one of them."

Become the person you were born to be and you will find that life will give you the means to achieve your dream.

Living your life to its fullest is living on faith using common sense as you strive for what you love and want.

As in the television series, "*Mission Impossible*," your mission is to find and embrace the power in you.

My friend Shirley Rossi believes, "*I am not free until I believe in me!*"

When you recognize the power in you embrace it, commit to it and create a personal goal and take an action on that goal. It is then that you will begin living your life to its fullest - *you will be free!*

BELIEVE IN YOU!

Trebla Ognim

WHY NOT master your fears and go for your dream without hurting another?

WORRY



“Your time to live”

Chapter Twenty

Question: “*Can you explain why we worry?*”

Answer: “*This author says because we can and we do!*”

The root for worry is the unknowing. You worry about things that might or might not happen in the future.

From out of nowhere it seems challenges come upon you and you do not know how to react to resolve them. You do not have an answer therefore you begin to question how it will turn out. You will generally conjure up the negative possibilities first which scares you. You become anxious, agitated, frustrated, and stressed so quickly that you lose your self-control and go into a place of the unknown. The unknown creates fear and fear destroys your peace of mind. It terrorizes your thoughts and frightens you to death and you panic. And, then you feel lost. It's like you are at the end of your rope and no one is there to save you. Therefore, you will perish!

WORRY- a dictionary definition: “*Mental distress or agitation resulting from concern usually for something impending or anticipated. Anxiety instance or occurrence of such distress or agitation. A cause to worry; trouble, difficulty; to torment to the point of destroying peace of mind.*”

(*On a side note: This author found ninety-six other combinations of words & phrases defining ‘worry’ as a noun or verb, etc.*)

Worry creates – “*what if’s*” - and you can create a jillion – “*what if’s*.”

Dale Carnegie Course on worry states, “*Those who do not know how to fight worry die young.*”

Do you know that some people actually do worry themselves to death?

There are so many things that people worry about. You may be one who worries over almost anything and everything.

***I AM AN OLD MAN AND HAVE KNOWN A
GREAT MANY TROUBLES, BUT MOST OF
THEM NEVER HAPPENED.***

-Twain

There are two types of worries. One is *major* and the other is *minor*.

Some major causes to worry: Someone you know and love has had a serious accident in a vehicle, at work or at home, etc. and taken to the emergency room at the hospital. Someone you know and love had a heart attack or a stroke. Or, someone you know and love was just told they have cancer or some other serious disease. Someone you know and love was told they have a terminal disease or an inoperable tumor. Someone you know and love got beat up, or stabbed, or even shot. You were told by your doctor that you will never walk again or that you have a terminal disease. These are serious situations that justifiably cause one to worry. There are many serious possibilities that cause one to worry.

Some minor causes to worry: You may worry over personal criticism, family relationships, your friends, your relatives, what to do daily, what not to do daily, what happens in the daily news that usually has nothing to do with your life. You may worry about money, losing your job, your vehicle breaking down, your credit rating, the house is not clean enough, the yard is not manicured, the garage is a mess, the kids won't listen, the neighbor is a problem, the schools are not properly teaching your kids, and it goes on and on. These situations are not worth worrying over because nothing usually happens. You simply made up stories to cause you to worry. The truth is that most worrying is *imaginative* – not real.

However, if one of the minor causes to worry scenarios resulted in a major disruption in your life then it becomes a justifiable worry. It is up to you to choose which scenario is serious enough for you to worry about. There is no doubt that the emergency room and terminal disease or inoperable tumor is serious enough to cause you to worry about the person because something really did happen. However, the less

significant scenarios are limited to minor worry because nothing really happened.

Justifiable worries require your strength and courage to get past them because something did happen. The less significant worries are mostly made up stories of what might happen.

***WORRYING IS LIKE A ROCKING CHAIR,
IT GIVES US SOMETHING TO DO,
BUT IT GETS YOU NOWHERE.***

- Glenn Turner

Do you know that some of you are frightened before you were born? Yes, some of you picked up the fears of your mothers; such as her hoping not to miscarry; her fear of going to have the responsibility to care for the baby; her fear of will there be enough money to raise the child; her fear of will she always have a home to raise her child and sometimes even concern as to whether or not her husband might leave.

Mothers worry.

“Aren’t I suppose to worry?” is often the question if one is not worrying about something or someone. After all everyone worries, right?

Some people can go so far as to worry themselves sick.

Worry causes people to think and fret through a problem when they don’t have sufficient knowledge to base a decision to resolve it.

Worrying is synonymous to wanting total control of your life.

In other words, you know that the closest to possessing a magical power is to take control. After all you want things to turn out your way not the way it is supposed to happen. You fret or become anxious about the welfare of someone or something that is out of your control and in doing so you find yourself wanting to take control of the situation. You try to take control of future events and/or other people in your mind because you want the answer and you want it now and you want it your way.

You have one problem in wanting to take control and that is you have no control over the future.

In other words you carry the burden around in your head that you yourself created including mental pictures of what could happen which adds to your worrying.

Ask yourself, "*Would you really like to know your tomorrow?*"

If you answered "yes" then you would be missing out on *your today*.

***TODAY IS THE TOMORROW
WE WORRIED ABOUT YESTERDAY.***

- Author Unknown

Give that some thought..

In reality most worries are over something trifle and are made into a mountain from a mole hill.

***HOW MUCH PAIN THEY HAVE COST US, THE
EVILS WHICH HAVE NEVER HAPPENED.***

- Thomas Jefferson

How do you stop worrying?

Unfortunately there isn't an easy answer but there are things a person can do.

The first and foremost helpful thing to stop worrying is get busy and stay busy. If you have nothing to keep you busy then find something to do that will. Otherwise you won't have one moment of peace.

If you still can't find something to keep you busy then do the following - it will keep you busy:

Think of the worst possible thing that could happen if you don't resolve the problem immediately. Then accept the worse to be true. Of course, you won't like it therefore think of the next worse thing – again you won't like it therefore think of the next worse thing and it goes on and on until you finally decide that you are just making up stories through your imagination and all these stories are imaginary – none are true.

Repeat this process until you get tired of making up stories and begin looking for a practical answer that slows down your worrying. And perhaps in your tiredness you will find yourself realizing you do not have the answer and that you have no business trying to make one up. You are simply human with human powers.

One more attempt to stop worrying is by using self-talk to help you stop worrying. Once you have exhausted all avenues mentioned and you are still worrying about the same thing start telling yourself to *stop*

and continue to tell yourself to *stop* each time you continue to worry – do it until you actually *stop* worrying.

If this does not work then you will need to consider turning to God for help. The truth is that only God has the true ultimate power of how things will turn out. This author knows some of you don't believe.

One truth is that for those of you who believe will begin to replace feelings of worry with feelings of faith and trust in God. In other words let go and let God.

For those of you who do not believe it will be more difficult to let go. But it can be done by admitting the truth to yourself– that you are powerless. You worry by making up stories that causes you to worry more. Stop making up stories. No matter what you think the end result is *whatever will be – will be*.

For you believers write down what you are worried about on a piece of paper and admit that you are powerless as a human being. Crumple up the paper and throw it up into the air and say, "*Here Jesus, take this worry from me. I give up! You resolve it!*"

***EVERY EVENING I TURN MY WORRIES
OVER TO GOD. HE'S GOING TO BE
UP ALL NIGHT ANYWAY.***

- Mary C. Crowley

Do your best not to take back the worry that you just gave to Jesus. This author knows some of you do not believe. Giving your problems to Jesus really works if you believe.

This author knew and saw a Greek woman tear up all her bills and threw them up in the air in her kitchen and said, "*Here Jesus you pay these bills!*" She lit a candle for Jesus every day. This woman never worked for another in her life but was fortunate to have a two story house after her husband passed away and she rented the lower part of the house and that is how she survived. All the bills got paid throughout her life and she passed away at the age of ninety-four. This woman seldom left her house.

The real answer can only come through time. You will need to let go and let it happen.

Once you accept that you are powerless as a human to know the future and your worrying is nothing more than *made up stories* then you will find some peace of mind as you just let things take their course.

If you still cannot stop worrying then accept the fact that you are at fault. No doubt you do have the right to worry.

“Do you like worrying?”

“Are you getting healthier by worrying?”

“Do you find peace of mind unfulfilling?”

*“Is your life so boring that you find worrying
filling the void?”*

“Is worrying solving the problem?”

If nothing written in this chapter has helped you stop worrying then perhaps you don't want to stop. Perhaps you simply find worrying a comfort zone.

***WORRY, DOUBT, FEAR AND DESPAIR ARE THE
ENEMIES WHICH SLOWLY BRING US DOWN TO
THE GROUND AND TURN US TO
DUST BEFORE WE DIE.***

- Attributed to General Douglas MacArthur

The truth is that to worry or not to worry is your personal choice.

Trebla Ognim says

*To worry without a justifiable reason
is what most people do. It is okay to
worry until you realize what you're
worrying about is not a life or death
circumstance. Then you need to let go
and let whatever will be – will be!”*

You mainly continue to worry when your mind is 'free' to do so. So keep yourself busy.

Women seem to know how to do that better than men. They have a natural energy in them to keep moving and doing.

***IF I HAD MY LIFE TO LIVE OVER I
WOULD PERHAPS HAVE MORE***

***ACTUAL TROUBLES BUT I'D HAVE
FEWER IMAGINARY ONES.***

- Don Herold

But if you truly want to stop worrying then read this chapter over and over again until something written gets your attention.

You *can stop* making up stories about future events that you have no control. You are in control of your thinking. So, be bold and take control.

***WORRY NEVER ROBS TOMORROW
OF ITS SORROW,
IT ONLY SAPS TODAY OF ITS JOY.***

~Leo Buscaglia

The power in you is in this book and it is hoped that you find it and embrace it. Create a personal goal and take an action on that goal with passion in your heart. When you do then you won't have time to worry. You will be too busy creating your future.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT stop worrying, instead set a goal and go for your dream without hurting another?

MISTAKES



“Your time to live”

Chapter Twenty-one

Thank God for mistakes! Without mistakes we would believe that we are perfect.

WOW! What a mistake that would be.

MISTAKES

M –y

I –nept

S –enses

T –houghts

A –ctions

K –nocking me down, while

E –volving into my true

S –elf

Yes! Often it takes making a mistake for you to evolve into the person you are supposed to become while you are living your life to its fullest.

***THE MAN WHO MAKES NO
MISTAKES DOES NOT USUALLY
MAKE ANYTHING.***

-William Connor Magee 1868

Sadly at times, when you make a mistake, someone makes you feel that your world has come to an end, and that whatever you did cannot be overcome, or that your life is over. Well, you know what I mean; you would feel so bad that you instantly knew you were no good to

yourself or to anyone else.

However, as time passes, you realized that your life is not over - thank God! You're given a reprieve to live one more day. Whew - that was close!

Trebla Ognim says,
"Mistakes are purposeful.
They are learning points
for your personal evolution
into your true self."

Mistakes are a vital part of your growth toward becoming the real you.

Generally making mistakes create the opportunities to open up your eyes to a more acceptable way of living your life. It can make your life more productive and self-satisfying.

A STUMBLE MAY PREVENT A FALL.

-Thomas Fuller, M.D.

Sometimes you can be caught up into thinking you know it all and then all of a sudden life crumbles all around you, making you very vulnerable. It can be a humbling experience. You can look at it as a negative experience that cannot be corrected or you can look at it as a positive experience and learn from it.

First mistake -Forgive yourself.

Repeat mistake-- Reprimand yourself.

Replicate similar mistake.- Failure to learn.

Note: There are some mistakes that are too costly. Some cause death, while others cause the maiming of your body for life. There are no answers as to why such major mistakes happen to some people - they just do.

Be alert to your personal mistakes. Search for a meaning and the lessons from them. Every mistake has a learning lesson for each person. Your mistakes can help other people become more aware. You have probably learned by another person's mistake not to try crossing railroad tracks in front of an oncoming speeding train. If you did, chances are, you will lose.

Human beings possess many things knowing mistakes will be made. The office waste basket, pencil eraser, the typewriter corrector, correction fluid commonly called whiteout, and the computer delete key and Undo to name a few. The U. S. Bankruptcy Law was created for those who make a financial mistake.

You, like most everyone else, do not deliberately make mistakes. They simply happen to all of us. The important words here are all of us. No one is immune to making a mistake. If you are not making mistakes then you are not living your life to its fullest.

A suggested way to gauge your actions:

Mistake = *being unintentional* - it just happens.

Doing wrong = *being intentional* - you know it is wrong but you do it anyway.

Keep reading and seeking the power in you. When you recognize it--embrace it. Create a personal goal and take an action on it. It is your life – live it to the fullest.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT learn through your mistakes while going for our dream without hurting another?

REGRETS



“Your time to live”

Chapter Twenty-two

The word regret is synonymous with the word mistake.

When you have regrets you are saying that you have lived and made mistakes. It means that you have done something in your past that you are either sorry for, or ashamed of, and wished you hadn't.

It is called living life.

Human beings are not perfect therefore they are prone to failings along the way of living their lives.

There are two types of mistakes: One being *intentional* and the other being *non-intentional*.

The intentional ones don't seem to implant a wound as much as the non-intentional. The intentional ones are the actions toward another while the non-intentional ones are re-actions toward another. The re-action will bother you more than the action one because you responded to another person's action with your re-active mind without thinking. The intentional ones are those that you purposely wanted to offend another person. Therefore you pre-thought the action you took. It wasn't an error in judgment.

It seems that all human beings live with regrets.

***MANY OF US CRUCIFY OURSELVES BETWEEN TWO
THIEVES REGRET FOR THE PAST
AND FEAR FOR THE FUTURE.***

Fulton Oursler

In the song, “*My Way*” sung by Frank Sinatra, these words can be found, “*Regrets I've had a few. But then again, too few to mention.*”

***REGRETS OF NEGLECTED OPPORTUNITY IS
THE WORST HELL THAT A LIVING SOUL
CAN INHABIT.***

- Rafael Sabatini

Perhaps you didn't marry the person you think you should have or accept a job that you were offered. Didn't get a college education or travel enough. Maybe you didn't start your own business. Anything you can look back on and say to yourself "I should have". You must become aware of past mistakes before you can change your future.

Now that you are aware of you having regrets it is in your control to not create new ones in the future to the best of your ability. In other words - *think before taking an action.*

The best thing in life is that there is no dress rehearsal. It is flat out living.

Trebla Ognim says,

"Regrets are like a rubber band they try to hold you back when you are trying to move forward in your life. Recognize them and then set them aside simply as an experience and go forth with a passion in your heart for living life to its fullest."

The past is the past and the *past* needs to be left in the *past*. No one can alter their past therefore do not think too long on it. Let the past go and live for today. In this book, the author writes that it is best to have the fewest regrets possible before your life comes to its end.

Find the power in you, embrace it, set a goal - GO FOR IT!

BELIEVE IN YOU!

Trebla Ognim

WHY NOT set aside your regrets while going for your dream without hurting another?

FAILURE



“Your time to live”

Chapter Twenty-three

Is there such a thing as *failure*, and if so, is it *forever*? Yes, there is such a thing as failure but it is not synonymous with forever. Failure simply means that you set out to do something that you wanted to do but didn't quite reach the end result that you hoped for. More than likely you felt disappointed which left you with the letdown feeling of failure. It might have left you with the feeling of not being smart enough. It might have caused you to feel less self-confident and less worthy. The letdown feeling might have led you into depression which caused you to lose hope.

Failure defined, "*omission of occurrence or performance, a failing to perform a duty or expected action, a falling short.*"

Perhaps you, like most human beings, focus on your experiences of falling short rather than focus on your experiences of success. It seems to be human nature to do so.

Many of you feel that there are only two results for trying - success or failure. There is a third – temporary defeat.

***SUCCESS IS THE ABILITY TO GO FROM ONE
FAILURE TO ANOTHER WITH NO LOSS OF
ENTHUSIASM.***

- Winston Churchill 1874-1965

What keeps a lot of you from setting goals and trying to achieve personal success is the fear of failure.

You can eliminate your fear of failure by focusing on the falling short part of the definition of the word failure. It implies that you could recover from your falling short by continuing to persevere. When you fall short, you simply experience temporary defeat. It doesn't

necessarily mean it is the end of your trying to reach your goal. It can simply mean to restart in a different direction or set a new goal for something else that you may want. Sometimes what you want you may not get and that is life. However you must always try. You were born a winner and you were born to live your life to its fullest and to do the best that you can.

You may fail but you are not defeated. You simply experience temporary defeat which does not make you a loser.

Alexander Graham Bell was not the only person to invent the telephone, but was the only one to make it work successfully. He tried 10,000 times before it worked. He later said, *"I didn't fail 10,000 times - I just learned 10,000 ways it wouldn't work."*

IF YOU HAVE MADE MISTAKES, EVEN SERIOUS ONES, THERE IS ALWAYS ANOTHER CHANCE FOR YOU. WHAT WE CALL FAILURE IS NOT THE FALLING DOWN BUT THE STAYING DOWN.

Mary Pickford 1893-1979

Babe Ruth struck out 1,330 times, but he to hit 714 home runs. He didn't consider himself a failure and neither did the world!

MANY OF LIFE'S FAILURES ARE PEOPLE WHO DID NOT REALIZE HOW CLOSE THEY WERE TO SUCCESS WHEN THEY GAVE UP.

Thomas A. Edison 1847-1931

It is important to strive toward what you want out of life by setting personal goals. Some things in life come easy but most of what is of value requires work.

It is okay to fail.

It is okay to succeed.

Failures can lead to success and usually do.

MAN ARE BORN TO SUCCEED, NOT FAIL.

- Henry David Thoreau 1817-1862

It seems too many people take a risk only once in life and then give up. It seems that they might have had serious inferiority complexes that came forth when they did fail. But those inferiority complexes may simply need to be looked at for possibly ignoring them in their future life. In other words set another goal and ignore your inferiority

complexes as they come forth by telling yourself that anything is possible and the past is the past. There is no doubt that you can be successful even though someone in your past told you that you were a loser and that you would never amount to anything. You will need to recognize that those who told you that you were a loser probably like they were losers and didn't want you to remain the winner you were born.

Think about that!

***YOU MAY BE DISAPPOINTED IF YOU FAIL, BUT
YOU ARE DOOMED IF YOU DON'T TRY***

Beverly Silks 1929

A onetime failure is a temporary defeat which means you can try again and again and again as long as you want. A temporary defeat is simply a learning experience - it is not a finality! Therefore taking another risk is wide open for a successful result. No matter how many times a person fails it does not mean the end of trying. You simply set new goals and eventually you will succeed. Remember you were born a winner and you will die a winner.

You already know that life has its ups and downs so by now you know life is worthwhile. And you know that your reward is creating wonderful memories forever of the successes you have had in your life.

Trebla Ognim says,

"To fail is a step forward to learning about yourself. You will never know your true self until you experience failure. You will either try again or give up. Remember you were born a winner. Keep in mind only you can truly fail by not trying again. It is your choice"

It is your responsibility to live your life to its fullest during the interim of your birth and your demise.

***SUCCESS ISN'T PERMANENT AND
FAILURE ISN'T FATAL.***

Mike Ditka -football coach

The power in you is in this book and is waiting for you to recognize it. When you do find it then embrace it, set a goal and go for it!

BELIEVE IN YOU!

Trebla Ognim

WHYNOT let your failures strengthen you while you go for your dreams without hurting another?

DEPRESSION



“Your time to live”

Chapter Twenty-four

It seems that most everyone experiences a form of depression in their lifetime. For the average person it does not last long nor does it alter their lives in a disruptive manner. It usually comes and goes in a relatively short span of time.

What is it?

It is a psychological disorder caused by a serious abrupt negative change in a person’s life.

How do you get it?

You don’t get it. It just happens. A noticeable way is by being rejected by another person or losing something extremely important such as a loved one through a death, by way of a relationship breakup, loss of a career or long time job. Sometimes there is no identifiable beginning – it just planted itself into a person’s being either at birth or somewhere along the way.

What good is it?

There doesn’t seem to be a beneficial learning experience from it. It is just something a person must go through and hope it doesn’t attach itself like a barnacle to the hull of a sea vessel. Barnacles are difficult to remove and deep depression is just as difficult to overcome.

What is Depression?

One thing for sure, it is a serious ailment for most human beings during its stay. It moves in without your permission and slowly takes over your thinking processes and begins to slow down your normal body functions that keep you healthy. And finally, it creates chaos and turmoil. It changes your life as you have known it.

DEPRESSION DEFINED: “a state of unhappiness and hopelessness; despair, sadness, downheartedness, misery, melancholy, dejection, gloominess; a psychiatric disorder showing symptoms such as persistent feelings of hopelessness, dejection, poor concentration, lack of energy, inability to sleep, and, sometimes, suicidal tendencies.”

Depression can be Devastating: It can cause severe or widespread damage to a person’s health and life. It can drastically alter a person’s health and life in a way that is destructible. And, there are times when some people do not *survive it!*

The good news is that depression is treatable. It is suggested by this author if you think you are depressed in reference to how depression was defined earlier then make an appointment with a Medical Doctor, Psychologist or Psychiatrist felt as soon as possible and begin your journey to renewed good health.

Trebla Ognim says,

“Depression hurts and it takes you away from living your life to its fullest. Contact a doctor if you think you are depressed.”

Psychiatrists and Medical Doctors have access to prescribing therapy and medicines that help their depressed patients. Some of the anti-depressant medications are listed below:

Paxil® (Paroxetine), Prozac® (fluoxetine), Zoloft® (sertraline), Lexapro® (escitalopram), Celexa® (citalopram), Cymbalta® (duloxetine), Effexor® (venlafaxine), amitriptyline or Wellbutrin® (bupropion) – Seroquel XR

This author suggests that if a Psychiatrist or Medical Doctor puts you on an anti-depressant make sure they follow up closely with you. It is suggested that you do not just keep taking the medication without interval appointments with a doctor for blood tests that can determine whether the medication is negatively affecting your body such as your

liver.

It is imperative that you do not stay long term on anti-depressants. They are intended to help you through your depression – not cure it!

Some of these anti-depressants cannot be stopped abruptly. Some cause withdrawals because they are a potent medication. Withdrawals generally make you very sick. However, a doctor can tell you how to wean yourself off your medication safely.

Always follow up with your doctor. Your doctor is the key to your feeling better.

It is suggested that you do the best you can to determine what you think may have caused your depression so that you can work on making the necessary changes to overcome it.

Like anything else, it will require focus and dedication to overcome what is changing your life so drastically.

Some scientific researches conclude that some people are born Bipolar. Bipolar is a mood disorder that affects both how you feel and how you act. It is a mood disorder. It can cause extreme swings in a person's mood. The mood can go from manic highs to depressive lows.

The good news is that there are clinically proven treatment options available for Bipolar that may help. The operative word in this sentence is, “*may*”. This means you and your doctor may have to experiment to find which medication works for you.

If you were not born depressed then something happened along your path of life that has caused you to experience it. It generally occurs after you have lost something in your life that was valuable to you. It could be a long time love relationship, friendship, a job, a severe accident, chronic illness, separation from people, unintended isolation, loneliness, or someone's death, etc.

A few people are born with a depressive disorder.

Those who suffer from severe depression are ill. It can be debilitating and, in some cases, deadly.

***DEATH IS NOT THE GREATEST
LOSS IN LIFE.
THE GREATEST LOSS IS WHAT***

DIES INSIDE US WHILE WE LIVE.

- Norman Cousins

There is a program for every human mental health disorder. Therefore research whatever disorder you may be experiencing.

The fastest way to get information in present time is your internet. Simply ask a question and hit 'search' and select that which you think will give you the answer you are looking for. Obtaining information is the key to a better future. It is important to your health and your future to seek help.

There is such a group, like Alcohol Anonymous, that helps people with depression and it is called Depression Anonymous. Then, there is another group called Emotions Anonymous. These can be found in person or online. These are twelve step programs that may help you live a better life.

Embrace the power in you that is in this book, commit to it and set a goal and take an action on your goal.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT seek help and overcome your depression and then go for your dream without hurting another?

BEING ALONE



“Your time to live”

Chapter Twenty-five

Not wanting to be alone is the worse decision anyone can make. Should you make this decision, then you will find yourself in prison. In other words most human beings would rather stay where they are rather than move out on their own alone even if the environment is dangerous to their health. Those who make the decision to stay will find themselves in a prison like circumstance.

You probably grew up with your family without experiencing being alone unless your parents, guardian, etc. went out and about without you. But as you matured you wanted to move out and be on your own. When you did move out you probably experienced being alone for the first time unless you got married or moved in with someone. Sometimes girls move in together and boys do the same. Usually it is with a close friend. Of course, you are not alone.

However as time passed you might have found yourself in a position to live alone.

Being alone is challenging at first. Like anything new it takes time to acclimate.

Sometimes the loneliness can be so unkind that you won't be able to stand it. You may even cry yearning for company. You might even tell yourself that you just can't live this way. You might even think that you didn't come into this world alone because you were born with a mother and that you were not meant to live alone. However, sometimes circumstances cause you to live alone and there is nothing you can do about it at the time. Is there an upside to living alone? - YES!

As you make the adjustment you will begin feeling an independence, the freedom, that you have never experienced before. This new feeling of freedom gives you a renewed strength within. You will begin liking it.

Why?

Because you can do anything you want any time you want with whom you want or even alone. You will no longer feel dependent on another person as you live your daily life. You will have become a true grown up with personal responsibilities of taking care of yourself. You will be able to go anywhere by yourself without feeling lonely. You can go to a movie or a restaurant alone and it won't bother you. You will begin liking yourself more than you ever had before. You will begin embracing this new person within you. You will have learned to stand on your own two feet. You will learn to cook for yourself, clean your own place, and wash your own clothes. You will learn self-reliance which in turn creates self-confidence. You will become the true person that you were born to become.

***WHEN YOU ARE STRONG ENOUGH TO LOVE
YOURSELF 100%, GOOD OR BAD YOU WILL
BE AMAZED AT THE OPPORTUNITIES
THAT LIFE PRESENTS YOU.***

-Stacey Charter

When you have overcome the challenges of being alone you will enjoy being with other people more than you ever have in your life. Because you will now be the strong person you always wished. You will feel a renewed strength within so strong that when it is time to depart from the other or others you will not feel that *'being alone'* feeling. You will depart and go home and continue living life with your new freedom by yourself comfortably and enjoying it.

***YOU CANNOT BE LONELY IF YOU LIKE
THE PERSON YOU'RE ALONE WITH.***

- Dr. Wayne Dwyer

It is human nature to not immediately like change. You will struggle in it until you make the adjustment and then you will accept it. In time it becomes the new norm. This is the stage of acceptance.

***ALL OF OUR UNHAPPINESS COMES
FROM OUR INABILITY TO BE ALONE.***

-Jean de la Bruyere

Being alone can be good and bad. The objective is to turn it into good. Partly why you may not want to be alone is because of your inferiority complexes wherein you might not feel that you can do it alone in life. Perhaps you were told that you cannot make it in life by yourself. Perhaps you were told you were dumb and you were a failure. Perhaps you were told that you were no good. This is the time to face your inferiority complexes and overcome them. And yes, it is possible to do so.

Strangely enough one night alone could change your outlook at life. It can be an inner look at yourself allowing you to make a positive change to seek a better life.

Should you be eighteen, or and still younger than thirty, and not sure what you want to do with your life then you might consider getting a hotel room by yourself to do some serious thinking about your life. Bring enough food to last until check out time. Do not turn on television, do not turn the radio on – do not turn your cell phone on – do not bring a computer or any electronic games, or books or anything to take your attention away from self-thoughts. Do bring a pencil or pen and a note pad. The quiet will bother you until you get settled in, then your thinking processes will go to work. This experience will require patience. Do not leave the room for any reason. This could be the changing moment in your life. Many people who find themselves alone, or do so on purpose, find a new thinking process going on that will change their attitude on their future life. Do not give up - stick it out to the end which is check out time the next morning. You will be thankful that you did.

Trebla Ognim says,

*“Being alone can be the best thing that ever happens to
you even though you might not like it at first. Being alone will
make you strong from within.*

You will experience true freedom for the first time.

You will become self-sufficient while living out your personal

responsibilities. You will become a true independent free human being. You will stand up strong.

Being alone can sound lonely but when and if you experience alone time without any outside interference you will enjoy a new outlook on life. People who have lived alone for some time and have learned to accept themselves within find life differently than those who have never experienced alone time.

The power in you is in this book and hopefully you will or have already found it. It is the power in you that will provide you with the strength and courage to go forth with your life by setting a goal and going for it.

BELIEVE IN YOU!

Trebla Ognim

WHYNOT accept that being alone can be tough, but should you find yourself in that position, stay strong and have the courage to go through it and go for your dream without hurting another?

CHANGE



“Your time to live”

Chapter Twenty-six

Shakespeare might have put it this way, *“To change or not to change?”* that is the question.

Your thinking is a process developed from the moment you were born to this current time and place. You have created your thinking processes from your wants and experiences as you have lived your life and most of you find your own thinking very comfortable. So comfortable that just the thought of changing could be so inconceivable that you might ask, *“Change what?”*

NOTHING IS PERMANENT BUT CHANGE.

-Heraclitus 500 B. C.

From your birth to this day, you have experienced changes that you have simply accepted as part of your life. However, when you were experiencing them, you found yourself sometimes comfortable and sometimes not so comfortable. These changes simply became a new state of mind and your new comfort zone.

A comfort zone does not mean that it is always a happy place. It could also be an unhappy place. We simply learn to cope and live with the lifestyle and often we learn to find comfort in our discomfort.

Think about that!

Changes occur when you are given the opportunities to grow out of your comfort zone. They come through various influences in your life. Often simply meeting a stranger can create the desire to make a change.

***CHANGE IS THE LAW OF LIFE, AND
THOSE WHO LOOK ONLY TO THE PAST
OR TO THE PRESENT ARE CERTAIN TO***

MISS THE FUTURE.

-John F. Kennedy 1963

Have you ever met someone who seemed to possess an omniscient quality about them?

Did you wonder why that person appeared to be so different--so omnipotent?

Did you think that the person had something within them that you thought was missing in you?

That person more than likely found the secret to the power in them.

They simply took responsibility for their own life rather than letting someone else control them. We all seem to recognize that kind of power but we do not seem to understand that we too possess that same power within ourselves. The truth is we simply need to know how to connect with it.

"Do you have it?"

The answer is, *"Yes!"* It really does exist and you really do have it.

Life is a journey that offers many paths allowing you to choose your own direction at each fork in the road. It is at the fork in the road that the decision you make changes your comfort zone. And as you live, so will you change.

It is the power in you that will enable you to change for the betterment of your life and life itself."

You have been given an allotted time on this earth to do what you were meant to do. If you find yourself interested in finding the power in you, then that is what you are supposed to do now.

Having a meaning and purpose to your life is the motivation by which to live your life to its fullest.

Think about that!

***REFUSES TO REALIZE THAT TOMORROWS
JOY IS POSSIBLE ONLY IF TODAYS MAKE
WAY FOR IT, THAT EACH WAVE OWES THE
THROUGH LOYALTY TO THE PAST, OUR MIND
BEAUTY OF ITS LINE ONLY TO THE***

WITHDRAWAL OF THE PRECEDING ONE.

-Andre Gide 1928

Shakespeare might have said it this way, "*Would you rather take control of your own life or be controlled by someone else?*" that is the question.

Only you have the answer. Only you must live your life.

You might consider listening closely to the Michael Jackson song, "*The Man in the Mirror.*" When you change the person in the mirror-- your world will change.

It is not probable that the world will change, but you can change within the world.

Your thinking processes are beginning to change as you read. You are on your way to a more fulfilled life. You are taking the risk of going outside your comfort zone, and it could result in you experiencing the joy of creating a new and exciting future.

Trebla Ognim says,

"Change is the only real constant in life."

Important: At the beginning, and while going through the process of making a change, you will experience self-doubt. Doubting is normal.

It is imperative that you understand it is the one thing that can cause you to fluctuate on your decision to make a positive change. Experience the emotional roller coaster for a moment but do your best not to give in to it.

DOUBT defined: "*uncertainty of belief or opinion that often interferes with decision-making; a deliberate suspension of judgement; state of affairs giving rise to uncertainty, hesitation, or suspense; a lack of confidence; Distrust; inclination not to believe or accept.*"

DOUBT

D -etrimental

O -utlook

U -ndermining your

B -elief

T -hat you can make a change for the better in your life

Let faith, not fear, take charge of your life.

When doubtful - *Do it anyway!* – When afraid - *Do it anyway!*

The journey you are now on by reading this book will be the influence of when you make the decision to change your life.

By continuing to read this book, you are taking a giant step forward giving yourself the opportunity to find and perhaps feel for the first time, the power in you - the true source of your energy.

Find the power in you in this book, embrace it, set a goal and go for it with all your energy and strength.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT make a change and go for your dream without hurting another?

WORKAHOLICS



“Your time to live”

Chapter Twenty-seven

A workaholic is someone who works long hours on their job. They work longer than their co-workers and often take work home. These people rarely recognize themselves to be a workaholic. They focus on work while ignoring others in their life including their families.

They are at work longer than they are at home.

They focus on work for many reasons. One is the fact that they love it and another is that they like making money. To them making money is supporting their family and that is number one. They don't consider that spending time with their family is equally important.

They simply will say it is their job and that they are good at it and they enjoy it. For them time passes quickly without them realizing it. Even if they did realize how fast time was passing they wouldn't care because they receive self-satisfaction in what they are doing.

***FOR WORKAHOLICS, ALL THE EGGS OF SELF-ESTEEM
ARE IN THE BASKET OF WORK***

- Judith M. Bardwick

Workaholics can create serious problems within their family life. When working becomes the most important thing in a person's life, and family and friends are second, then it has become an obsession. Being obsessed is a sickness that controls the person. It is a mind completely obsessed with a single thought, idea, or desire, an extremely narrow point of view.

They are selfish people in that they do not think that sharing their life with others is important. They think that work is the only important thing in life.

To a workaholic their happiness comes from working.

Some times when a person has to hold two or more jobs in order to make a living it can resemble being a workaholic. When trying to make a living becomes difficult it puts a burden on the person working as well as the family.

However, when a person works two or more jobs it doesn't necessarily mean they are a workaholic. It could just be a means to an end - a way for that person to support their family. They are trying to keep their family out of poverty.

The workaholic makes a living and likes making a living because they really like their job. They are not forced to work long hours but rather choose to do so and they allow time to slip away.

When work is the only thing that matters then an intervention must take place in order for that person to learn and understand that they are a workaholic and it is destroying the family unit.

There is a Workaholic Anonymous twelve step program just like the Alcoholic Anonymous program and other addictive programs that are available to help.

Being a workaholic can also lead to health problems which makes family life even more challenging. Being a workaholic and being unhealthy is probably the worse situation in life to be.

It is definitely a call for help.

You probably know a workaholic or suspicion that someone you know is one.

Sometimes the workaholic has a second addiction such as smoking drinking, gambling or even drugs. Or, the person just loves his work!

Being a workaholic does not mean the person is a bad person at all. It simply implies the person has focused in on work rather than life itself. It means the person needs help to understand themselves and what they are doing to the family and others.

Workaholic Anonymous does help thousands of people to live a wholesome life. Once they recognize themselves as a workaholic, and that they are powerless, and that they need help in order to move forward toward a more balanced life.

Give this chapter thought regarding your work and your relationship with your family and friends.

There is no doubt that we live in a work connected world – land

line telephones, cell phones, emails, texting and fax machines. This can make it difficult to separate work from our personal time.

It seems that in this new communication world texting has taken over many people's lives. And the texting may not be related to work at all – in fact most texting seems to be spurts of meaningless words to a friend, acquaintance or a stranger. More like a chat room process on Internet. It eliminates making a phone call. Texting can be done 24-7. It appears to be on the cold and indifferent side of life – just words transmitted to one another without a human touch. It seems most texting is useless babbling. People become addicted to it. No matter where you go you will find people texting.

Texting is related to being a workaholic in that it interferes in all kinds of relationships.

Someday there may be a Texting Anonymous Twelve Step program. The younger generation is hooked!

The best part of living in this day and age is that if you are a workaholic you can find help.

Twelve Step Programs communicate that there is a Higher Power that when recognized and embraced it helps people change their lives for the better.

Trebla Ognim says,

“For those of you who are working longer than normal hours and are neglecting your families and friends, you might consider attending a Workaholic Twelve Step Program to come to a decision if you fit into the category of a workaholic. If so, then take advantage of the program and become an avid attendee. This Twelve Step Program could get you back on the right track for living your life to its fullest.

Find the power in you in this book and embrace it. Set a goal and reach for that goal with a burning desire. It can change your life for the better.

BELIEVE IN YOU!

Trebla Ognim

WHYNOT determine whether or not you are a workaholic, if so, then get help and begin living your life to its fullest again and go for your dream without hurting another?

PERHAPS YOU ARE STUCK



“Your time to live

Chapter Twenty-eight

Sometimes a vehicle gets stuck in the mud, and when it does, the driver automatically tries to get it unstuck, sometimes being successful. Often, using a back and forth rocking motion leads to success. Having people push the vehicle from behind can work at times. However, usually a tow truck is required to get the vehicle unstuck.

THE BEST WAY OUT IS ALWAYS *THROUGH*.

-Robert Frost

At one time or another, you probably have experienced the feeling of being stuck in your life - entwined in your personal spun web of life.

Being stuck creates an internal struggle. One that also means you are in *'indecision'* constantly and find it difficult *'to make a decision'*. Being indecisive means you are fearful of what to do. Therefore you go back and forth just like the driver of a car that is stuck hoping that you can go forward without too much effort.

Being stuck means you are in a state of emotional stagnation, which creates a life of monotony. Living a life of monotony can affect your rational thinking processes wherein you will not consider making a change on the basis that you think none is required.

The truth is, anytime that you are living a life of monotony, a change is definitely needed. Monotony leads to doldrums, and doldrums lead to using a lazy mind, which destroys your motivation and then can lead to depression.

You are creating a life of comfort for yourself as you live your life like a bird building a nest. Most of you strive to develop a life in which each new day does not require much forethought - diligently working at it so that you can hide. It becomes your safe haven from the outside

world, and it becomes your security blanket.

It is human nature to hide from the environmental stresses from the outside world.

A comfortable living environment is not necessarily one of peace and tranquility. It is simply an environment in which you live on a daily basis--one that is familiar to you. There are many environments such as, alcohol or drug addiction that you probably would not choose to live in. Yet, it can be a comfortable environment because it is what you know, and it is familiar. You could be stuck in your comfort zone now, and chances are you would prefer not to make any changes because you feel safe - protected in your familiar place. You know what to expect on a daily basis, and your life is predictable. Your comfort zone may not be one of peace and contentment but one of oppression, abuse, and maybe, it even includes violence. You may think that where you are now is good enough for the rest of your life. It is this process of thinking that causes most people to become stuck.

***OUR GREATEST FOES, IN WHOM WE MUST
CHIEFLY COMBAT, ARE WITHIN.***

-Cervantes

Right now, as you read this book, you may find your comfort zone is not one that you really want, and you feel stuck. It could be that you are living an unhappy lifestyle - that if you had one wish you would wish for something better.

***NATURE NEVER DECEIVES US;
IT IS WE WHO DECEIVE OURSELVES.***

-Rousseau 1762

The truth is, if you are an adult, the choices you made for yourself created your present comfort zone. You spun the web that now may have you entangled in it.

Like most human beings, you need to live in a world that you understand, and one that is familiar, no matter how bad it may really be for you. You might have a hard time thinking that change could possibly be, for the better. That thought alone might scare you into not considering making a change. After all, on the other side, it could get worse.

The unknowing can create fear. However, it is the only road to travel to get what you want.

STUCK

S-elf denying

T-ime wherein you are

U-nwilling to

C-hange

K-nowing for the unknowing

Jean Jacques Rousseau said, *“Man is born free, but everywhere he is in chains.”*

They put chains around you from the outside world and you wrapped chains around yourself.

The most difficult thing for you to do is to give up something not knowing what you will get in return. It seems that human beings usually do not want to stop the suffering that they know because they really do not believe that there is anything else in the world for them. Some people feel loved when abused - after all, it is what they know.

You don't have to remain stuck in your life but it is up to you to get yourself unstuck.

When you begin writing the pros and cons of your living situation down on paper, it is the same as the driver who rocks the stuck vehicle back and forth trying to become unstuck. Often this process leads to a positive conclusion with a positive change taking place. When this process doesn't seem to come to a conclusion, then you may want to consider asking for help.

Trebla Ognim says,

“It is only through confronting your fears and stepping out into the unknown that you can become unstuck and evolve into your full potential as a human being.”

If you would like to live the best possible life that you can live, you might consider questioning your life annually. You might find it interest-

ing to find out that you are doing the best you can to build a comfortable living environment with only minor changes having to be made. Sometimes it is your New Year Resolutions that express how you would like to change your life. As you probably have experienced, most New Year Resolutions do not come to fruition. The reason being that people fall back into their old habits of living and are not motivated enough to try harder to achieve change.

If you recognize that your comfort zone is not peaceful, keep in mind that you have the choice of leaving your current comfort zone and begin to seek a better life.

Choice comes from having free will.

"You were born with free will!"

It has been said, *"To have something that you have never had you must do something that you have never done."*

The power in you will provide you with the strength and courage to become unstuck. It will become an avenue of guidance and help for you changing your life. Once you have made your decision to move on, you have committed yourself to take an action. It is with your action that what you need to help yourself will come to you.

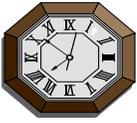
Keep reading and searching for the power in you. Find it and embrace it and create a personal goal and take an action on that goal and begin living your life to its fullest.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT become unstuck and go for your dream without hurting another?

CHOICES



“Your time to live”

Chapter Twenty-nine

Your life is made up of you making choices on a daily basis. You either will or won't do something. Generally, you will always do that which you like and have great difficulty doing that which you do not like. That is human nature.

THE DIFFICULTY IN LIFE IS THE CHOICE.

-George Moore

1900

For instance, you may or may not like your job. If you do, then making the choice of going to work is easy. If you don't, then making the choice of going to work is difficult, and chances are you only do it, because of the responsibilities involved of staying self-reliant.

There are times when you are told to do something against your will. Whether or not you do it depends on the consequences.

You may choose not to do something but, because there are negative consequences, you'll probably end up doing it. You will make the choice by your interpretation of how it will be in your best interest. That is your norm in learning to live your life the best you can within the controls and constraints of your environment.

You always have the right of choice in life. However, you do not have the control of the consequences. Whatever will be - will be!

Whoever you are today, you chose to be that person. Whatever work you are performing today, you chose to do that work. What kind of life you are living today, you chose to live that way.

***IT IS YOUR OWN CONVICTIONS WHICH COMPELS
YOU THAT IS CHOICE COMPELS CHOICE.***

-Epictetus

You established a comfort zone as you grew up, and often you make choices to keep you in that comfort zone rather than break away from it. That can be good or bad depending on whether your comfort zone is one of good or bad. Your comfort zone is simply that which you feel the most comfortable living in. It doesn't mean that it is a good one. It just means that it is one that you have acclimated to by your choices.

Some choices are not easy to make. Some choices simply have to be made. There are times when change is going to happen and you have no control over it other than being required to make a choice.

Trebla Ognim says,

"Making a choice is the result of having options presented to you. You make your choice by your needs, wants, and your interpretation of the consequences."

One of those times, and one of those choices, is in the movie, *"Sophies Choice!"* In that movie, actress Meryl Streep, plays the part of a mother who is given the choice of choosing between her son and daughter. She could only keep one of the two. She knew no matter what her choice may be the consequences were going to be excruciating.

Most of the audience was probably very much involved in the choosing process and, more than likely, were unable to make the choice. It was a heart wrenching moment in the movie.

Choices are not always easy; however, choices are all you have. Choices are mandatory in living life. Because you have freedom of thinking - you have freedom of choice.

When you make a choice, it is in the best interest of yourself. You consider the pros and cons of your options until you conclude what will serve you the best. Not always does your choice enhance your life. It can simply be the best choice between two evils, and the easiest for

you to live with at the time. It is your instinct to survive. Your surviving gives you another opportunity to make another choice - hopefully, for the betterment of your life.

CHOICES

C-onfronting

H-anded out

O-ptions with

I-ndicated

C-onsequences

E-nding in

S-elf-service

When you recognize the power in you and create a personal goal and go for it!

BELIEVE IN YOU!

Trebla Ognim

WHY NOT make your choices wisely while going for your dream without hurting another?

EDUCATION



“Your time to live”

Chapter Thirty

Having a formal education is not the end all for success but it is the foundation for living an independent life successfully. Having a high school diploma is required for employment by most employers.

Some of you quit high school because you thought it boring and useless or to go to work to help the family. When you went looking for a job you found that most employers wanted you to have at least a high school education. Many men and women discharged from the military service after World War II were faced with this obstacle.

The GED Test was created in November 1942 for military personnel and veterans after World War II to help those who entered the military before graduating from high school to find employment. It has been revised three times – the third time in 1988.

The GED is also referred to as a General Education Diploma, General Equivalency Diploma or Graduate Equivalency Degree.

IF SOMEONE IS GOING DOWN THE WRONG ROAD, HE DOESN'T NEED MOTIVATION TO SPEED HIM UP. WHAT HE NEEDS IS EDUCATION TO TURN HIM AROUND.

- Jim Rohn

If you are one who quit high school on your own it is recommended that you get involved in a General Education Development diploma program immediately. By completing a program you will receive a (GED Diploma.) By earning this diploma it will help you in obtaining employment.

PEOPLE LEARN SOMETHING EVERYDAY, AND A LOT OF TIMES IT'S THAT WHAT THEY LEARNED

THE DAY BEFORE WAS WRONG.

-Bill Vaughan

The American Council on Education is the sole developer of the GED Test according to the Internet.

Those of you who meet the passing score requirements will receive a Jurisdiction award a “*Certificate of General Educational Development*” or similarly titled credential.

The only persons allowed to take the GED test are individuals who have not earned a high school diploma.

Approximately (15) million people have taken the GED test since its beginning.

The cost of the GED for test-takers varies depending on the state. In some states the test is FREE – others can cost from \$7.50 to \$100.

***EDUCATION COST MONEY, BUT THEN
SO DOES IGNORANCE.***

- Claus Moser

The most reliable and up-to-date information regarding any given area’s current testing costs and policies may be found by contacting your local GED testing center. You are in charge of your own life therefore your future is in your hands. It is up to you to create the best possible life.

***EDUCATION IS A PROGRESSIVE DISCOVERY
OF OUR OWN IGNORANCE.***

- Will Durant

You can find testing centers in adult-education centers, community colleges and public schools.

***THE DIFFERENCE BETWEEN SCHOOL
AND LIFE? IN SCHOOL, YOU’RE TAUGHT
A LESSON AND THEN GIVEN A TEST.
IN LIFE, YOU’RE GIVEN A TEST THAT
TEACHES YOU A LESSON.***

- Tom Dodett

It is important to know that the test can only be taken in person.

The GED test cannot be taken online - at least at this time.

CHILDREN HAVE NEVER BEEN VERY

***GOOD AT LISTENING TO THEIR ELDERS BUT THEY
HAVE NEVER FAILED TO IMITATE THEM.***

- James Balwin

There are five components to the GED Test:

1. *Language Arts: Writing - Part I & Part II*
2. *Social Studies*
3. *Science*
4. *Language Arts: Reading*
5. *Mathematics*

The test is designed so that you can have the basic skills to listen, read, write and speak with clarity in comprehension, expression or thought. It includes the basics of mathematics.

The fastest way to get your GED diploma is to take classes at a school near you that offers studies specifically for earning a GED diploma.

This basic high school diploma will open doors for you in your search for employment to make a living. This high school diploma will help you assimilate into society and become a productive part of it.

Yes, you will have to step out of your comfort zone. You will have to find a way to motivate yourself to go after what you want and need to get a job and live a full life.

You will need to set a goal. This goal could be the first goal you ever created for yourself to achieve. This goal will be the beginning of the rest of your life so make it a priority in your life to set the goal and go after it. You will need to write down this goal so that you can follow it step by step.

Step 1. What is it you want – a GED diploma.

Step 2.-Where can you get it – a school near you.

Step 3.-How much will it cost – cost will vary.

Step 4.-Sign up at the school – set a date to begin.

Step 5.-Study hard and learn the lessons.

Step 6.-Pass the exam.

Step 7.-Receive your GED diploma - you have achieved your goal!

Step 8.-Seek employment

Step 9.-After getting a job begin to blend into society as an active and

production member of the work force living your life to its fullest.

This goal should be placed in your eyesight at all times. You could place it near your bed or on the wall. You can place it on your refrigerator or on the bathroom mirror.

Keep a copy on your person and read it often throughout the day. You should look at it and read it as often as possible so that you know you are following your goal step by step.

Setting a goal is a motivator for you to get up out of your discontented life and try to move forward.

***THE BEAUTIFUL THING ABOUT LEARNING IS
THAT NO ONE CAN TAKE IT AWAY FROM YOU.***

- B. B. King

You will feel self-satisfied that you did what you set out to do and it will give you the exciting feeling of self-confidence that will cause you to create a new attitude toward living life with hope in your heart. You will no longer feel inadequate or dejected within your soul. You will learn to fly like the eagle. You now know that you have the foundation upon which you can build a successful life for yourself.

The GED diploma will give you the confidence that you are smart enough to do the work that you want to do successfully. It is your life - do the best you can living it!

You are now ready to seek employment.

Trebla Ognim says,

*“Formal education is not the end
all for becoming successful in
life. But it is the foundation for
creating a successful life.”*

However you must accept the reality that getting your GED diploma will not guarantee you a job but it will give you the confidence to seek employment knowing within that you are prepared.

You are seeking employment against others with a GED diploma, high school diploma and college degrees.

However you have just as good a chance of getting a job than they do. It will depend on how well you interview. Dress well - speak well.

Speak in a manner that you are excited to have the opportunity of getting the interview. Always do your best.

NOTE: The fastest and easiest way to get a job is through friends and relatives plus being in the right place at the right time. However, few people are that fortunate. And some may get the job but are not prepared to do the work.

Another avenue to seek employment other than applying to employers is to become an Apprentice in a Trade such as Auto Mechanic, Sheet Metal, Iron Workers, Air Conditioning and Heating, Masonry, Plumbing, Electrician, Carpenter, Sheet Metal, etc.

The important thing to remember is that you are now prepared and ready to work. You are confident and have the proper attitude to work as a team. You know that you can do anything that any fellow employee can do. You are no longer afraid but rather you are at peace. You are no longer hesitant but you are motivated. You know in your heart that you can succeed. You now know that you are somebody and you are a contender in life. You now know if you receive a 'no' after a job interview it simply means you are closer to getting a 'yes' and a job. You now know that you will seek employment until you do get a job because you will not give up. You now know that it is up to you and you are up to the challenge. You can do it and you will do it!

You were born a winner (you were the one sperm from the multi-millions of sperms that won) and you will die a winner.

This author hopes that you will find the power in you somewhere in this book. And when you do find it, embrace it and create a goal for your life. Write your goal, from your personal want list and then take an action on that goal with a burning desire to achieve it. Now is the time to do the right thing for yourself.

BELIEVE IN YOU!

Trebla Ognim

WHYNOT graduate from High School or obtain a GED diploma that will provide you with the self-confidence needed to do the work that you want to do written within your goal that you set and go for your dream without hurting another?

YOU DON'T ALWAYS HAVE TO BE RIGHT!



“Your time to live”

Chapter Thirty-one

You can now rest at peace. You will from this day forth live a renewed life of not having to always be right'. You will be free from trying to convince another person that you know what you know. If you know what you know to be right that is all that is important.

***FROM A WORDLY POINT OF VIEW THERE
IS NO MISTAKE SO GREAT AS THAT OF
BEING ALWAYS RIGHT***

-Samuel Butler 1902

Therefore, it is no longer a wise decision to attempt swaying a person to your side when, in fact, that person is of a different opinion. And during the course of your conversation, you must at some point, finally recognize that to be true. The sooner you recognize the truth, the faster you take charge of your emotions, and the faster you will make the necessary adjustment resulting with you feeling at peace. The other person will also feel tranquil when you stop the forceful spewing of your thoughts.

This is not saying you cannot express your opinion, and present your known facts to the other person in conversation, but be alert. When you become fully aware of the other persons responses, then you will be able to determine whether your new information is being accepted or rejected. Often you can get involved in a confrontation without meaning it to be one. Your emotions can be stirred to the point of arguing without realizing it. You are caught up in the moment. This can cause you much frustration and discomfort. It can also allow your anger to come forth. Of the two people, you are the most emotional, and that is not good for your health.

Chances are you have had the above kind of conversation.

You know something that someone else does not know and you also know something that someone else will not accept as truth. It becomes your will against their will. When you have reached that point then let it go. You have done your best to change the other persons mind.

ONE'S BELIEF THAT ONE IS SINCERE IS NOT SO DANGEROUS AS ONE'S CONVICTION THAT ONE IS RIGHT. WE ALL FEEL WE ARE RIGHT, BUT WE FELT THE SAME WAY TWENTY YEARS AGO AND TODAY WE KNOW WE WEREN'T ALWAYS RIGHT.

Igor Stravinsky 1959

Your wanting to always be right can also happen when you are driving, and the other driver fails to yield the right of way to you. It is best to give in, even though you know you are right, than to become known as dead right when you die in a collision.

You need to learn when to stop trying to convince another person of your knowledge. When you learn this truth, you will become intellectually correct in conversation. There are some people that you cannot ever change their mind. This is just life.

Trebla Ognim says,

"Believe it to be true to not want to always be right. Wanting to be right creates frustration within. The other person has to be opened minded for you to succeed. Few people are open minded. There is a time to let it go so let it go.

Below is one of the wisest saying ever:

**A MAN CONVINCED AGAINST HIS WILL IS
OF THE SAME OPINION STILL**

- Benjamin Franklin

Find and embrace the power in you and create a personal goal. By

You Don't Always Have To Be Right 135
taking an action on your goal it will guide you in your future
conversations in a way that you will be able to have intellectually
correct ones without getting frustrated. Your conversations will go
much better.

BELIEVE IN YOU!

Trebla Ognim

***WHY NOT negate the need of having to always be right while
going for your dream without hurting another?***

ASTROLOGY



“Your time to live”

Chapter Thirty-two

Astrology is considered to be a controversial science by many people. However, it is also one that many people truly believe and some follow it to a “T”. They do so through books, the daily newspaper, internet, astrologists and other media giving support to Astrological Horoscopes.

Zodiac-Signs

Aquarius – January 21 February 1

Pisces February 20-March 20

Aries-March 21 April 20

Taurus- April 21- May 21

Gemini-May 22-June 21

Cancer-June 22-July-22

Leo-July 23-August 21

Virgo-August 22-September 23

Libra-September 24-October 23

Scorpio-October 24-November 22

Sagittarius-November 23-December 22

Capricorn-December 23-January 20

The zodiac signs are symbolized by **AIR**, **WATER**, **EARTH** and **FIRE**

Each zodiac sign has a symbol that represents it.

HOROSCOPE defined: 1. a diagram of the relative positions of planets and signs of the zodiac at a specific time (as at one’s birth) for use by astrologers in inferring individual character and personality traits and in foretelling events of a person’s life. 2. an astrological forecast.

Astrology: 1. Astronomy 2. the divination of the supposed influences of the stars and planets on human affairs and terrestrial events by their positions and aspects.

Astrologer: one who practices astrology.

The extraordinary legitimacy is that when you read the specifics of your astrological sign you will find much of it describes you. When others read their astrological sign much of it describes them. You may find it interesting.

Below is the Internet site that this author used for the Zodiac Signs Astrology specifics:

<http://zodiac-signs-astrology.com/>

This author suggests that you check out this Internet site and others if you want more information. Internet sites and Astrologists can offer in depth astrological sign characteristics based on the time you were born. The more information you gather the better it is for you to come to your own conclusion. It is up to you what you decide to believe. This author offers you only the basics.

(This subject was brought to the author's attention by Matt McCain)

***A CHILD IS BORN ON THAT DAY AND AT THAT
HOUR WHEN THE CELESTIAL RAYS
ARE IN MATHEMATICAL HARMONY
WITH HIS INDIVIDUAL KARMA.***

~Sri Yukteswar

Aquarius in a Nutshell: - January 21 – February 19

Aquarius is the sign of visionaries, unconventionality and intellectual independence. Aquarius are the people who deviate from the crowd and go their own way. They are always after intellectual stimulation, constantly discovering something new, forming new opinions and stubbornly traveling their way regardless of what other people think. Aquarius are filled with paradoxes, they are interested in the opposite ends of the spectrum, they like to be alone yet are social butterflies, they like to experience both sides and see both opinions as they formulate new ideas with their forward thinking, active mind. Aquarius have a 'live and let live' policy where everyone is free to be themselves, an Aquarius never judges others because as human beings, we are all equal and entitled to our own opinions. They are verbally skilled and

very witty, they observe people and learn how to interact with others through observation. They can be masters of manipulation justifying anything they do or think. As a result, they can deal with any type of personality and adapt to any situation. They welcome change because boredom is their enemy. Anything new is an opportunity to Aquarius. Aquarius can act as an expert on any topic, they are very good at inflating their own importance, they feel it is deserved because their eccentricity makes them unique. Conventional people beware, Aquarius likes to shock and deviate from the norm, this is how they live. Aquarius is known to pick at anyone they find weak or dull-minded. It is simply an easy target for verbal exercise for them, no harm is meant but it might be taken from the other person. Deep inside, Aquarius would never intentionally hurt anyone, they have respect for every human, even though this might not seem apparent to the more emotional types

***A WISE MAN SHALL OVERRULE HIS STARS, AND HAVE
A GREATER INFLUENCE UPON HIS OWN
CONTENT THAN ALL THE CONSTELLATIONS
AND PLANETS OF THE FIRMAMENT.***

~Jeremy Taylor

Pisces in a Nutshell: - February 20 – March 20

Pisces is the sign of mysticism, mystery and the spiritual unknown. Pisces live in two worlds, the real world and the spiritual or mystical world where they interpret what they see into what they want. They do this to avoid all the realities of pain and suffering in the world. They have extremes of emotions and feel both good and bad intensively. Pisces have formidable intuitive ability. Most Pisces are somehow involved with occult or spiritualism. Pisces are very good at understanding people for they have the ability to delve into the psyche and see behind a person's motivations. Pisces are prone to drug addiction and indulging lifestyles because of their eternal search for themselves and their fear of confrontation and having to change a situation, also they justify drug use by allowing it to get closer with their 'spiritual selves'. Once they aware this is why they are doing it, it will be easier to kick the habit. Pisces are not the pushovers that they may seem, in fact they have strength of character and will stand up for what

they believe in and they can do hard work for something they believe in. They can be very lazy but only in matters that they do not care about. Pisces is the most sensitive of all zodiac signs

***WHO NEEDS ASTROLOGY? THE WISE MAN
GETS BY ON FORTUNE COOKIES.***

~Edward Abbey

Aries in a Nutshell: - March 21 – April 20

Aries is the first of the zodiac signs. Aries is the sign of the self, people born under this sign strongly project their personalities onto others and can be very self-oriented. Aries tend to venture out into the world and leave impressions on others that they are exciting, vibrant and talkative. Aries tend to live adventurous lives and like to be the center of attention, but rightly so since they are natural, confident leaders. Aries are enthusiastic about their goals and enjoy the thrill of the hunt, "wanting is always better than getting" is a good way to sum it up. Aries are very impulsive and usually do not think before they act - or speak. Too often Aries will say whatever pops into their head and usually end up regretting it later.

***MEN SHOULD TAKE THEIR KNOWLEDGE
FROM THE SUN, THE MOON AND THE STARS***

~Ralph Waldo Emerson

Taurus in a Nutshell: - April 21 – May 21

Taurus is the one who has immense perseverance, even when others have given up, the Taurus rages on. Solid and persistent, just like the bull, which is Taurus' well suited symbol. Taurus's have a well-known reputation for being stubborn, which is not necessarily a bad thing. The stubborn streak can cause Taurus to butt heads and conflict with other strong character types. Taurus are not fond of change. They like the familiar and routine comfort of life. Taurus is easy going and not one to pick a fight but should some poor souls attempt to provoke Taurus, the wrath will be known, for they have a temper underneath the calm surface. Taurus are very responsive to their surroundings. They like decorations, color, anything that appeals to all the senses. Taurus like possessions and the Taurus home is nicely decorated with lots of things. Taurus are down to earth, they do not like gaudy, flashy or over the top things. They prefer comfortable and creative settings

and objects. Taurus likes security, in every aspect of their lives from home, to love, to career. Taurus can be secretive, opinionated and stingy. Taurus tend to be self-indulgent and lazy, Taurus are master procrastinators of the astrology zodiac! They do however have a strong, persistent drive that comes to life when they chose, and no one would ever know that they are lazy. The secret to this is that their laziness is pushed aside when it comes to themselves.

WE ARE BORN AT A GIVEN MOMENT, IN A GIVEN PLACE AND, LIKE VINTAGE YEARS OF WINE, WE HAVE THE QUALITIES OF THE YEAR AND OF THE SEASON OF WHICH WE ARE BORN. ASTROLOGY DOES NOT LAY CLAIM TO ANYTHING MORE.

~Carl Gustav Jung

Gemini in a Nutshell: - May 22 – June 21

Gemini people are many sided, quick both in the mind and physically. They are brimming with energy and vitality, they are clever with words. They are intelligent and very adaptable to every situation and every person. Gemini are curious and always want to know what's going on in the world around them. They are not one to sit back and watch the world go by, they want to be involved. This can sometimes make Gemini nosy, they do not mind their own business! This is because they really enjoy communicating, more so then most other astrology signs, they are the ultimate social butterfly. Gemini can talk and talk, but they have interesting things to say, their talk is not mindless babble. They have interesting opinions and thoughts on things and are not afraid to speak their mind. They are always in the know and are the one to see for the latest juicy gossip. Lacking perseverance, Gemini easily goes off topic to explore another thought or idea. Gemini are superficial, they will form opinions on matter without diving into them and exploring them fully. This can lead them into thinking they know everything, which they usually do but their mind is too busy to be concerned with fine details. Routine and boredom are Gemini's biggest fears. Gemini would rather be naive then know the depressing truth, they do not want anything putting a damper on their freedom or positive energy.

***ASTROLOGY IS A FACT, IN MOST INSTANCES. BUT
ASTROLOGICAL ASPECTS ARE BUT SIGNS,
SYMBOLS. NO INFLUENCE IS OF GREATER
VALUE OR OF GREATER HELP THAN THE WILL OF
AN INDIVIDUAL. DO NOT ATTEMPT TO BE GUIDED
BY, BUT USE THE ASTROLOGICAL INFLUENCES AS
THE MEANS TO MEET OR TO OVERCOME THE
FAULTS AND FAILURES, OR TO MINIMIZE THE FAULTS
AND TO MAGNIFY THE VIRTUES IN SELF.***

~Edgar Cayce

Cancer in a Nutshell: - June 22 – July 22

Cancer is a mysterious sign, filled with contradictions. They want security and comfort yet seek new adventure. They are very helpful to others yet sometimes can be cranky and indifferent. Cancer has a driving, forceful personality that can be easily hidden beneath a calm, and cool exterior. The crab is Cancer's ruling animal and it suits them well, they can come out of their shell and fight but they can also hide in their shell of skitter away back into the depths of the ocean. They are very unpredictable. With cancer, there is always something more than meets the eye, for they are always partially hidden behind the shell. They are a have a deep psyche and intuitive mind that is hidden from the world. Cancer is deeply sensitive and easily hurt, this might be why they have their defense shell in place, to avoids being hurt by others. They are nurturers so they surround themselves with people, whom after a while can offend or hurt a cancer without even knowing they did so, therefore Cancer's protective shell keeps them safe from hurt. They are complex, fragile, unpredictable and temperamental and need constant support and encouragement, more than any other astrology signs, Cancer needs to be needed. When cancer gets the support it needs, it has a tremendous amount to offer in return. When cancer gets offended, they tend to sulk instead of confronting the persons face to face. This needlessly prolongs the pain and suffering. Cancer is very possessive, not just with material possessions but with people as well. Cancer will always want to stay in touch with old friends and anyone who has ever been close to them, because it is easier to maintain a friendship then attempt to learn to trust a new person. It is easier this

way for them emotionally. If you befriend a Cancer, you will stay friends for a long time. Cancer makes the perfect mother, this is the sign that represents motherhood. They have unconditional love and caring more so than any other astrology sign. Cancer are very intuitive. Most of the psychics of the world are Cancer astrology signs. They have an excellent memory and are very observant and can read people very well. They can usually tell of other people's intentions are good or not. Never dupe a Cancer, they can see your motives. Cancer has a lot of emotional issues to deal with but once they overcome this large hump of shyness and insecurity, there is practically nothing they can't do. With their strong intuition, sensitivity, powers of observation and intelligence, they will have great success in anything they undertake.

***ASTROLOGY IS ONE OF THE EARLIEST
ATTEMPTS MADE BY MAN TO FIND
THE ORDER HIDDEN BEHIND
OR WITHIN THE CONFUSING
AND APPARENT CHAOS THAT
EXISTS IN THE WORLD.***

~Karen Hamaker-Zondag

Leo in a Nutshell: - July 23 – August 21

Leo is the lion, this well suited symbol represents Leo very well. They possess a kingdom which they protect and cherish. They are highly esteemed, honorable and very devoted to themselves in particular! The kingdom could be anything from work to home to a partner, whatever it is, you rule it. Leo is always center stage and full of flair, they enjoy basking in the spotlight. A Leo always makes their presence known. Leo are full of energy that acts like a magnet for other people. Others are attracted to Leo's wit, charm, and what they have to say for they speak of things grand and very interesting. Leo will never settle for second best. They want only the best which can cause lavish excessive spending habits as they enjoy their life of luxury, which is all too easily justified by the grand and magnificent Leo! Public image is very important to Leo, with luxurious possessions and ways of life, this keeps the public image in high standing. They will do whatever it takes to protect their own reputation. Leos are very generous, kind and openhearted people. If a Leo is crossed, they will strike back with force

but they are not one to hold a grudge, they easily forgive, forget and move on. Leos are always trying to make things right in the world, they have larger than life emotions and they need to feel like they have accomplished something at the end of the day. They react to situations with action instead of sitting back and thinking about it, they are not impulsive however because they look at the future and consider consequences of their actions.

ASTROLOGY IS JUST A FINGER POINTING AT REALITY.

~Steven Forrest

Virgo Deep Inside: - August 22 – September 23

They need to be organized in their mind, sometimes all their energy is taken from organizing their mind that they have a difficult time organizing their surroundings. They easily look too deep into an issue and over analyze what they percept. Virgo is ambitious and strives to always know more and have more. This is in their eternal quest to bring order to chaos. Even if order is obtained from an outsiders' point of view, Virgo will not be settled for they have a very active mind that is always thinking and can never be silenced. Virgos want to be of use, they need to be important and essential to everyone in their lives and in everything they do. Virgo's major life lesson is to learn to trust in and have faith in the unknown. They have to understand that things in life happen for a reason that is not always known to them, they do not have to always know everything. They need to learn to calm down and not over-analyze a situation or event. Deep inside, Virgo is very sensitive and they need to be appreciated for all the things they do. When is Virgo is offended or hurt, they may never show it.

***ASTROLOGY IS ONE OF THE EARLIEST
ATTEMPTS MADE BY MAN TO FIND THE
ORDER HIDDEN BEHIND OR WITHIN THE
CONFUSING AND APPARENT CHAOS
THAT EXISTS IN THE WORLD.***

~Karen Hamaker-Zondag

Libra in a Nutshell: - September 24 – October 23

Libras are the diplomat of the zodiac. They are able to put themselves in other's shoes and see things through another person's point of view. They are the ones that always want to make things right

and have balance and harmony in their life, their surroundings and the lives of the people close to them. They have captivating charm, elegant taste and they are easy to like due to their eager-to-please, easygoing nature. In return for a Libra's amazing ability to be a good listener, sooth and calm people, they expect admiration. Libras will gather a group of people, everyone will become friends then the Libra will be in the center of the group. They like the attention and the admiration for the people that they have brought together. Libras are very intelligent, they often hide this inside their easygoing exterior. They express their intelligence through creativity, most are involved in some sort of artistic or creative pursuit. Many people overlook just how intelligent a Libra actually is. When others see a Libras wide range of interests and hobbies, their intelligence and creativity is more then obvious. Libras love variety and different situations. They welcome change. Libras love luxury. They will spend lots of money and surround themselves with beautiful things and they seem to be constantly fussing over their appearance. They love anything upscale and classy. Libras work hard to please others, this they do an others find them incredibly captivating.

***WE NEED NOT FEEL ASHAMED OF THE FLIRTING
WITH THE ZODIAC. ZODIAC IS WELL WORTH
FLIRTING WITH.***

~D.H. Lawrence

Scorpio in a Nutshell: - October 24 – November 22

Scorpio is the astrology sign of extremes and intensity. Scorpios are very deep, intense people, there is always more than meets the eye. They present a cool, detached and unemotional air to the world yet lying underneath is tremendous power, extreme strength, intense passion and a strong will and a persistent drive. Scorpios have a very penetrative mind, do not be surprised if they ask questions, they are trying to delve deeper and figure things out and survey the situation. They always want to know why, where and any other possible detail they can possibly know. Scorpio's are very weary of the games that other people try to play and they are very aware of it. Scorpios tend to dominate and control anyone that lets them, or anyone that they find weak. The person that a Scorpio respects and holds close to them is treated with amazing kindness, loyalty and generosity. On the outside, a

Scorpio has great secretiveness and mystery. This magnetically draws people to them. They are known to be controlling and too ambitious but only because they need control for this makes them feel safe.

***THE SIGNS OF THE ZODIAC ARE KARMIC PATTERNS;
THE PLANETS ARE THE LOOMS; THE WILL IS
THE WEAVER.***

~Author Unknown

Sagittarius in a Nutshell: - November 23 – December 22

Sagittarius seem to be guided by luck, good things happen to Sagittarius and this is usually because of their optimistic outlook and positive disposition which attracts good fortune. Despite hardships, Sagittarius is always optimistic that good things will happen tomorrow and the future carries good luck. Sagittarius have a vibrant, expansive personality that is free like a bird, Sagittarius cannot be contained. They are full of curiosity and they always look forward to the future, never dwelling on the past. Sagittarius are detached from emotions because emotions hold a person back, they do not like to talk about their feelings, they simply experience them and move on. Sagittarius can be reckless and irresponsible because they will jump at a suggestion of something new before they weigh the advantages and disadvantages.

***I DON'T BELIEVE IN ASTROLOGY; I'M A
SAGITTARIUS AND WE'RE SKEPTICAL.***

~Arthur C. Clarke

Capricorn in a Nutshell: - December 23 – January 20

Capricorns are very ambitious people, they always have something they are pursuing and they want their lives to be fulfilled and important. Capricorns are extremely patient and will wait a long time for something they want, when the opportunity arises, they will plan their steps carefully to others, they might appear hesitant but this is not true, they know that there is only one chance to succeed and they are filing together their information to take the proper steps to accomplish their goal with flying colors, not just second rate. Capricorns have a very active mind and strong powers of concentration. Capricorns like being in control of their surroundings and everyone in their life. Capricorns are very cautious but this only to survey the situation before leaping in, they will never make a hasty jump in. They accept change but introduce

it slowly so they can get used to it and incorporate it into their life. Capricorns tend to see life in black or white definitive's only. There are no gray areas for these are areas that are not understood and this makes Capricorn feel uncomfortable. They tend to be in control in a romantic relationship that way they are never vulnerable to another person.

***ANYONE CAN BE A MILLIONAIRE,
BUT TO BECOME A BILLIONAIRE
YOU NEED AN ASTROLOGER.***

~John Pierpont Morgan

Perhaps you have learned a little about who you are by the planets and stars. This author found many characteristics in his sign that agree with his evaluation of himself. Perhaps, you too, found similar results.

***IT IS NOT IN THE STARS TO HOLD OUR DESTINY
BUT IN OURSELVES; WE ARE UNDERLINGS.***

~William Shakespeare

Continue reading and somewhere in this book you will find the power in you. When you find it, embrace it and create a personal goal and act upon that goal with passion. You now know more about yourself and the characteristics of your strengths and weaknesses according to the planets and stars.

Trebla Ognim says,

*"Astrology and the signs are controversial to many people
therefore it is imperative that you make your own decision
as to whether to believe or not to believe.*

This author feels that it is important for people to receive as much information regarding living life so that they can decide for themselves how they want to live their life.

You are born without worldly knowledge it takes living life to learn how to live and then eventually you decide for yourself how you want to live your life.

BELIEVE IN YOU!

Trebla Ognim

***WHY NOT go for your dream knowing more about who you are
according to the planets and stars without hurting another?***

KEEPING YOUR WORD



“Your time to live”

Chapter-Thirty-three

Why is what you say so important to your character make-up?

Because it represents who you are and what you are and how you will conduct yourself with others by way of your actions. You will either follow through on what you say you will do or you won't. If you don't, then it causes the other person to become disappointed in you for failing to let them know that you think they are important. By not following through with what you say you will do informs the other person that you are the only important person in the relationship or circumstance and the other person can be ignored as not being important to you. The other person will be hurt by your non-action.

The only words you might say when you connect with the other person after you failed to follow through on what you told them are, “*I am sorry.*” Some people wear out those words because they say them over and over again hoping to be excused from their non-respectful actions. When used often it simply means that the person using those words is selfish and the words themselves have no meaning. The truth is that the person who keeps breaking their word has no regard for the feelings of others. They just don't care.

If you are one of those people who hears yourself saying, “*I am sorry.*” too often then you have a serious flaw in your character make up. It implies that you cannot be trusted to do what you say you will do. Therefore it changes the circumstances or relationship between you and others.

When you tell someone else that you will do a specific thing then it is important for you to follow through. Otherwise the other person will have good reason to not believe in you in the future. Should you want

to establish a relationship with another person then your word must be your bond to them.

People who keep their word usually have several close friends and people who do not keep their word have few friends if any at all.

***BE TRUE TO YOUR WORK, YOUR WORD
AND YOUR FRIEND.***

- Henry David Thoreau

Life is to be lived to its fullest and having friends and acquaintances is a part of having a fulfilled life. Relationships are formed between people who like each other and believe in each other and know that when one says they will do something it is expected to be done. The strongest relationships are those who give their word and keep their word each and every time. A person who keeps their word has self-confidence and likes themselves and knows that they are a true friend. They are pleased and satisfied being who they are.

It is a known fact that friends at times can let their friends down. When you let your friend down it hurts them. If your friend wants to remain friends with you then they must forgive you. From them forgiving you the trust must be earned once again.

No one is perfect therefore imperfection is the rule and must be tolerated unless the imperfection is too severe and cannot be accepted. Forgiveness is for the person who forgives not the person who caused the problem. Forgiveness does not mean that you will forget. It simply allows the person who forgave to go on with their lives not carrying the burden of hurt caused by the other person. To forgive another person does not mean you have to remain friends. There are times in life when you must let a friend go.

Now is a good time to be conscious when giving your word to make sure that you follow through on it. You will feel a bond between you and your fellow person or persons. This bond will create a tie that will make you feel good. You will become a trusted person and you will experience self-satisfaction.

***WORKHARD - DO YOUR BEST
KEEP YOUR WORD
NEVER GET TO BIG FOR YOUR***

***BRITCHES - TRUST IN GOD HAVE NO FEAR
AND NEVER FORGET A FRIEND.***

- President Harry S. Truman

Being trustworthy is priority in living a peaceful, happy and successful life.

Trebla Ognim says,
*"Your word is your bond. It
represents who you are and
your true worth.*

You will find the power in you in this book. Embrace it, set a goal and go for it!

BELIEVE IN YOU

Trebla Ognim

***WHY NOT keep your word while going for your dream without
hurting another?***

MOOD SWINGS



“Your time to live”

Chapter Thirty-four

As a pendulum of a clock swings from one side to the other to keep the time so does your mood swing from a high energy emotional level to a low energy emotional level to keep your body timing in balance. This constant fluctuation of your energy emotional level happens throughout each day of your life. As you perform your daily routines your emotional energy level changes many times. Generally, you are not fully aware of that occurring. However, you tend to begin recognizing it when you begin thinking that you are feeling tired.

You typically do not consciously control your mood swings because it is a subconscious automated function. As the earth rotates on its axis, the north and south poles have their positive and negative electrical powers creating polarization that keeps the earth balanced within the universe. Your body has a similar physical polarity that keeps you balanced here on earth. These opposite electrical powers create your mood swings. At times, one of the two overpowers the other creating an off balance within your body.

***CERTAINLY THERE ARE GOOD AND BAD TIMES,
BUT OUR MOOD CHANGES MORE OFTEN
THAN OUR FORTUNE***

-Jules Renard 1905

It is important to become aware of your mood swings in order to live with a more controlled balance in your life. By keeping in touch with yourself and your mood swings, you can willingly go with them, and yet, still maintain self-control within your environment. You can call for an adjustment if you are on a too high or a too low energy emotional level. You simply call awareness to it. By consciously doing

so, you will come to a place of a better emotional balance within a few moments.

For instance, there are times when someone comes along in your day, and, with their words or actions they change your whole mood swing in a moment. It could have been from feeling a low-energy emotional level to feeling a high-energy emotional level causing the opposite mood to occur in an instant. You probably found this experience fascinating when you first recognized what happened. And yet, you went on with your life without researching the why of it.

**THE HAPPINESS AND UNHAPPINESS OF MEN
DEPEND AS MUCH ON THEIR TURN OF MIND
AS ON FORTUNE**

-La Rochefoucauld 1665

The point being, this is a good time to become aware of your mood swings and make adjustments throughout your day to maintain a controlled balance. What you feel at a given moment is not what you will feel as the day continues, unless you choose to stay that way. The key words here are, choose it. You actually do this consciously without your acknowledging it.

It is important for you to recognize your emotional state of mind periodically throughout your day. Become aware of which mood swing you are experiencing at the time, and go with that mood swing until you decide whether or not you need to change it. Whichever mood swing you are experiencing, keep in mind it will not be a lasting one, unless you nurture it. It is up to you which mood swing you choose to nurture. Unfortunately, most of you find nurturing the low-energy emotional level easier than the high-energy emotional level. You seem to do so, because it requires no thinking and no work on your part to just go with it. Some of you allow it to be a comfortable zone in your life.

Perhaps now, you will begin recognizing your mood swings throughout your daily activities and make the necessary adjustments. When you do, you will find your daily life more fulfilling.

Taking control of your life is not the easiest, but it is the most rewarding action you will ever take.

Shakespeare wrote, "*All the world is but a stage and we the actors.*"

Trebla Ognim says,

*"Be the best actor you can
be by taking control of your
mood swings."*

By finding and embracing the power in you and creating a personal goal you will begin to understand your mood swings which will cause you to take control of your life. You will find it to be an uplifting process.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT recognize your mood swings and make the necessary adjustments while going for your dream?

DAY PERSON /NIGHT PERSON



“Your time to live”

Chapter Thirty-five

There are two distinct high energy level human beings: one is a day person; the other, a night person. You are one or the other.

MEN ARE BORN EQUAL BUT THEY ARE ALSO BORN DIFFERENT

-Erich Fromm 1941

The day person loves to get up early and go to bed early, while the night person loves to sleep in and go to bed late.

The day person has the highest energy level during the early morning hours to early afternoon, while the night person has the highest energy level during the afternoon through the evening time.

You are either the one who gets up early or the one who sleeps in. And that is the challenge of trying to acclimate in a financial society that provides most jobs during the daytime and only a few at night. You may want the type of day job offered even though you are a night person, and vice versa. Obviously, the solution to the differences would be day people work day jobs and night people work night jobs. If it were possible, production would increase amazingly. When working in your normal high-energy level time-frame, your performance is at its best.

Trebla Ognim says,

"You are either a day person or a night person. Whichever you may be, you were born that way, and you will live that way."

Many people get into a relationship with their opposites, and can find their mornings very challenging if they are the day person trying to relate to a night person. The day person is up, and at it with zest while the night person is trying to sleep in peace. The twain never meets. Somehow, hopefully, the two opposites make the necessary adjustments to live together in some kind of acceptance. However, it is not the perfect relationship that each were hoping for in their dream. Compromise is of the essence for the survival of this kind of relationship. Should they be working the proper hours for their personal high energy levels which is day and night jobs respectively, there is still the challenge for them to create a happy relationship. Loneliness can set in very easily for each of them. They must be aware of this feeling and make the necessary attempts to have quality time when they are together - quality time giving them the fulfillment that will last until their next meeting. Now you can be free to be who you really are without having a confrontation with another person as to why you are who you are. Now it simply requires you telling the other person whether you are a day person or a night person. This allows you and the other person to decide if both of you would want to make the necessary adjustments to relate.

***OUR ENTIRE LIFE, WITH OUR FINE MORAL CODE
AND OUR PRECIOUS FREEDOM, CONSISTS
ULTIMATELY IN ACCEPTING OURSELVES AS
WE ARE.***

-Jean Anouilh 1936

You know which kind of person you are right at this moment and have known all of your life. You may not have understood the differences until reading this book.

You can now make a better decision of what kind of profession you should strive for according to your type of person, as well as what type of person you should look for in a relationship.

Shakespeare wrote, "*Know thyself.*"

When you find the power in you it is important to create a personal goal knowing whether you are a day person or a night person. Knowing will help you in achieving your personal goal and living your life to the fullest.

Day Person / Night Person 155

BELIEVE IN YOU!

Trebla Ognim

***WHY NOT accept whether you are a day person or night person
while going for your dream without hurting another?***

LIKING YOUR NAME



“Your time to live”

Chapter Thirty-six

Most people accept their given name - some do not like it - a few even change it. Others are tagged with a nickname, while some go by an abbreviated version of their name. Some people are offended when referred to by an incorrect name and others by the mispronunciation of their name.

***WHAT'S IN A NAME? THAT WHICH WE CALL
A ROSE BY ANY OTHER NAME
WOULD SMELL AS SWEET***

-Shakespeare

Your name is the initial introduction of who you are. It is given the highest priority in changing your attitude into a more positive one.

Trebla Ognim says,
"Your name is your trademark."

The following name identification can be a lot of fun. By simply using the letters in your name, expand it with a positive descriptive word beginning with each letter from the following list of words or choose one of your own:

POSITIVE DESCRIPTIVE WORDS

A-ctive
H-onest
B-eautiful
I-nteresting
Joyful

K-ind
C-aring
D-ynamic
E-nergetic
L-oving
M-otivated
N-ice
F-air
G-entle
O-ptimistic
U-nderstanding
P-ersonable
Q-uester
R-espectful
S-ecure
T-houghtful
Y-outhful
U-nique
W-illing
X-citing
V-aliant
Z-ealous

You can use any positive word that you want. You will be able to think of plenty. This list is just to get you started.

You were given your name without being given a choice. There is something about your name that is really you. As you know, some parents give naming their child a lot of time and thoughtfulness.

You will enjoy the following name-game.

Example:

JOHN SMITH

J-oyful

O-ptimistic

H-appy

N-ice secure, motivated, interesting, thoughtful honest person.

John Smith is a joyful, optimistic, happy, nice, secure, motivated, interesting, thoughtful, honest person.

This procedure adds another dimension to John Smith's name. It assists him in associating positive thoughts about himself.

I say, "*Try it!*"

Do it with your name and with other people's names. It can be fun!

***FOR EVERY MAN THERE IS SOMETHING IN THE
VOCABULARY THAT WOULD STICK TO HIM LIKE
A SECOND SKIN.***

-Ambrose Bierce

Your name will become more meaningful to you. You will use your name, such as, "*I, John Smith, am going after what I love and want to do, while not intentionally hurting another, in a leap of faith. I am living my life to its fullest from this day forward, and I am going for my dream with a burning desire of passion. I can and I will do it by June 2010.*"

Find and embrace the power in you and create a personal goal and act on it and you will begin living life to its fullest.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT begin liking your name more and go for your dream without hurting another?

LIKING YOURSELF



“Your time to live”

Chapter Thirty-seven

Liking yourself is very important. Some people do not like themselves, and that is contrary to living life to its fullest. Most people do not sit down and evaluate themselves in a manner of their positive and negative traits. Most people just do not think of doing such a thing.

**IT IS POSSIBLE TO CREATE *LIGHT AND SOUND*
AND ORDER WITHIN US, NO MATTER WHAT
CALAMITY MAY BE FALL US IN THE
OUTER WORLD.**

-Helen Keller

Many people judge others on looks, mental aptitude, attitude, character, etc. These same people probably have not judged themselves on the same basis, at least not as harsh as they have judged others.

You may be familiar with what is being written. In order to take an action for your future life, changes in your thinking processes and old habits require examination. Perhaps, you have never considered taking this kind of self-portrait of your character make-up.

Trebla Ognim says,

"The person in the mirror knows the real you. Let that person define who you are in words."

One of the easiest and commonly used procedures in identifying yourself with words is as follows: (Place a check mark next to your traits)

Positive Traits – Negative Traits

Good attitude - Bad attitude
Likes self - Does not like self
Believes in self - Does not believe in self
Self-confident - Not confident in self
Loving person - Not loving person
Caring person - Not caring person
Optimistic - Pessimistic
Considerate - Inconsiderate
Unselfish - Selfish
Organized - Disorganized
Honest - Dishonest
Trustworthy - Untrustworthy
Ambitious - Not ambitious
Ego balance - Egotistical
Thinking person - Non thinking person
Creative - Non-creative
Giving person - Taking person
Self-disciplined - Undisciplined
Decisive - Indecisive
Respectful - Disrespectful
Changeable - Non-changeable
Self-motivated - Motivated by others
Dreamer - Non-dreamer
Sociable - Non-sociable
Sets goals - Does not set goals
Adventurous - Non-adventurous
Punctual - Non-punctual
Takes risks - Does not take risks
Spiritual - Non-spiritual
Loyal - Non-loyal
Competitive - Non-competitive
Mostly secure - Mostly insecure
Asks, Why not do it? - Asks, Why do it?

There are many other traits not listed above, but this list will provide you with a sufficient self-analysis so that you can determine your negative traits that need changing to positive traits.

It is recommended that you show your answers to someone whom you respect, asking their constructive opinion of how they see you in your life. This approach is necessary in order to achieve an honest evaluation of yourself by receiving a second opinion. Often, your ego gets in the way of a true self-analysis. The trusted other person will evaluate you through their eyes, which could prove to be very challenging and interesting.

This process requires you going where the brave dare not go because you are inviting honest critiquing. Keep in mind constructive criticism is beneficial.

After completing this self-analysis, you will have learned something new about yourself that can help you in your future. This is called taking a risk.

The objective is to change as many negative traits as possible into positive traits. You will now be more aware of yourself. This will make it easier to catch yourself being negative and immediately turn it into a positive.

Give this your serious consideration. It really works!

HAPPINESS DEPENDS UPON OURSELVES.

-Aristotle

Your attitude will be of great importance because it will determine whether or not you accept what you discover. Now could be your time to change some negative traits to positive traits and begin living your life to its fullest. You will enjoy catching yourself and making the changes. This could be the time to take charge of your own life.

***THE DIFERENCE BETWEEN HAPPINESS AND
UNHAPPINESS, IS ATTITUDE!***

“The choice of **attitude** is **100%** yours.”

The alphabet has 26 letters as you can see.

A—B—C—D—E—F--- G—H—I—J--K—L—M—N—
1—2—3----4----5---6—7—8-----9--10-11--12---13---14-

O—P—Q—R—S—T—U—V—W—X—Y--Z
15--16—17--18--19--20---21---22--23--24---25-26

(Take the numbers under the letters that spell attitude)

A--T—T--I—T—U—D---E
1--20--20--9—20—21---4---5 = __%

(Now add the numbers up)

You have more inner strength than you can ever imagine.
Perhaps you have not recognized it yet!

Finding and embracing the power in you and creating a personal goal and acting upon that goal will change your attitude and your life forever.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT begin liking yourself more and go for your dream without hurting another?

BE THE BEST YOU CAN BE WHILE REVOLVING INTO THE REAL YOU



“Your time to live”

Chapter Thirty-eight

You, like most people, probably did not know who you really were until you lived long enough to experience life. Your youthful years were spent learning the basics of living. You develop your social skills, the habit of going to school, and some form of self-discipline. You are doing the things that you are required to do, and you are struggling to become independent, but knowing you cannot really be independent from your parents, guardians and school. The law requires you to live with your parents or guardians as well as attend school until you graduated from high school. At least that was how it was supposed to be. You learn more about life from your peers than you do from anyone else. You are not considered an adult until eighteen to twenty-one years of age depending on in which state you live. Adults, movies, books, and even television gives you information on life, but your personal experiences mattered most. Personal experiences require 100% of your involvement, mentally, physically and emotionally. Thus, you learn well from them. It is either a good or bad experience. You generally repeat that which makes you feel good more often than that which makes you feel bad. It is human nature to want to feel good. It is your young experimental years that mold your character.

As you grew older, you reached the stage of life when things began to matter. It is at this stage of life that you may want to start being the best you can be at whatever you are doing. By doing the best you can you are being the best you can be and you are bringing out the real you in you. When you do this, you are beginning to learn who you really are.

You have hidden abilities and talent within you that needs to be brought forth. You can only bring it out through action. You will find that you are smarter and more talented than you could ever imagine. By continuing doing the best you can through your actions, you bring forth a power from within that gives you the strength to become who you really are. For some unknown reason the real you will not show itself until you allow it to do so.

When you challenge yourself you will find that you are more capable than you imagined. When you challenge your brain it will begin to process in a manner differently than you have previously experienced. When the hidden ability and talent come forth, it will surprise you, and it will make you feel good about yourself. It will add to your self-confidence as it gives you a feeling of power within. You will be evolving into the real you.

***ALL LIFE IS THE STRUGGLE, THE EFFORT
TO BE ITSELF.***

-Jose Ortega Y Gasset

Whatever job you hold now - mother, father, guardian, truck driver, bank president, garbage collector, CEO, government agent, office worker, policeman, laborer, doctor, lawyer, teacher, student, bartender, etc. - do the best you can do and be the best you can be at it! You may think your job to be trivial at times, but it is very important to the whole of the world. Do what you have to do until you can place yourself in the position of doing what you want to do. A few of you knew at a young age what you wanted to do with your life, but most of you had a problem trying to figure out what you wanted to do with your life. Some of you still do not know what you really want to do. The chapter in this book about bringing forth your dream will help you.

Trebla Ognim says,

“Who you really are, lies dormant within you, until you decide for the real you to come forth. You will only show show your true self through personal action.”

Be The Best You Can Be While Revolving into The Real You 165

While you are doing what you have to do, you are learning self-discipline, patience, persistence, work habits, basic organizing skills, punctuality, and performing it with perseverance. You are doing so, because you need the paycheck and you are learning what it takes to earn it. Think of your present job as the stepping stone to what you really want to do with your life. It can change your attitude about your job, your co-workers and your employer.

Find the power in you, embrace it and set a personal goal and take an action on that goal causing you to go forth living your life to its fullest.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT be the best you can be while going for your dream without hurting another?

PERSONAL RESPONSIBILITY



“Your time to live”

Chapter Thirty-nine

You were given the gift of life and with it comes the responsibility to live your life to its fullest. When you reach adulthood, you are considered legally old enough to take charge of your life. It is the age of freedom. You are now officially an adult -- an important advancement in your life wherein you celebrate a rite of passage. You can now leave your parents or guardians home and live on your own. From this day forward no one can legally guide you in your life as long as you abide by the governing laws. You can now pay your own rent, buy your own food, pay your own utilities, buy your own clothes, gas and car insurance. You can now be who you want to be. And, most importantly, you can now take responsibility for your own life.

Responsibility - *to respond with your ability.*

As you grow up you learn that you are now capable of doing things for yourself. You may not want to, but you do it anyway. You also observe how other people respond to life and some of what you do is to copy them while other things you do will be your own idea.

TO BE A MAN IS, PRECISELY, TO BE RESPONSIBLE

-Saint-Exupery

You developed the ability to live independently while depending on your parents or guardians. You become competent in many areas of life. All the while you are preparing yourself by developing the ability to react to life in a manner of being responsible for yourself.

Responsibility defined by the dictionary, “*answerable or accountable, as for something within one’s power or control.*”

By taking personal responsibility it means you will be answerable and accountable for your decisions and your self-created obligations. You will have the power to respond mentally, physically, morally, and financially while living your life of independence.

You will have freedom.

Freedom is another word for being responsible.

Freedom defined by the dictionary, *“means lack of external control - the power to make one’s own choices or decisions without constraint from within or without - absence of or release from ties, obligations, etc.*

You become self-reliant through being responsible which allows you your independence.

***OUR PRIVILEGES CAN BE NO GREATER THAN OUR
OBLIGATIONS. THE PROTECTION OF OUR RIGHTS
CAN ENDURE NO LONGER THAN OUR
PERFORMANCE OF OUR RESPONSIBILITIES***

-John F. Kennedy 1963

The truth is, *“You will become an independent person. And, as an independent person, you will depend on others to maintain your independence.”*

You are becoming more responsible as you read this book. Some of what you have been reading might be new to you and you may want it to become part of your future.

Trebla Ognim says,

“Taking personal responsibility enables you to live a life of self-reliance and independence. It permits you to live your life to its fullest.”

The power in you is waiting to be found by you. It will give you the necessary strength to embrace responsibility.

When you find the power in you, embrace it and create a personal goal and take an action on that goal causing you to begin living your life to its fullest. You will begin living your life with a renewed attitude toward your personal responsibilities.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT accept personal responsibility while going for your dream without hurting another?

YOU WERE GIVEN A MOUTH- USE IT!



“Your time to live”

Chapter Forty

From the very beginning of your life you used your mouth to let others know you needed attention. During the early stages of your life it was by your crying. As you grew up into childhood some of you learned not to use your mouth and became shy. Not using your mouth is a very serious self-denial non-communicative state of being. It represents you retreating within yourself and your unwillingness to share your thoughts with others. It can create a deeper mental problem in that some shy and introverted people become loners and often harbor unexpressed unhappiness and anger. This can lead to an explosion of their emotions upon another person at any given moment. It has been known to cause serious physical harm to others. Many criminals are shy and introverted.

Most of us generally have little problem expressing ourselves. Shy and introverted people generally do not use their mouth to express their thoughts easily. They talk only when spoken to and at times not even then.

My daughter was becoming a shy introverted girl at a young age and I made the decision to change her out of her shyness and into an extrovert. I wanted her to learn to stick up for herself. I did not want another human being to take advantage of her. I began telling my daughter, “*God gave you a mouth - use it!*” In time she came out from her quiet self and began confronting those who were confronting her and standing up for herself. She gained inner strength and courage through this process and today can take care of herself. I am very proud of my daughter for making the change that now benefits her.

My daughter is now twenty-eight years old and throughout the years she has told me stories where she used her mouth confronting her situations successfully. Her husband just turned thirty-one and informed me that he also has learned to use his mouth in a straight forward communicative process and has experienced success in doing so.

Trebla Ognim says,

“If you do not express yourself to others, how would they know your needs, wants and expectations? How would they know your concerns, pleasures and displeasures? It is your responsibility to communicate to others, and to do so, in a respectful manner.”

Memorize this Good News Bible Verse, *“Ask and you will receive; Seek and you will find; Knock and the door will be opened to you.” Bible Luke 11:9.*

Of course, we all know those who use their mouth more than we would like to hear. Then there are those who use their mouth in a negative manner. Negative communication begets only negative results.

Be alert and swerve around controlling people.

Do not stop and let them control you.

I am recommending that you use your mouth in a positive way to enhance your life and the lives of others.

Positive communication begets positive results.

Sticking up for yourself may appear to be negative to others, but it is positive for you. You are communicating the manner in which you want to be treated and your expectations.

***MUCH UNHAPPINESS HAS COME INTO THE WORLD
BECAUSE OF BEWILDERMENT AND THINGS
LEFT UNSAID***

-Dostoewsky

You were given life to live and it is up to you to learn how to communicate and express yourself to others. The people who hold the title of controllers find shy and introverted people the easiest to

control. If you are now shy, or an introvert consider practicing speaking up when you would normally not do so. It can be fearful, but do it anyway! Repetition is the key to creating a new habit. Go beyond your fear and conquer a new horizon that will give you strength and courage to live the best possible life. It is your responsibility to try. When you do try, the real you comes forth. You will find that you are stronger than you ever thought you were. You will find you have power.

“You have a mouth – use it!”

Do the best you can to always speak to another respectfully.
Respect begets respect.

What words you speak aloud has power in them.

***THE TONGUE HAS THE POWER OF LIFE AND
DEATH, AND THEY THAT LOVE IT SHALL
EAT THE FRUIT THEREOF.***

King James Bible Proverbs 18:21

(An interpretation – “Death and life are in the power of our tongue.”)

THE VOICE IS A SECOND FACE

-Gerard Bauer

The power in you will remind you when you are speaking disrespectful. If you listen, you will learn to apologize and speak in a more positive manner.

It is up to you to speak up for yourself through respectful communication and let the world know that no one will take advantage of you.

Turn the page and you could find the power in you. If you do, embrace it, commit to it and create a personal goal and take an action on that goal and you will experience a renewed inner strength.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT begin using your mouth in a positive way to express yourself respectfully while going for your dream without hurting another?

ENVY



“Your time to live”

Chapter Forty-one

To envy another for something they possess or what they are going to possess or for what they have done or what they are going to do creates turmoil in your mind.

It is the same as comparing your life to another's life and when you do that it creates discontent with your own life.

Discontent leads to frustration and unhappiness. Discontent is not a good place to be living.

Envy can lead to jealousy. Jealousy has been known to cause someone's injury and sometimes death.

Your life, as it is now, is being envied by someone else that you know. No one has lived that has not been envied.

Your life is your life and it is equally as important as anyone else.

***ENVY IS THE ART OF COUNTING THE
OTHER FELLOW'S BLESSINGS INSTEAD OF
YOUR OWN.***

- Harold Coffin

You have heard, "*Count your blessings.*"

Maybe now you will feel better about your life. Especially knowing it is not over and that you have a future.

***DO NOT OVERRATE WHAT YOU HAVE RECEIVED,
NOR ENVY OTHERS; HE WHO ENVIES OTHERS
DOES NOT OBTAIN PEACE OF MIND.***

- Buddha

Trebla Ognim says,

"To envy another is to become discontent with your own life. Do your best not to waste your life on envy. It is suggested that you live your life to its fullest instead. If you do, then you will find contentment and happiness!"

Keep in mind, *"Your life is a one way trip!"*

Find the power in you in this book, embrace it, create a goal and go after it with all your might. Envy no one.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT leave envying to others and go for your dream without hurting another?

HAPPINESS



“Your time to live”

Chapter Forty-two

Perhaps you, like most people, think of happiness as a destination. It could have been imbedded in your mind while you were growing up. Often what you learn during your upbringing you hold onto as truth for the rest of your life.

It could be that you, like many people, are in constant motion seeking happiness. As if, when you do find it, you have reached your ultimate place in life and will remain there forever.

You, like many people, may even equate happiness with the possession of money. You can stop that thinking process now!

Happiness just happens, rather than you seek it and find it. It is not like the fairy tale story of falling in love and live happily ever after that you have heard and, probably for a moment or two, believed, or at least hoped it could be true.

Trebla Ognim says,

"Happiness is a feeling brought forth by your reactive mind creating a temporary state of euphoria that renews your spirit for living life."

In life, this feeling of happiness seems to be given to us on a temporary basis. We get to feel it and enjoy it. Then in time, it seems to leave us, which seems like an unkind ending to such a wonderful experience.

Happiness is a reactive response to a manifestation of something that you perceive as instant pleasure, gratification and elation.

THOSE UNDESERVED JOYS

***WHICH COME UNCALLED
AND MAKE US MORE PLEASED THAN GRATEFUL
ARE THEY THAT SING.***

-Thoreau

When you do experience happiness, it can stay with you as a wonderful memory that you can bring forth at will. You simply need to nurture it, cuddle it, and hold onto to it, as you would a precious stone. To wake up tomorrow morning without a memory of happiness in your heart is like not having the memory that the sun is going to rise. The sun will rise each new morning and, hopefully, you do have a memory of happiness in your heart.

A memory of happiness can, and usually does get you through tough times. It is the experiences of happiness that give you hope for the future. Life is hard, and happiness relieves you from the hardships, momentarily, while it revitalizes your strength and refreshes your outlook on your tomorrow.

Therefore, when happiness does come to you, remember to allow yourself to feel and enjoy it fully, and grasp every second of its healing power, for it is a gift from your true source of energy in the universe. When you experience happiness, your spirit is renewed, and your love for life is rekindled.

***HAPPINESS IS AN EXPRESSION OF THE SOUL IN
CONSIDERED ACTIONS.***

-Aristotle

The power in you will give you the balance in mind to recognize happiness and enjoy it fully. Embrace your happiness when it appears in your life. It is vital to your health.

If not, keep seeking it. The power in you will change your life as you know it now. Embrace it and create a personal goal and go after that goal with passion.

BELIEVE IN YOU!
Trebla Ognim

***WHY NOT experience happiness many times while going for
your dream without hurting another?***

WORTHINESS



“Your time to live”

Chapter Forty-three

It is imperative that you recognize the truth in the following written words, *"You are a worthy human being."*

Your birth granted you a place on this earth to do what you were born to do. You play an important role within life itself. You are here with meaning and purpose to your life. You were born as being important, unique and possessing freewill. You are not here by accident, and most importantly, you were born with worthiness.

Spiritual singer Yolanda Adams said in a television interview, *"Because you are a child of God, that's what makes you worthy. You are here to do something that no one else can do. In you is the seed of future generations."*

Worthy defined: *"having a worth or value, important enough."*

For some of you, after your birth and during your upbringing, people within your environment began slowly chipping away your worthiness. It was done to make them feel better about themselves. It was the struggle for control. For some reason some of the human race seems to be involved in controlling others rather than accepting the fact that we were all born equal. As equals we would have supported one another in life, but that did not happen.

There seems to be another two distinct kinds of people:

1. Takers – *the controllers*
2. Givers – *being controlled*

Whether you are a taker or a giver; your self-worth has been distorted. The takers granted themselves permission to control others, and the givers succumbed to being controlled. These words sound harsh because they are a harsh reality of this world.

SO MUCH IS A MAN WORTH

AS HE ESTEEMS HIMSELF*-Rabelais*

However, because of your freewill and regardless of your early life, you were able to think for yourself. At some point in time, you decided how you would live your life as an adult. You created your own character standard of morality. You made personal changes according to your emotional needs and wants as you lived your life. You became who you are now using previous experiences as your foundation.

***IT IS DIFFICULT TO MAKE A MAN MISERABLE
WHILE HE FEELS WORTHY OF HIMSELF
AND CLAIMS KINDRED TO THE GREAT GOD
WHO MADE HIM.***

-Abraham Lincoln September 14, 1862

As you live your life, you are experiencing good and bad things; these experiences determined your character and your morality. Some of you feel inferior to others and decide to take control of your feelings in a negative manner. By using your will power, you learn to convert your inferior feelings into a power of authority to control others. You become the takers. The opposite happens to you givers. You succumb to being controlled because of your feeling inferior. Givers find giving very satisfying, and the takers find taking very satisfying. They are complete opposites.

You, the giver, and you the taker, having distorted your worthiness, you need to look within to take back the truth of your life - your birthright worthiness. It is not predicated by how good or bad your life has been. It is your inherent worth. It is your true worth.

As a taker, you need to begin giving and learn to feel good about it. As a giver you need to begin taking without hurting another and feel good about it. As a human being you need to begin balancing your life of giving and taking without hurting another. You were not born to be one or the other but rather both. The universe has a positive and negative energy force that creates a balance. You, as a human being, also possess a negative and positive energy force within you that creates a balance. By recognizing this as a truth, you can now begin to balance your life and be the worthy person you were meant to be. With balance,

you do not need to control, nor be controlled. With balance, you can support one another in life as it was meant to be.

Trebla Ognim says,
*"Worthiness manifests
your importance to
life."*

Each human being has a value to their life. Each human being is worthy.

***THE PURPOSE OF MAN'S LIFE IS NOT HAPPINESS BUT
WORTHINESS.***

-Felix Adler

Regardless of your upbringing, consider taking the time from reading this book at this moment, and go stand in front of a mirror.

Look directly and intensely into your eyes and say, *"I am a worthy human being and I will live my life fully knowing and feeling this truth from this day forward."* Say this aloud with emotion in your voice. Say it like you want it to be and it will be because it is a truth!

***A MAN CANNOT BE COMFORTABLE
WITHOUT HIS OWN APPROVAL.***

-Mark Twain 1906

For those of you whose worthiness was slowly chiseled away from you during your growing up segment of your life, you will need to recapture it in the same slow process Find the power in you in this book, embrace it and create a personal goal. Begin striving for your goal and it will renew your worthiness. It will change your life for the good.

BELIEVE IN YOU!

Trebla Ognim

***WHY NOT recapture your worthiness and go for your dream
without hurting another?***

WHITE LIES / OUTRIGHT LIES



“Your time to live”

Chapter Forty-four

Lying seems to be part of human nature. Not that everyone tells outright lies but it does seem that most people will tell a white lie now and then.

There are two types of lies that people tell;

1. **Outright lies** - *straightforward; direct*. Generally used to hide the truth.

2. **White lies** - *a minor, polite, or harmless lie; fib*.

Generally used to avoid hurting the other person’s feelings.

Example of outright lie. *Someone seen stealing money but when asked about it denies stealing it.*”

Example of a white lie: *“How do you like my new shoes? Response from other person is, “I like them.” Even though the other person really doesn’t.*

One is to deny telling the truth and the other is to not hurt someone’s feelings.

Lying has been in existence since the beginning of humankind.

Each human is born with a different reasoning process. People who have a conscience have a difficult time lying. People who do not have a conscience can lie easily. Some people are just natural born liars and never tell the truth. They will lie to your face even when you know they are lying.

***O, WHAT A TANGLED WEB WE WEAVE;
WHEN FIRST WE PRACTICE TO DECEIVE!***

- Sir Walter Scott

You will not find many people who refuse to lie. But there are a few people who do not like lying and will not answer a question if they know the truth would offend you. They just refuse to tell a white lie.

***HE WHO PERMITS HIMSELF TO TELL A LIE ONCE
FINDS IT MUCH EASIER TO DO IT A SECOND,
AND THIRD TIME, TILL AT LENGTH IT
BECOMES HABITUAL; HE TELLS LIES WITHOUT
ATTENDING TO IT, AND TRUTHS WITH OUT
THE WORLDS BELIEVING HIM. THIS FALSEHOOD
OF THE TONGUE LEADS TO THAT OF THE
HEART, AND IN TIME DEPRAVES ALL ITS
GOOD DISPOSITIONS.***

-Thomas Jefferson

Most people learned to lie as they grow up. They may have learned it from within their home environment or outside their home, or both. Most of what our character is made of comes from the younger days of our lives. It is related to our inferiority complexes. You might have grown up where you had to constantly be on guard so that your parents or guardian could not be little you. You may have had to lie to survive. At least you thought so.

Some family environments are not conducive to a healthy lifestyle. Some families are dysfunctional. They are different because they have the inability to function emotionally or as a social unit. They are unstable. They are out of the ordinary of an average family. Every family will have their quirks but some are quirkiest than others. Some families are simply mentally and emotionally sick in their behavior.

A GOOD MEMORY IS NEEDED ONCE WE HAVE LIED.

- Pierre Corneille

If you came from a dysfunctional family then you will have to become strong in order to overcome what you learned growing up. Somewhere in the process of growing up it is hoped that you will have learned that there really is a difference in families and how they function. When you recognize the difference then it will be up to you to decide to stay the same or to make some changes that might be more favorable to a happier life. It won't be easy to make the changes but

making positive changes are imperative to living a healthy life.

***A DEGREE OF LYING – YOU KNOW, WHITE LIES
SEEMS TO BE INHERENT IN ALL LANGUAGES
AND ALL FORMS OF COMMUNICATION.***

- Matthew Lesko

Most people really do not enjoy hurting other people's feelings. Of course, there are those who seem to enjoy doing it. You live in a world with people who have grown up in different environments that cause them to live in a way that they have only known.

***I SUPPOSE EVERYONE TELLS WHITE LIES. QUITE
OFTEN THEY'RE NECESSARY TO MAKE SOMEONE
FEEL BETTER OR PREVENT FEELINGS FROM BEING
HURT. WHOPPERS? NO, THAT'S DANGEROUS
AND THEY'LL BOOMERANG.***

-Richard Chamberlain

It is suggested that you look deep within and see if you tell more white lies then you do outright lies. Or, whether or not you lie at all! If you conclude that you tell more outright lies then white lies then perhaps you might consider changing that habit. Most of you will know when you are telling an outright lie therefore when you catch yourself doing that tell yourself to stop. Tell yourself it is not necessary to lie. Either change the subject or start from the beginning and tell your story in a more favorable way or don't tell your story at all. If you can catch yourself you may find that no story is required. You may even laugh a little while catching yourself about to tell an outright lie.

***LIES ARE A LITTLE FORTRESS; INSIDE THEM YOU
FEEL SAFE AND POWERFUL. THROUGH YOUR
LITTLE FORTRESS OF LIES YOU TRY TO RUN YOUR
LIFE AND MANIPULATE OTHERS BUT THE
FORTRESS NEEDS WALLS, SO YOU BUILD SOME.
THESE ARE THE JUSTIFICATIONS FOR YOUR LIES.
YOU KNOW, LIKE YOU ARE DOING THIS
TO PROTECT SOMEONE YOU LOVE, TO KEEP
THEM FROM FEELING PAIN. WHATEVER WORKS, JUST***

SO YOU FEEL OKAY ABOUT THE LIES.

- Wm. Paul Young

Keep in mind you will find living life easier if you do not tell an outright lie. However telling a little white lie sometimes might be favorable to maintaining the relationship of a loved one, friend or the beginning of a friendship or even an acquaintance.

Trebla Ognim says

"Living with outright lies makes life more complicated than it needs to be. However living with a few white lies seems to be tolerable.

Finding the power in you and embracing it will give you the strength and courage to make the changes in your life that you may want to make. Create and goal of your desire and go for it. During the process of achieving your goal your character will be revealed. It is then you may recognize that you may want to make some changes.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT make any necessary changes to your character regarding lying while going for your dream without hurting another?

TRUST



“Your time to live”

Chapter Forty-five

Are you one who truly trust's another person or do you put limitations on your trust for that person?

That is the question.

***IT'S A VICE TO TRUST ALL, AND EQUALLY
A VICE T O TRUST NONE.***

-Seneca

Your answer determines your level of self-confidence and your awareness in protecting yourself from harm.

Trust is a very important part of life and there are different degrees of trusting another human being.

Examples:

“I trust you not to intentionally harm me physically and emotionally, not to harm my family, my friends, and I trust you with my possessions and my money. I trust you wholeheartedly.”

“I trust you not to intentionally harm me physically and emotionally, not to harm my family, my friends, and I trust you with most of my possessions, but not my automobile.”

“I trust you not to intentionally harm me physically and emotionally, not to harm my family, my friends, and I trust you with my possessions, but not my money.”

The different levels of trust go on and on with each person deciding how they want to trust another human being.

To trust is to be mentally free.

To not trust is to be mentally imprisoned.

Freedom bears the responsibility of trusting other human beings, including the responsibility of protecting oneself.

A truth: Yes, there are people in the world who, when given the opportunity, will do harm to you. However, the important and most comforting bit of knowledge for you to know is that they are a few people – not everyone!

Unfortunately, the media reinforces the premise that people are constantly hurting each other because they report the news that generally includes such negative human interest stories daily. You need to keep in mind that it is their job, and they do it well. Just remember, only a few people hurt others, not the majority.

Ask yourself when the last time someone harmed you compared to the frequency you read or hear about such incidents through the media. Chances are your life is clear of harm unless you are driving. Even then your chances of being involved in an accident are less than you read, hear or see. However, to live the best possible life, you are responsible for being aware of your surroundings. This includes the people in your life. You have no right to believe that life is to be lived in pure comfort. Life is to be lived with each new day bringing forth challenges that also contain rewards of self-satisfaction that you made it through the day without experiencing personal harm.

While living your life to the best of your ability, you will need to answer this question:

“Do you trust or do you not trust others?”

When you are open minded, you allow all information to enter your thinking processes allowing immediate intelligent evaluation of the situation. When you are closed- minded, you filter information leaving you vulnerable because you cannot evaluate intelligently when you do not have all the information....you either receive complete data or receive partial data. From which pile of data would you prefer to make an intelligent evaluation?

When you mistrust another person, you await the expected negative action to take place. If the other person is really one not to be

trusted, they will be in the process of making you feel relaxed and comfortable gaining your trust. This will go on until that person knows you have weakened and submitted to them. At this time, they will take advantage of you, and possibly harm you. When you do not trust the other person, you have closed your mind and opened the window to your weakness.

You might think that trusting another person means you do so with blind trust. Not true! Trusting blindly is a mistake! It is trust that you can be fooled by someone who lives on the dark side of life. Trusting someone does not mean that you openly ignore what they say and do. When you trust, it means to be aware of all that is going on always.

***A MAN WHO DOESN'T TRUST HIMSELF CAN NEVER
REALLY TRUST ANYONE ELSE.***

-Emerson

Unfortunately, most people live their day without too much forethought in their conversations and actions. They function with a lazy mind doing what they repetitiously do day to day. It is your lazy mind that makes you vulnerable.

You now live in a time where not trusting may be more popular than trusting.

Not trusting seems easier than trusting, because to not trust requires no thinking in its instant judgement. It becomes an immediate result – “*I just don't trust this person.*” When you do not trust you are constantly on guard against the other person and, usually, will not receive any benefit from them.

Only when you are aware will you receive a benefit.

Being on guard and being aware are two different things.

GUARD defined: - *“a defensive position. The act or duty of protecting or defending.”*

AWARE defined:- *having or showing realization, perception, or knowledge. Cognizant, conscious, sensible, alive, and awake.”*

Each person you meet offers either a positive or negative experience. Most usually it is a positive one, and, only infrequently, is it a negative one. If you do not trust always, you miss the opportunity of a positive experience that you are to receive from the other person.

Your trusting or not trusting is a learned behavior from your upbringing or from your personal experiences or both.

All that is written on trust in this chapter applies to your husband, wife, significant other, siblings, family, relatives, friends, acquaintances, and strangers.

***TRUST MEN AND THEY WILL BE TRUE TO YOU;
TREAT THEM GREATLY AND THEY WILL
SHOW THEMSELVES GREAT***

-Emerson

In history, it was often the closest person to another that was the betrayer. The American Benedict Arnold is infamous for doing just that. Judas Iscariot, one of The Twelve Apostles in the Bible, betrayed Jesus Christ. It is common in human nature to blindly trust the person closest to you, blind trust is unwise.

***THE ESSENCE OF FRIENDSHIP IS ENTIRENESS,
A TOTAL MAGNANIMITY AND TRUST***

-Emerson

So many times you have heard or read about someone, who everyone would least suspect, did harm to another. When a person has or intends to do harm to you or another, they generally give you a hint.

Trusting requires intense listening and observance of body language. It requires total attention on the other person in their presence. You are deciphering information as they give it to you and evaluating the words and actions of the other person. Consciously qualifying that person as to whether they are offering a positive experience. By being mentally alert, thinking and constantly evaluating the situation, you are protecting yourself against harm. Only when you are trusting are you open minded, alert, clear thinking, calculating, evaluating, and protecting yourself from exposing your weaknesses. You will be in control of the situation, and it is up to the other person whether or not you continue the experience. You allow them to diminish their trustworthiness through the interaction. Your reaction could save you from harm. Most importantly you can embrace the opportunity of enjoying a new experience.

Trebla Ognim says

“When you trust, you are open-minded and when you do not trust, you are close-minded. Only when you are open-minded can you protect yourself from harm, learn new things, and enjoy new experiences with trustworthy people.”

This author trusts people 100% from the beginning. The key for me is to stay alert, awake, be aware, listen carefully, and observe all actions, while allowing the other person to let you know how trustworthy they are.

President Ronald Reagan said it best when he was dealing with the Russians, *“Trust but verify.”*

Only a con person has the power to fool you and it happens the quickest when you blink your eyes.

“To trust is a decision - not an emotion.”

The power in you will remind you to change your attitude and be alert. It will give you the strength and courage to trust. Find it, embrace it and commit to it and create a personal goal and act upon that goal. You will begin living life to its fullest while trusting others.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT trust, as a clear thinking adult, while going for your dream without hurting another?

SELF-CONFIDENCE THROUGH GOAL SETTING



“Your time to live”

Chapter Forty-six

Self-confidence is not something you can buy. It is something that you alone must develop from within. It is created by achieving success through repetitious actions purposely taken by you. You develop self-confidence through the process of trial and error. That is, you keep doing it until you have successfully met your objective several times over. When you succeed doing whatever it is you want to do, you have developed confidence and that makes you feel good about yourself. You create an affirmation within that confirms your ability to do what you want to do...

...and that you can do it!

In order to develop self-confidence you must go for it and gain experience. The experience you gain is what will give you the feeling of self-confidence. With self-confidence you can do what you want to do without fear.

***A DIAMOND IS A CHUNK OF COAL THAT
MADE GOOD UNDER PRESSURE***

-Anonymous

Some goals are achieved with little thought, but most of them must be written and thought of repetitiously. Vision it, and repeat your affirmations until the goal is deliberately achieved through your persistence.

There are two types of goals - *Minor Goals* and *Major Goals*.

A minor goal can be as simple as making a grocery list or planning to attend a movie, and following through on them to fruition. Sounds too simple? Well, perhaps so. Nevertheless, have you ever gone to the grocery store without a list and forgot something? Or, set out to go to a

movie and got sidetracked? Well, it happens to most of us at one time or another.

By starting with minor goals you develop self-confidence. It can be as easy as going grocery shopping without forgetting one item. Or, seeing the movie you wanted to see at the time and place you wanted to see it without getting sidetracked. Grocery shopping is something done frequently and is one of the easiest goal setting and achieving successes. Most people repetitiously do it. Making a list and checking it off, leads to a one trip only grocery-shopping success story.

One proven method of developing self-confidence, and getting what you want, is living out your dream, by setting a goal. Self-confidence comes through setting and successfully completing goals. Setting goals is very important. You mentally form a plan on what you want to do and how you are going to do it. It is best planned when it is written so you can follow it by focusing on the steps to be taken and checked off when done.

Keep in mind the following:

***THERE ARE THINGS YOU KNOW, THAT YOU
DON'T KNOW. THEN THERE ARE THINGS
YOU DON'T KNOW, THAT YOU DON'T KNOW.***

-Daniel J. Mingo, my brother

When you set the goal and begin taking an action on it, you will be confronted with obstacles along the way. They serve you well. They challenge you and your desire to reach your goal. If you are not positively sure that you want what you are going after, you will not overcome your obstacles and reach a successful conclusion. You probably will quit.

However, for those of you whose desires are true, with your determination and persistence, you will follow it through step by step to its attainment. You will overcome the obstacles that will confront you on your journey.

By setting minor goals, and completing them successfully week after week, you form the habit of setting goals with the expectation of success. You will gain the knowledge and experience in setting and completing goals through the process of repetition. You will need to set

minor goals in various areas of your life, and complete them successfully. When you do, you will feel, beyond a doubt, that you can do anything you set your mind to, and gain newfound self-confidence.

A good journalist will tell you that while gathering information for a story, you must ask the questions, "*what, where, who, when, how, and why,?*"

GOAL SETTING PROCESS

- (1) WHAT *is it you want?*
- (2) WHERE *are you going to get it?*
- (3) WHO *will help you get it?*
- (4) WHEN *do you want it?*
- (5) HOW *do you intend get to it?*
- (6) WHY *do you want it?*

One of the better ways to set a goal is by writing down the activity processes requisite to its achievement. It is not a complicated process, but that that has proven to be successful throughout the year

Planning the steps to achieve your goal requires you gathering as much information as possible from all available sources that pertain to your expected result. You can obtain this information by reading, verbal and written communication with those in the know and visual aids such as pictures, movies and videos. Your local library could be a good place to begin your research. You may ask questions of everyone you know and meet. You will be surprised how many people are willing to help you. Today, you have access to the computer Internet technically identified as Cyberspace. You have access to unlimited recorded information.

Once you decide what you want to do, you will find researching for information very interesting. And, at times, it will be very exciting! It will be as if the universe is giving you all the information you need.

The journey of life offers you many roads to choose from when you are trying to fulfill your wants and to live your life to its fullest. The roads that you may find more acceptable are those you choose to travel rather than those you let life choose for you. Each road you travel in life will have its share of bumpy surfaces that jar your senses. The bumps cause you to look at your life to decide whether or not to continue down the road you chose to travel on. You may ask yourself,

"Is the final destination worth the inconvenience of traveling over the bumps?"

PROCASTINATION CAN LEAD TO REGRET

-Gina Marie Mingo, my niece -1996

(Gina spoke these words to me just before she left on a nine month out of state commitment. She gave up her job, her new car and her apartment and took the risk!)

Many people, when faced with bumps on their road, will simply turn around and try another direction without giving it serious thought. They are not committed to reach their planned destination. Their attitude is that plans seldom work out, so why go through the trouble of planning? They may find themselves floundering in life.

***OBSTACLES CANNOT CRUSH ME / EVERY
OBSTACLES YIELDS TO STERN
RESOLVE / HE WHO IS FIXED
TO A STAR DOES NOT CHANGE HIS MIND.***

-Leonardo De Vinci

Just as the planets of the universe are organized and synchronized in their movements, human beings will find life more satisfying when living their life in rhythm with the universe.

The planets are not so independent that they can travel in any direction they want. They are set to travel in a precise methodical course to serve their purpose within the universe.

You are free to travel in any direction you want within the free world. However, you will find life more interesting, challenging, exciting and definite by planning your course. When you write a plan, you are creating a design for living your life as you would like your life to become.

***MEN, LIKE NAILS, LOSE THEIR USEFULNESS
WHEN THEY LOSE DIRECTION AND BEGIN
TO BEND***

-Walter Savage Landor

You have three primary powerful freedoms from birth in the free world:

- 1) - *Freedom* of thought.
- 2) - *Freedom* of choice.
- 3) - *Freedom* of action.

Freedom has its price. It can be another word for responsibility. Taking actions on your freedoms can result with the payments of consequences. For every action there is a reaction. Every reaction will be either positive or negative. Naturally, the positive consequences are what we want. The negative consequences can cause discomfort, turmoil and sometimes pain and loss. It is best to take a calculated risk rather than just a chance.

When taking a chance you have a 50/50 probability of it resulting in your favor. When you take a risk, you increase your possibilities of a favorable result by a much larger per cent. You do so, because you gathered and deciphered information pertinent to what you were going to do. Your decision to take an action was based on calculation not a guess.

***A WINDMILL IS ETERNALLY A WORK TO ACCOMPLISH
ONE END, ALTHOUGH IT SHIFTS WITH EVERY
VARIATION OF THE WEATHERCOCK, AND
ASSUMES TEN DIFFERENT POSITIONS
IN A DAY***

-Charles Caleb Colton 1825

Most people favor positive results when stepping out into unknown arenas of life. Therefore, you might consider beginning to write out plans for getting what you want. What you want is your dream.

Keep in mind, you were born a winner and you will die a winner! You cannot experience failure unless you choose to do so...you can only experience temporary defeat during the interim of your allotted time on earth.

Being persistent is the process to achieve your goal.

There seems to be a universal law that allows persistence to break away all barriers so that you do achieve your goal.

Failure implies that you can never try again.

Temporary Defeat implies that you can try as many times as you want.

Take a moment and think about what you have just read.

Thomas Edison experienced ten thousand temporary defeats before his final experiment resulted in reaching his goal of inventing the incandescent lamp. His actions are commonly referred to as living a commitment and having the tenacity and persistence to not give up.

It has been told that Mr. Edison once said, *“I didn’t fail ten thousand times. I just learned ten thousand ways it wouldn’t work.”*

Write out your *GOAL*.

Write it down on a piece of paper or type it in a word document on your computer. A connection between your hand or typing fingers and your brain are made that creates a bond between your desire, expectation and achievement of your goal.

Affirmations are very important for the best possible result. It is imperative that you constantly have in your mind what you want, and remind yourself of it daily.

There are a few people who have the ability to just think a goal and in time achieve it successfully. However, most people have to work at their goal very diligently. You will find out for yourself which are you.

By setting minor goals and completing them successfully, week after week, soon you will form the habit of setting goals and the expectation of success. Repetition of this process is the key to forming a new habit that will benefit your life while gaining self-confidence. Below is an example of a simplified Minor Goal.

The following is an example of creating a **MINOR GOAL**:

OBJECTIVE: Going to a movie.

1. Because I like the actors.
2. My car will be used as transportation.
- 3 The movie is playing at a local theater.
4. The newspaper/Internet/iPhone will inform me of the time schedule and I will ask my friend to go with me.
5. I will go to the early showing this Saturday evening.
6. I will wear casual clothes.
7. I will need money for the tickets.
8. I will need money for refreshments.
9. I will purchase the tickets early to insure a good seat not having to stand in line.

Self-Confidence Through Goal Setting 193

10. I will expect the movie to be good.

11. I will leave the house early.

12. I will have a bite to eat at a restaurant near the theater.

I will need money to eat at the restaurant.

Should we watch the movie as planned, they will show coming attractions that could cause me to decide to see one of those movies in the future.

POTENTIAL OBSTACLES: Illness, traffic congestion or a flat tire, etc.

13. If this obstacle causing me to miss the movie this Saturday then I will set a new goal for a new date.

14. **MY EXPECTATIONS:** It will be a night out seeing a good movie, eating good food, enjoying a friend's company, having good conversation, resulting in a fun filled evening.

15. I will return home with a feeling of self-satisfaction knowing that I attained my minor goal step by step as planned.

The following is an example of creating a **MAJOR GOAL:**

OBJECTIVE: Bachelor of Arts Degree in Business Administration.

1. I want a position in management of a large corporation.

2. I will enroll in a university noted for its business administration courses.

3. I will live wherever the university, of my choice, is located.

4. I will need a school counselor.

5. I will need to know when the semester begins and ends.

6. I will receive my degree after completing the requirements. (4 years)

7. I will use my car for transportation to and from the campus. I will need to know how much money will be needed for books, materials, a place to live and other expenses.

8. I will need to designate a time schedule for studying.

9. I will need to prepare a time schedule for other activities, trying to fulfill my basic needs and take an action on my six most important areas of my life.

(Read the Chapter – “Living With Balance” in this book.

10. I will need to set a Minor Goal such as one in Accounting.

11. **POTENTIAL OBSTACLES:** Boring subjects and boring teachers. Maybe having to work part-time.

12 I will need to begin looking for a job with a large corporation one year before I graduate

13. **MY EXPECTATIONS:** It will be an exciting learning experience and an adventurous journey on my way to Graduation!

14. Where and in what direction to go from here? (Perhaps a Master’s Degree and a Ph.D.)

15. Set new Major Goal and Minor Goal.

16. **GO FOR IT!**

This author has been setting Major Goals and Minor Goals for years and this is how I wrote my Major Goal regarding writing this book:

Objective: *I, Albert Junior Mingo, want to write a book on living your dream and living life to its fullest. I will have it completed in manuscript form by December 31, 1996. I will write a little each day until I finish it. I will research my subject by reading, verbal and written communication, and all other avenues that come to me in my pursuit of accumulating information including my personal experiences. I will send my completed manuscript to book publishers and literary agents. I will persist until the book is published, distributed and sold. I am healthy, wealthy, happy, and prosperous and I am living my dream traveling the world giving motivational talks on my published book, “The Power In You”. Selling the book, CD’s, Videos, Tapes, etc., creating a substantial everlasting personal monthly income enabling me to help others to live out their dream. This is one of my many current positive contributions to life. My speaking tour will begin on March 1, 1999. Thank you God!*

Clearly you will write your Major and Minor Goals anyway you want. This author just wanted to give you some examples.

Your personal affirmation is to be read several times per day. It works best when you hear your own vocal sounds. At least once a day recite it in front of a mirror looking directly into your eyes. Put as much emotion into it as you can and do both for thirty days. You are re-enfor

cing your desire to achieve your goal.

Do not give up if the deadline you set passes, and you have not completed your goal. Remember your commitment is, *“I will not be denied!”* And, continue onto its fruition.

Through the power of decision-making of setting minor and major goals, and achieving them, you develop self-confidence. After successfully completing minor goals, you can begin setting major goals which are more involved and require a longer time to achieve. Examples would be setting the goal of getting a better job, getting married, having a family, buying a new car or purchasing a home. Think of minor goals as taking baby steps - major goals as taking adult steps.

Trebla Ognim says,

“Repetition of setting and successfully completing minor goals is the key to taking charge of your life. It motivates you to set major goals, create a burning desire with passion, and to strive to complete them successfully. You will develop self-confidence.”

When you develop self-confidence, you will begin liking yourself more. This feeling will help you in developing a positive mental attitude about yourself. It will change your life.

Having self-confidence is very important to your life. When you find the power in you, and you decide to accept it, you will then need to take an action on it. Once you grasp onto the power in you, you can set the goal of going after what you love and want to do, while not intentionally hurting another - letting yourself know that you trust yourself, and have the strength and courage to go forth living your life to its fullest - letting yourself know that you are important - that you are a worthy human being - letting yourself know that you can do whatever you set your mind to do.

Some people can mentally plan a goal - then let it go without using daily affirmations - but they do take actions on them. And, their goal comes to fruition. They believe wholeheartedly in themselves and their goal. They are truly connected to their Higher Power--the true source of energy in the universe. They are few.

You were born a winner!

Right now, this moment in time, is your life.

What are you going to do with it?

Remember these important words – *“Your life is yours to do with it what you will.”*

Find the power in you and embrace it, commit to it, create a personal goal – it is your dream, nurture it with your thoughts and go after it with passion, and bring it into fruition.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT develop self-confidence by setting and completing minor goals, and making your major goal your dream without hurting another?

REASONS



“Your time to live”

Chapter Forty-seven

You have your reasons for why you are not taking an action on what you love and want to do. It might be that you do not believe in yourself, nor that you are talented enough.

Your natural talent is to be used while living your meaning and purpose on this earth. You have been in touch with your natural talent sometime, in your life. You may have decided not to use your natural talent yet, but you are aware of it!

Like many other people you have reasons for not using your natural talent to better your life and life itself. Check your reasons to see if they are not excuses. Perhaps you are in denial that you have no natural talent. Perhaps you are afraid to succeed.

***THE DIFFERENCE BETWEEN THE REASON
OF MAN AND THE INSTINCT OF THE BEAST
IS THIS, THAT THE BEAST DOES BUT KNOW
BUT THE MAN KNOWS THAT HE KNOWS.***

-John Donne 1628

Reasons are synonymous with, ‘If only’:

If only I knew my talent.

If only I had money.

If only I did not have family responsibilities.

If only I could save enough money.

If only I were more educated.

If only I had the time.

If only I had faith in myself.

If only I had someone who had faith in me.

If only I knew I would not fail.

"Reasons are 'If only' which = Excuses!"

You can add *'If only'* that you yourself have already used to keep yourself from taking an action on your dream. Perhaps you might take the time to write down your personal *"If only."* You might be surprised what you learn.

Trebla Ognim says,

*"Everyone is born with
natural talent. You
simply need to try to
bring the real you out."*

Why not rid yourself of your reasons and begin living your meaning and purpose to your life? Do not let your reasons stop you. Overcome them by making a decision and taking an action.

Your dream merely awaits its realization.

The power in you, once you find it, and embrace it and create a personal goal and take an action on that goal will override your reasons. You will be surprised.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT relinquish your reasons of if onyx's and go for your dream without hurting another?

DECISIONS



“Your time to live”

Chapter Forty-eight

Making a decision is the most complicated conclusive-thinking process that you command your mind to perform. It must conjure up all the available information sifting through and separating the pros and cons. It also calls in universal knowledge unbeknown to you. The mind calculates and evaluates the information through the process of elimination. This process culminates in a result of a conjecture that determines a precise action to be taken.

***I DO NOT BELIEVE IN A FATE THAT
BEFALLS ON MEN HOWEVER THEY ACT;
BUT I DO BELIEVE IN A FATE THAT
BEFALLS ON THEM UNLESS THEY ACT***

-G. K. Chesteron

Decision-making can be scary to a lot of people. Some people will not take the risk of making one. They feel they will make the wrong decision. Those people who fail to make their own decision leave it open for others to make one for them. This can result in the person giving up control of their life. A lazy mind creates unhappiness.

A lazy mind is always in decision creating a state of indecision.

Do not doubt the *Truth*.

You made your decision with the only available information at the precise time you made it. If one second after you made your decision you gained new information that could have changed the end result, it would not have made your decision wrong. You simply gained new information that was not available to you at the precise time of your original decision. You need not inflict anguish upon yourself for it turning out differently than you projected. This new result had nothing

to do with your original decision. It is important that you understand this truth.

When the end result of a decision turns out differently than what it was intended to be, it causes a lot of people to think they made the wrong decision—not true! You have no control of the future bringing in new information. It just happens! However, when you realize you made a decision contrary to enhancing your life, you simply need to make another decision. How will you know if the decision is positive or negative? Simple! If it works, it is positive. If it does not work, it is negative.

Trebla Ognim says,

"Every decision you have made and will make has been and will be the right decision no matter the end result."

Now that you have gained new knowledge concerning every decision that you have ever made, perhaps, with this new information, you will be more open to believing in yourself. It is imperative that you believe in yourself, and know the truth that you have no control of the future. Leave the future predictions to the psychics. When someone is told by a psychic that they are going to meet the love of their life soon, that person takes the words of the psychic as truth. They begin to believe it, and create its result in their life by forcing it to happen. It usually turns sour.

***WHAT MAN WANTS IS SIMPLY INDEPENDENT
CHOICE, WHATEVER THAT INDEPENDENCE
MAY COST AND WHEREVER IT MAY LEAD.***

-Dostoevsky 1864

Many people do not want to live their life, but would rather have someone else foretell their future, and it better be good! Perhaps it is simply fear that leads them to a psychic. If your future was necessary for you to know while you are living your life today, your Higher Power would have placed it in your mind. Chances are, you would then make decisions based on your future rather than your today; thereby resulting in not living your life to its fullest one day at a time.

People should consider making as many decisions as they can each day of their life. It is like any other thing we do. The more you participate in it, the easier it becomes. Decision-making should become a habit within your subconscious mind. It is the most important part of trying to live your life to its fullest. Making your own decision on your own life is mandatory to your personal well-being.

“If you really knew your tomorrow, there would be no need for you today.”

Some people seem to be able to make decisions but are unable to follow through with them. They make them, but they vacillate and create confusion within themselves. They may at the time feel the decision is not that important but, in truth, it is. Every time that person vacillates it is creating a habit that weakens their ability to control their own lives. It lets other people know that the person lacks self-confidence and can be controlled. Thus, that person is giving up on living their life to its fullest without really knowing it is happening to them. As time passes they recognize their life is not their own. When they try to make a decision to change their life they find they are unable to do so. Not being able to make a decision is like being caught in a spider web. You find yourself aware of your being caught but you cannot get out.

Decision-making must be the highest on your priority list of things to do, on a daily basis, to live your life to its fullest.

Decision-making is a source of power within you that determines the action required by you to take control of your own life.

***DECISIONS WILL BE MADE ABOUT YOUR
LIFE FOR YOU, IF YOU CHOOSE
NOT TO TAKE CONTROL OF YOU.***

-Trebla Ognim

Decision-making with action overpowers your fears.

Decision-making with action creates faith.

Decision-making with action changes your life.

Decision-making with action allows the real you to come forth.

Decision-making with action creates courage.

Decision-making with action is a spiritual movement.
Decision-making with action is the number one priority
in choosing to live your life to its fullest.
Decision-making with action is the key to unlock the
power in you.

From this day forward become aware of every decision you make
no matter how small or how large. Become aware that you do have the
ability to make decisions. Become fully cognizant of your decision
making processes and keep making decisions until you know they have
become a habit within your subconscious mind.

Once the process of decision-making becomes a habit within your
subconscious mind, you have then created a power within you that will
give you the strength and courage to do whatever it is you want to do
with your life.

When you make a decision, and commit to it and take an action on
it, you are at the apex of your inner strength.

This could be your time to change your life. The choice is yours!
The power in you will give you the strength and the courage when you
create a personal goal and act on it.

BELIEVE IN YOU!

Trebla Ognim

***WHY NOT make the decision to go for your dream without
hurting another?***

COMMITMENT



“Your time to live”

Chapter Forty-nine

At one time the word commitment was one of the most revered words in the English language, and now for some people, it appears to be the most feared word.

Ever since the beginning of the sexual revolution in the late sixties people have been falling away from commitment. It appears the word itself became a taboo. Many people chose to live together rather than commit to marriage.

This seemed to continue through the seventies and eighties, until a new deadly disease entered into the picture - the HIV Virus. In the late eighties and early nineties, it seemed people began to slow down with their sexual activity and began to think of it as possible death. Some people thought this new disease entered into their lives to slow them down and look elsewhere for the real fulfillment of their needs and wants; perhaps even consider a life of commitment.

The sexual revolution ended the era of commitment as it was known. Today, people seem to be less committed, less respecting, and less caring for one another. People seem to be less committed to their jobs and to their employers. Employers seem to be less committed to their employees.

Businesses in the nineties are not committed to maintaining their employees by their incessant downsizing. They seem to have forgotten that employees are the makers and consumers of products and the providers and consumers of services offered. Perhaps all of this will come to a place of economic disruption as soon as consumers do not have jobs. Without jobs, consumers cannot buy the products and services; thereby, the stock market will change drastically on the down-

side, and all involved will wonder what happened!

Ironically, after I wrote the above paragraph, I read the following in the newspaper: Albert J. Dunlap was fired by the Sunbeam Corporation. He was given the nickname, "Chainsaw Al." He was hired by companies to turn the companies around, and his firing reverberated across corporate America, where he had become a cult hero during the downsizing and plant closings of the nineties. Eric Greenberg, a management expert said, *"Mr. Dunlap never seemed to look beyond the immediate savings realized by payroll slashing to the obvious factors that in order to sell products you have to have people making it."*

Today the meaning of commitment is less valid than how it was known in the past. Henry Ford, founder of the Ford Motor Company, was committed to his product and his employees and still made a profit! It seems today's businesses are committed more to making a profit rather than making the best product with contented employees. The Japanese, who at one time offered lifetime employment, now have made changes.

Here in the United States it is no longer going to be children following in the footsteps of their parents in the employment world. Job security no longer exists. Today's children face a new kind of business attitude - one that is not committed to its employees or to a long range future. The new attitude seems to be make the profit now, and let tomorrow take care of itself. That is not how America was built. America was built with a commitment toward the future.

There are exceptions to every business. A few businesses today still value their employees like Henry Ford had done in his time. So did Henry Kaiser and other famous businessmen. So there is hope for the future.

Today people want and need commitment more than ever.

People do want and need to commit to one another, to their kids, to their jobs, their employers and vice versa. People need to commit to their families, their friends, their country and to their spirituality. The problem seems to be that they are afraid, if they commit, that they will be out of step with the whole world and few people want to be out of step.

People might take into consideration that it is okay to listen to their own heart even if it is beating a different drum beat than that of the world. It is okay to commit to yourself and others. It is okay for businesses to commit to their employees and vice versa.

Men and women seem to have different reasons for commitment in their personal and business lives.

My friend John Mehl reminded me, "*Men work for their women and families - taking the role of the provider.*"

When a man is committed to his job, he is filled with pride. He knows he is doing his best to provide for his family.

Women generally work for their families as a means to an end rather than wanting the role of the provider.

Most women are committed to their job because it takes two incomes to provide for family life. It is more of a need than a want. Many women, given the choice, would not work a full-time job. They would rather nurture their family and loved ones. To them it would be more productive and self-satisfying. Some women are committed to their job as the sole provider because they are part of the new single-motherhood revolution. Some women have the same inborn ambition to climb the ladder of success just as some men have.

The sexual revolution has allowed men to change their attitude regarding their role in society as the provider of the family. Some women are supporting their men. This is a reverse trend in the American Society. It may or may not be favorable on a long term basis.

Commitment changes people's lives. It opens up a whole new world of how wonderful life can be lived to its fullest. Commitment is a promise to oneself to fulfill the decision made by that person. It is a power generated from within causing you to take a leap of faith to fulfill your commitment.

***WHATEVER YOU DO OR DREAM YOU CAN DO,
BEGIN IT. BOLDNESS HAS GENIUS,
POWER, AND MAGIC IN IT.***

-Goethe

Commitment is not defined as being forever, nor does it guarantee successful results. However, commitment does mean you will not run away from your responsibilities when life gets tough. With commitment

you can experience the joy of self-satisfaction that does last forever. Self-satisfaction is the essence of the result of doing your best, while not intentionally hurting another. Win or lose with the challenges of life, you will feel the best when you are committed to do your best. Self-satisfaction cannot be taken away from you like riches and fame. It is yours forever!

John Gray Ph. D. lecturer and author of the book, "Men are from Mars, Women are from Venus says, *"Men are motivated and empowered when they feel needed, and women are motivated and empowered when they feel cherished."*

When a man feels he is not needed then that man is dying a slow death of unhappiness and loneliness.

Men and women have different motivations but both need commitment; to be wanted, to be needed, and to be loved - in order to live a more fulfilled life.

Some of the most publicized human beings, regarding their commitment to perform their best, are the Olympic athletes. They get the opportunity to compete against the best athletes in the world. They have one chance for victory and they take the ultimate risk by going for it! These athletes give all they have to give just to be able to enter the arena of competing against the best. They practice for years for just a few moments in time of competing.

The agony and the ecstasy of competing!

In the 1996 Olympiad Games in Atlanta, Georgia, in the United States, during the USA Gymnasts vaulting competition, Kerri Strug injured her ankle during her first vault. She walked back down the runway, unsure on her weakened ankle, to perform her second attempt. Though injured, she excelled in her vault only to collapse on the floor in excruciating pain by further injuring her ankle. She instantly became a hero of the competition because she helped win the Gold Medal for her team. Her courage came from her commitment to do her best for herself and her team. Kerri said, *"I just felt I had to do it. I owed it to everyone and I don't know how I did it, but thank God I did."* (She stated she had said a little prayer prior to her vault.)

It seemed that God had answered her prayer. Her performance will be recognized by the games for years to come. Kerri Strug knows the

true meaning of commitment, and, through her spiritual belief, she took the leap of faith and made history!

***DO YOUR BEST. THERE IS NO
GOAL BETTER THAN THAT***

-Norman Vincent Peale

Mother Teresa, a Catholic Nun, was the most well-known committed human being in giving, caring, and loving people throughout the world in the twentieth century. She had the power in her and she used it while living her life to its fullest doing what she loved and wanted to do in a leap of faith living through her spirituality. Perhaps she was a living miracle.

Oprah Winfrey host of the 'OPRAH TV Talk Show', is another famous committed human being. She gives to others with love that she unequivocally conveys in her personal life as well as during her TV show. She has the power in her and she uses it while living her life to its fullest doing what she loves and wants to do in a leap of faith living through her spirituality.

Behold! When committed, and acting on your commitment, you will attract what you need. Just minutes after writing the above paragraph about Oprah, I spotted her picture on the front cover of the July 9, 1996 issue of the magazine, Woman's World. Inside is her quote, "*Life's highest calling is finding and giving love, understanding - real joy*" -Oprah.

Oprah Winfrey also said in the same magazine, "*It doesn't matter what you have been through. What matters is how you choose to express your love through what you give to the world.*" In the end, she said, "*God won't ask you how much money or power you had. He will want to know, how many lives did you touch with love?*" (I believe, the power Oprah was referring to was power of authority - that kind of power God does not acknowledge.)

Oprah is committed to living a caring and loving life using the power in her!

In the same magazine article about Oprah "*Giving takes us out of ourselves and we think, maybe things aren't so bad,*" says psychotherapist Catherine Brown, C.S.W. "*We all need to feel that our lives have meaning.*

When we give, we feel this."

From commitment comes, hope, respect, caring, love, fulfillment and self-satisfaction. With commitment you can be who you were meant

to be and who you want to be. With commitment, you can do what you love and want to do in a leap of faith. With commitment, you will be attracted to what you need to fulfill your meaning and purpose in life. With commitment, your needs and wants can be satisfied. With commitment, you can live your life to its fullest with passion. With commitment there is a future for you and for everyone else!

Trebla Ognim says

"Your first commitment came to you without your having a choice. At your birth you were committed to living your life."

In studying history, you will find that a person's name and their word was their reputation - it defined their character.

Beyond a name and a person's word was their handshake - it acted as an unwritten contract. It was a way of committing to another person.

There is this old adage, *"Your word is your bond."*

Today is your opportunity to make your word - your commitment to follow through on whatever it is you say you will do - giving power to your name and creating good character.

***THE TRUE JOY OF ACHIEVING SUCCESS IS
NOT THAT WHICH YOU CAN SHOW THE
WORLD, BUT THAT WHICH YOU CAN
SHOW YOURSELF***

-Trebla Ognim

You might consider making a decision to live your dream and commit to it. When you follow through with your commitment, you will experience self-satisfaction, the ultimate feeling of personal self-worth!

When you have given your all - you have given to life.

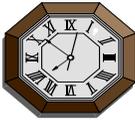
The power in you is in this book and when you find it embrace it and commit to it. Create a personal goal and act on it and become empowered to living your life to its fullest. When you do this you are renewing your life.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT make a commitment and go for your dream without hurting another?

MOTIVATION



“Your time to live”

Chapter Fifty

What is it that moves you into action in your life? What is it that causes you to leave your comfort zone and reach out into the unknown? What is it that causes you to take a risk?

Robert Schuller, pastor of the Crystal Cathedral in Anaheim, California, and author of several books, asked in one of his sermons, *“What motivates you - sex, power, money, or fame?”*

Give that a thought!

Think of how often you were motivated to take an action and why you were motivated. Before your action came one thought that you embraced as a want. You then nurtured that thought and turned it into a desire to go after it with all your might and you did. You became motivated to succeed in reaching your desired objective and it felt good inside. You burst forth with enthusiasm and excitement that stirred your emotions with a feeling of restlessness. You became very much alive and alert both in your thoughts and actions. You became obsessed with your desire coupled with your passion to reach your goal. You loved life and it seemed life loved you as you were driven with anticipation of succeeding. You were empowered to go after what you wanted.

Sometimes you did succeed in getting what you wanted, and other times, you did not. No matter how it ended you knew you had experienced a wonderful moment in time while on your journey going after what you decided you wanted in life.

Reaching for your dream can bring disappointment at times. It can become more challenging than you thought it would be. But it is worth it.

Obstacles test your desire. Only your staying power will give you what you need to overcome them. Overcoming them is your crowning glory as you strive for your goal.

One of Robert Schuller's books is entitled, "*Tough Times Don't Last, But Tough People Do*," publisher Galahad Books. In that book he says, "*When the going gets tough, the tough get going.*"

When a business is in trouble the advertising budget is generally increased to overcome the dilemma and it often works. Other times it *doesn't but at least they are trying to stay open.*

***DERIVATIVE OF MOTIVATION IS IN MOTION
BE IN MOTION***

-Alice Joyce "Jo" Hall, Dallas, TX 1996

Most advertising agencies understand what motivates consumers into buying products. The advertisement tells the consumer that the product will make them feel better, look better, be happier and win more often. It implies you can buy happiness and success by simply purchasing the product with your hard-earned money. Since most people want to be all they can be without trying, the advertisement usually works. Consumers simply buy a promised image of themselves. Only temporary change takes place with the buyers, but permanent profits befall onto the business. Immediately, the buyer feels good, and then slowly reality appears. No change really took place. They are still who they were, only with less money.

Take a moment and try to envision the times you were motivated by an advertisement, if ever. If not, why not?

This journey down memory lane could be just what you have been looking for to refresh your outlook on your life. Perhaps you will remember a forgotten dream. This could be the most important moment in your today. You might begin thinking that your life is not over; therefore, you have time to go after what you love and want to do. What was it that motivated you at one time but you chose not to take an action on it? Why not?

***WITHIN EACH OF US, IS A SECOND VOICE
LISTEN!***

-Trebla Ognim

Whatever motivates you to take an action consider that to be where

you're thinking is at this time. Perhaps in the process of thinking you might discover your likes and dislikes. It is very important to review this information. From your discovery a new way of life may be considered, and a new thought could come forward motivating you toward it. This new motivation could cause you to begin living your life to its fullest again.

"At the end of your life you want few regrets."

Remember Frank Sinatra's famous song, "My way?" You too might want to sing your life's song with just as much feeling as he did. He definitely believed in living life to its fullest.

The philosopher, Henry David Thoreau, said, *"I wished to live deliberately, and not, when I came to die, discover that I had not lived."*

On a Car Wash Marquee it read, *"Today is a gift - It is the present."* Today is the day that God made for you to live your life! Are you living your life to its fullest? If not - why not? Perhaps today is your time to reflect on your life and list possible changes for you to make that could enhance your future.

***THE GREATEST PLEASURE IN LIFE IS DOING
WHAT PEOPLE SAY YOU CANNOT DO***

-Walter Bagehot

Today could be the first day of the rest of your life wherein you have a new fresh attitude toward life itself.

Today could be your awakening to what you are doing now, and what you would rather be doing in the future.

"A single thought could change your life by simply embracing and believing in it."

Though repetitive thinking of a thought, it creates motivation. By taking an action on the thought, it could turn into a burning desire with passion to make the attempt to achieve what you now think is possible for you to achieve.

Maybe you need to love yourself more or love others more. Perhaps you could discover a hidden talent. Maybe you are drinking too much alcohol. Maybe what you think is medicinal or recreational usage of drugs has really become a habit. Maybe you are verbally or physically abusing someone. Maybe you are allowing someone to verbally or phys-

ically abuse you. Maybe you are frustrated and unhappy with life. Maybe you have been waiting for an opportunity to change your life. Maybe you have been waiting for this day!

"Each new day brings with it a new opportunity for a better life."

***NO IDLE PERSON IS EVER SAFE, WHETHER
HE BE RICH OR POOR, WHITE OR BLACK,
EDUCATED OR ILLITERATE.***

-Booker T. Washington

Think of what you love and want to do and have not yet taken an action on it. Write it down, now! Read it daily for the next 30 days. This thought could be the one you have been waiting for all your life. This thought could change your life for the betterment of your life and life itself.

When you become motivated to go after what you love and want to do you must be aware of the six important areas of your life in trying to maintain a balance.

Paul J. Meyer, President of Success Motivation Institute, Incorporated says, *"There are six most important areas of your life."*

By actively being involved in all of the following areas on a daily basis, you will be living with balance.

1. Physical
2. Mental
3. Financial
4. Social
5. Spiritual
6. Home & family

You are to take an action each day on each area of your life. It is your job to prevent becoming obsessed in one or two areas of your life. Without a doubt, a person can actively work the plans of their goals and still maintain somewhat of a balance in the six most important areas of their lives. Do not think that you are so important or so busy that you cannot take the time to touch each area daily. What you fail to touch daily will experience neglect. You will not be living a balanced life!

A repetitive thought creates the need for you to make a decision. Your making a decision creates motivation. Your motivation turns into

an action, of being '*in motion*.' Your action creates a burning desire with passion. Your burning desire drives you forward toward your goal. Your forward movement causes you to confront obstacles. In doing so it engages your willpower. Your willpower connecting to the true source of energy of the universe empowers you to attract what you need to achieve your desired goal.

Trebla Ognim says

"Motivation is the generator within you that gives you the power to step out and take an action on your thoughts."

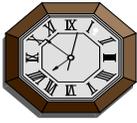
Somewhere sometime you will find the power in you in this book. When you do embrace it and create a personal goal and commit to it - it will motivate you to live your dream.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT motivate yourself, 'put yourself into motion', and go for your dream without hurting another?

EMOTIONS



“Your time to live”

Chapter Fifty-one

Emotions are usually associated with women rather than men. The truth is that both men and women have emotions. Throughout history men were raised with the following words, *"Men don't cry, only sissy's cry."* Because of these words being passed down from one generation to another, men can be thought of as human beings with limited and controlled emotions. There are noticeable differences between how men and women convey their emotions. Women express their emotions easily. Usually men try to hide their emotions except for that of anger. For some reason this emotion is considered manly and acceptable. Generally men hold their other emotions in rather than allow them to be seen.

Another strong emotion that men convey openly is their sexual desires.

Men need sexual fulfillment; women need emotional fulfillment.

For whatever reason, men easily convey their anger and their sexual desires. All their other emotions seem to stay hidden and women have a difficult time bringing them out, if ever at all.

Human beings and their emotions vary according to gender.

***WE KNOW TOO MUCH AND FEEL TOO LITTLE
AT LEAST WE FEEL TOO LITTLE OF THOSE
CREATIVE EMOTIONS FROM WHICH A GOOD
LIFE SPRINGS***

-Bertrand Russell 1949

However, in the real world, men do cry. Perhaps in public you rarely observe it, but in privacy they do it. Not as often as women do, nor as easily and for sure, not as long.

Some men are known as the strong and silent type. Some women are attracted to them. However, those men are not living their life to its fullest. They are in a controlled state of mind.

Emotions play a very important part of living your life to its fullest.

"It is your emotions that keep you in touch with reality.

***THE HEART HAS SUCH AN INFLUENCE OVER
THE UNDERSTANDING THAT IT IS WORTH
WHILE TO ENGAGE IT IN OUR INTEREST***

-Lord Chesterfield 1748

If you deny using your emotions, you become what is termed as cold blooded. You will become insensitive to your environment.

When living your life to its fullest, you need to be totally aware of your surroundings and to be an open participant in all areas of life. To be closed emotionally means you will be living in your own little world where nothing radiates, and nothing penetrates.

The term, hard headed is related to stubborn in that both attitudes close out the world.

To borrow from Napoleon Hill's book, 'Think and Grow Rich,' *"Tap your powerhouse of emotions. Love, romance and sex are all emotions capable of driving men to heights of super achievement. Love is balance, poise, and constructive effort. When combined, these three emotions may lift one to an altitude of a genius."*

Love, romance and sex are your basic powerful emotional needs. From these needs, you can be motivated to achieve whatever it is you want in living your life to its fullest.

Trebla Ognim says,

"You cannot close out the world and live your life to its fullest! You must be open to be attracted to what you need to fulfill your dream."

It is imperative that you get in touch with your emotions again if you have the learned behavior of totally controlling them.

Now that we live in a new era of humanity emotions can become part of our everyday living without hurting ourselves or others.

Men are now beginning to convey their emotions more than they have in the past. This can be a good thing.

Some women are becoming stronger as in masculine thinking. Perhaps because of changing times there could be a balance of emotions in the future by both men and women.

In the book, "Think and Grow Rich," Napoleon Hill wrote: "*Man's greatest motivating force is his desire to please woman!*"

He also listed the following:

The Seven Major Positive Emotions

1. - The emotion of *desire*
2. - The emotion of *faith*
3. - The emotion of *love*
4. - The emotion of *sex*
5. - The emotion of *enthusiasm*
6. - The emotion of *romance*
7. - The emotion of *hope*

By focusing your thoughts on these seven positive emotions, you can achieve your dream. You can live your life to its fullest!

***ALL EMOTIONS ARE PURE WHICH
GATHER YOU AND LIFT YOU UP***

-Rainer Maria Rilke 1904

From the beginning of your life to now, you have created your emotional response patterns. Since emotions play an important factor in going for your dream, now could be the time for you to analyze your own emotional response patterns.

Emotionalize your dream with a burning desire of passion - to not be denied.

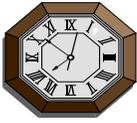
The power in you will motivate you into action. When you find it embrace it and create a personal goal and act upon that goal which will renew your life with energy.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT free your emotions to excite you and go for your dream without hurting another?

PASSION



“Your time to live”

Chapter Fifty-two

Passion is a very important when reaching out in a leap of faith for what you love and want to do in life. It is your generator for taking action on your dream.

Napoleon Hill wrote in his book, *"Think and Grow Rich,"* that you can achieve your objective in life when you turn it into burning desire. Burning desire equals passion. It is an emotional energy generated from within yourself causing you to focus on your goal in a process of tunnel vision. When you have set a goal for yourself and turn that goal into a burning desire of passion, you will be attracted to what you need to achieve your goal.

***NOTHING GREAT IN THE WORLD HIS BEEN
ACCOMPLISHED WITHOUT PASSION***

-Hegel 1832

It is easier for some of you to know what you do not like or want in your life than it is to embrace what you deeply love and want to experience in your life. It seems to be easier because sometime, somewhere in your life you made the decision that you were not worthy of trying to go after what you love and want to do. You may blame others for your thinking process on this subject matter, but in truth, it was you who concluded its reality in your life.

It seems many people generally equate achievement with someone other than themselves. People generally resign themselves to doing only that which they feel they can do rather than what they love and want to do. People tend to get lazy with their minds.

It is the lazy mind that creates a comfort zone that is not very self-satisfying.

It all begins with the thinking processes created by the individual as they lived their life. Many people give up before they try. Whatever they chose to accept as a reality for themselves is what they seem to settle for in their life. Usually it is less than satisfying, but they tell themselves it is okay compared with taking the risk of trying another way of living life.

"Many people feel they are unworthy of happiness."

Think about that truth!

Should you be one of those who shelved what you loved and wanted to do, you might consider retrieving it for a second look. Perhaps at this time and place in your life, you are ready to reclaim it and create a burning desire of passion to reach for it with a leap of faith.

***IF YOU CANNOT DO GREAT THINGS YOURSELF,
REMEMBER THAT YOU MAY DO SMALL THINGS
IN A GREAT WAY***

-Napoleon Hill, Author

What people love and want to do is buried deep into their memory bank and placed upon a shelf becoming passive and eventually silent.

You were born a winner therefore you are a worthy human being. You are worthy enough to go after what you love and want to do in a leap of faith. It will give you a meaning and purpose to your life.

PASSION IS LIKE GENIUS; A MIRACLE

-Main Rolland

By creating a more positive thinking process, it will enable you to see more clearly what you are acting out in your present life, in relation to what you would like to act out in your future life.

You may not have been born to be rich and famous, but you were born with a love and want for something special in your life. That love and want can be considered your dream. You are entitled to live out your dream. When you realize what you love and want to do in life consider that your dream and turn it into a goal to be achieved with a Burning desire of passion by taking a leap of faith. You may find your achievement to be self-satisfying. Self-satisfaction is the ultimate feeling of self-worth and cannot be taken away by anybody or anything in life.

Riches and fame can go by the wayside but self-satisfaction will

never leave you. That experience is yours to keep forever. That experience can only come from living your life to its fullest. That experience is your meaning and purpose in life.

You can create something new to love and want many times in your life. You can turn them into your dreams and set goals to achieve them, with a burning desire of passion in a leap of faith. As you achieve your dreams it allows new dreams to come forth from within. This can be a never-ending process until death do you part. Therefore you can experience self-satisfaction many times.

Creating a burning desire of passion for what you love and want to do is not the same as an obsession. With passion you can keep a balance and with an obsession - you cannot.

My daughter wrote:

"TO BE"

*I will climb this mountain to the top,
step by step, I will not stop.
My knees may shake, but my legs are strong,
I'm half way there, it won't be long.
One more step is all that is left,
I'm there! I've made it! I've done by best!
And looking down I see my past,
I feel so light now, so joyful at last!
But there is more, this I know,
so on to new heights I will go.
A little nervous I move on,
after all it's my life I'm taking on.
Standing on the edge of the unknown,
about to discover all that I own.
The moment of truth is at hand,
more out of life is my demand.
I take a deep breath, close my eyes,
leap into the air and WOW! What a surprise!
I can fly, I can soar,
I'll be afraid no more!
Look at me laugh, look at me dance,
I'd never had known if I hadn't taken the chance.*

*The sky's the limit? Not for me!
I'll be soaring for eternity!
Each day I see, each moment I breathe,
I will stand for what I believe.
It is love, trust, honesty,
courage, inspiration and the will, "TO BE!"
So my friends, cherish what you have found,
hold it close to your heart, safe and sound.
And open your eyes to what life has to give
because the time IS NOW for US ALL TO LIVE!*

-Elaine R. Silva

Age 24 -1994

You were given the gift of life to live it.
The choice is within you!

Trebla Ognim says,
"A goal with passion will not be denied!"

Keep reading and find the power in you. Create a personal goal and take an action on it. It will enable you to live your dream with passion in your heart.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT go for your dream with passion without hurting another?

ANGER



“Your time to live”

Chapter Fifty-three

It is very important to discuss how your anger can help you achieve your dream. This emotion generally conveys mental or physical discomfort within oneself resulting in lashing out to others.

Your emotion of anger can be viewed with a positive side as well. You can discover that it has a rightful place in your life. Each emotion in your being has a usefulness to it, and anger is no exception. Your motivation to do what you love and want to do can be derived from a positive or negative basis, or both.

Anger defined: *emotional excitement induced by intense displeasure.*

No doubt you can easily identify with this definition.

In Napoleon Hill's book, "*Think and Grow Rich*," he writes a chapter on transmutation. It means to change or alter something intentionally into another form.

You can alter your anger through the process of transmutation. It is possible to change your anger into a positive driving emotion of passion. Through discipline it becomes a tenacious driving force. This process changes your anger into your becoming enthusiastic toward something rather than against something. In other words,

"You will not be denied what you love and want to do!"

***ANGER REPRESENTS A CERTAIN POWER, WHEN
A GREAT MIND, PREVENTED FROM EXECUTING
IT'S OWN GENEROUS DESIRES, IS MOVED BY IT.***

-Pietro Aretino

Tenacious defined: *persistent in maintaining or adhering to something valued as habitual.*

Your tenacity can create the habit of controlling your thoughts.

You need to focus your thoughts on your dream. Being persistent is vital to your success.

Each time you make a decision to set a goal, and actively seek it, you will have to confront obstacles. You will need to go around them, under them, over them, or through them, in order to reach your desired end result. Passionate tenacity will help you succeed.

Trebla Ognim says

"Turning your anger into passion creates the energy needed to push yourself through the negative forces around you. It confirms your commitment to achieve your dream."

Keep in mind, *"Winners never quit! - Quitters never win!"*

Find the power in you in this book, and make the decision of turning your anger into passion, through the process of transmutation. By harnessing your emotion of anger you can make it work in your favor rather than against you.

Your dream is yours to achieve. It holds a meaning and purpose to your life. When you do find the power in you embrace it and create a personal goal and begin living your life to its fullest and experience a renewed spirit.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT transmute your anger into passion and go for your dream without hurting another?

WILL POWER



“Your time to live”

Chapter Fifty-four

Will power engages after you make a decision to take an action on your life and begin confronting your challenges. It is commonly referred to as, mind over matter. It is not a natural power, but rather one that is created by your mind to start and follow through on a decision. It is an energetic determination to achieve what you decided you wanted. The foundation of will power has a nature of persistence which turns into tenacity as you continue to forge ahead attempting to reach your objective.

Will power also has within its makeup a control system that creates discipline. Will power can be referred to as being totally focused on a desired goal. Will power does not allow any outside influence to change the course of action. The strength of will power and your survival instinct could be considered synonymous. Once it is engaged it cannot be stopped until a result is reached. The human *Will* against the world seems to be what the words will power represents.

***ANYONE CAN “START” BUT ONLY THE
THOROUGHbred WILL “FINISH”***

-Napoleon Hill, Author

More than likely it is willpower that created the adage, “*Come hell or high water.*” It is definitely an ingredient necessary to achieve what you conceive and believe to be what you love and want to do.

Some people start a project and for some reason are unable to follow it through to fruition. They make a decision to go forth on their want and even create a desire with passion to do so. However for some reason their desire fizzles out when tested. It is when obstacles enter their path that will power should engage but often it does not. Some

people give up when confronted with the slightest difficulty while trying to achieve their goal. These people will accomplish little in their lifetime

The giving up attitude is based on the following words, "I can't do it!" The truth seems to be that they, "will not do it," rather than they cannot do it.

***THERE ARE TWO WAYS OF MEETING DIFFICULTIES
YOU ALTER THE DIFFICULTIES, OR YOU
ALTER YOURSELF TO MEET THEM.***

-Phyllis Bottome

My friend Jacque Price told me, "People can do only what they think they can do."

That seems to imply that people only do what they know how to do until they can decide to do what is needed to be done. That is to reach out and grow for the betterment of their own life and life itself.

Life's challenges are opportunities testing your inner strength. Your inner strength develops by overcoming these challenges.

When you create will power and connect it to your higher power, then you are creating a balance of power. This balance of power is what empowers you to overcome life's challenges.

Trebla Ognim says,

"Will power is a super strength that you create within your conscious mind."

You are now on your way to a better life. You will go beyond your present comfort zone in a leap of faith. You will become empowered to conceive, believe and achieve what you love and want to do.

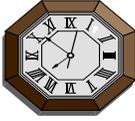
Find the power in you and embrace it and set a personal goal. Take an action on it and begin living life to its fullest once again. You will feel renewed.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT engage your willpower and go for your dream without hurting another?

PATIENCE



“Your time to live”

Chapter Fifty-five

You now have all the character virtues within you including patience. It seems of all the virtues, patience is the most difficult to accept and yet, it is the most important in living life to its fullest. When going for your dream, patience is of high priority, in that some dreams can require a longer length of time than desired. You, like most people, probably would like things you want to come to you now rather than later. Confronting patience seems to always conjure up the question, “*Why not now?*” For some reason, life doesn’t always provide what you want in an expedient manner.

***PATIENCE AND DILIGENCE, LIKE FAITH,
REMOVES MOUNTAINS***

-William Penn 1693

There are these two old adages, “*The best is worth waiting for.*” and “*Save the best for last.*”

Both imply that patience results in self-satisfaction.

Patience seems to be a learned habit rather than one you are born with. Lack of patience causes most accidents to occur in the home, at work, and on the streets. Often you may not own the right tools, equipment such as sturdy ladders, or wait for assistance. So, you go ahead and do what it is you want to do rather than waiting for what you need to do the job, whereupon accidents happen. Lack of patience often causes vehicle accidents.

***OUR PATIENCE WILL ACHIEVE MORE THAN
OUR FORCE.***

-Edmund Burke

Learning patience can be one of the most difficult mental processes in your life. Your mind and body are willing and waiting for a desired result from an action that you took, but for some unknown reason, it is taking too long. During this time-period, you can feel frustration. And, frustration is a dangerous emotional state of being to your health. Many illnesses stem from being frustrated. Developing the ability to live with patience overpowers emotional frustration.

You know from experience, when your patience runs low, that you get angry when things do not go your way.

Anger creates an emotional upheaval that is unhealthy for yourself and others around and for setting your goals and in striving for them. If you do not have patience you may quit! Often, quitting results in never trying again. Most goals are achieved by persistence, coupled with tenacity, which requires patience for endurance to bring the goal to its fruition.

Some people say that which does not come to you is for your benefit.

There is this joke, *“God, I ask you for patience. And, I want it now!”*

You might ask, *“How does one get patience?”* The answer is - you don't get it - you practice until you form the new habit of being patient.

Developing the new habit of patience allows you to live a more healthy life while awaiting the desired results. Often through having patience you stumble upon things that you need and want that you didn't think of previously. However, keep in mind there are no guarantees that you will always get your way in life. Every time you attempt to do something you automatically have a 50/50 chance of it resulting in your favor.

If you are not a patient person at this time then you might consider practicing from this day forward by purposely taking charge of your emotions when desiring something specific. Use self-talk telling yourself that you now have patience and are using it successfully. Patience is a valuable virtue and tool. You will find it very helpful while you are reaching for a desired result. Making a positive change is not easy but it is worthwhile.

Trebla Ognim says,

“Patience is having the courage to stand steady in the face of things not going your way. It soothes your emotions and creates balance. Patience allows you to think and see more clearly. Those who have it, live a much healthier life.”

You are now on a journey that will change your life forever. When you connect to the power in you, you will want to make the necessary adjustments to renew your life.

The choice of how you will live your life is yours. The power in you will give you the strength and courage to choose the better path. Find the power in you and embrace it and create a personal goal and act on it. Follow your inner voice.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT use patience while going for your dream without hurting another?

COMPETITION



“Your time to live”

Chapter Fifty-six

Competition seems to be the way of life in the world today. It is difficult to pinpoint in our history where it all began but it certainly became apparent in our thinking processes somewhere along the way. Today, it is stronger than ever, especially in the field of our high-tech production of computers. As fast as a new program has been invented it is not too long thereafter when a new one is invented and on the market. The objective is to beat the rivalry to become number one.

***WHAT SHALL IT PROFIT A MAN, IF HE SHALL GAIN
THE WHOLE WORLD, AND LOSE HIS OWN SOUL?***

-Bible - Mark 8:36

One of the common competitive activities in school is sports. There are other competitive activities in school but not as well known or popular as sports. From the beginning of sports to this day it has expanded into creating teams outside of schools played with very young children.

Our contemporary professional sports have become a business with profits being the main goal. Perhaps that explains the high salaries some athletes are getting. They are paid for their talent and ability to get the fans to spend money to watch them play, consume the bombardment of advertising, and buy their team's merchandise. Athletes themselves have the desire to be number one, as individuals as well as a team.

The business of producing goods and services is representative of competitiveness in its highest form. Businesses are very competitive in the demand and supply of goods and services. Some businesses selling their goods create 'sales' to get the edge on their rival business. They

often create a 'bait and switch game' to attract buyers by advertising less expensive merchandise and then pressure the customer to purchase the expensive merchandise. Businesses selling services often advertise they are the best while costing less. Business competition at times can be cut throat and dangerous. No matter what kind of competition is going on, it is strictly about money and profits.

The entertainment business, especially the movie industry, is very competitive and actors are paid high salaries according to their talent and ability to get people to leave their homes for a day at the movies. Often moviegoers are motivated to see a movie because of a favorite actor. Some directors and producers also draw moviegoers because of their past successful movies. The movie industry is heavily involved in merchandising. They do their best to get every penny they can from their customers.

***DO AS ADVERSARIES DO IN LAW - STRIVE MIGHTILY,
BUT EAT AND DRINK AS FRIENDS***

-Shakespeare

The music business is very competitive in the selling of records, CD's, Videos, T shirts and other merchandise. Musicians often travel worldwide presenting live concerts competing for large crowds. Comedians and actors also travel giving live performances and selling their merchandise. The demand is entertainment supplied by the entertainers with the result being profits.

Then there is competition just between human beings for personal reasons. There is always one person who thinks they are better than another and competes with them in different areas of life. They can claim to be smarter, better looking, better dressed, drive a better car, possess more money, are more important and have more power, etc.

The foundation of financial competition is based on supply and demand - what is in demand and who is going to supply it.

***THE WORLD IS BUT A SCHOOL OF INQUISITION,
IT IS NOT WHO SHALL ENTER THE RING,
BUT WHO SHALL RUN THE BEST COURSES***

-Montaigne

You might be one who has the competitive spirit and loves the challenges of it. If so, it can be a good quality when applied for the

betterment of all concerned. Positive competition can be exciting. However negative competition can be fatal to one or the other. Both positive and negative competition does exist in this world.

Trebla Ognim says,
*"Competition is a learned
 behavior among human
 beings based on supply
 and demand."*

Competition creates the desire to win. It causes you to take an action. It can generally produce a positive result. It can be a self-satisfying competitive spirit.

The greatest of all competition is when you create it within yourself. You can create the competitive spirit within you to accomplish more than you ever thought possible. Your creative thinking can compete with your lazy thinking. When competing with yourself, you are taking control of your life by creating the desire to achieve your goal. You are challenging yourself to go past what you think to be your limitations. By persevering to succeed you will find yourself stretching and reaching beyond what you know about your talents and abilities. You will find yourself experiencing life in a different way while you learn that you are more than you ever dreamed you were. You will find that you have more talent and abilities than you ever imagined. Only by taking an action on your thoughts of wanting something or doing something will you ever feel the power in you. You were given natural talents and abilities at birth. You simply need to set goals to bring them out. It is during this action that your true self comes forth. You will be surprised by your thoughts, actions, strength and courage that manifests during your journey toward your goals. You will be functioning on the power in you. The demand is your goal-setting and the supply is you achieving your goals.

The reward is self-satisfaction.

Most people do not know that they should set a goal in order to get what they want out of life. It can be a written goal, which is in this book, or it can be a mental goal as long as the goal is constantly being

the focus until it is completed.

Find the power in you and embrace it and create a personal goal and take an action on that goal. The power in you will be the driving force to completing your goal.

It will result in self-satisfaction. No one can take that away not even death.

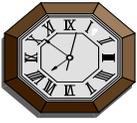
Your personal accomplishment is yours forever and ever!

BELIEVE IN YOU!

Trebla Ognim

WHY NOT compete with yourself while going for your dream without hurting another?

DISCIPLINE



“Your time to live”

Chapter Fifty-seven

Asians are known for having the mental power for discipline - a tradition passed on from one generation to the next. It made its appearance in America in the guise of martial arts. An art of self-defense taught through instruction and exercise in self-control of physical and mental faculties and moral character - a control gained by enforcing obedience or order resulting in precise activity and behavior.

You were not born with discipline, nor can you buy it through an advertisement. Discipline is a learned process.

Discipline defined: *"It comes from dedication through the process of repetitiveness; 'tediously repeating'.*

Trebla Ognim says,

"It is imperative to have discipline when reaching out into the unknown for what you love and want to do."

Discipline and focus are similar in that both demand deep concentration. When reaching out for what you love and want to do you will need to visualize yourself as achieving it. In doing so, it will assist you in the creation of self-discipline. It will give you the feeling that the required repetitiveness is worth it.

You have heard the old adage, *"Anything worth having is worth working for."*

Discipline creates a new habit of doing what it is you need to do in order to reach your objective. You must be committed to your goal in order to make the necessary changes from your old comfortable habits.

Acquiring discipline is not easily accomplished. It is something you have to work at daily. Whether or not you create self-discipline is relative to how serious you are about your goal. It will be the test of your desire.

NOTHING IS EASY TO THE UNWILLING

-Thomas Fuller

Engaging your will power during the process of creating discipline is mandatory for its success. A minimum of thirty days is requisite in breaking an old comfortable habit and establishing a fresh new habit in its place.

You are now closer to altering your life for the better. You are gaining in knowledge, and building the necessary foundation that you will need when you begin reaching out into the unknown. You are putting together the interlocking pieces of the puzzle in order to recognize what makes people successful in their quest. You are closer to finding and acting upon the power in you. You can really make your life different and more self-satisfying. You can continue being the winner that you are.

The choice is yours to make!

Find the power in you and embrace it. Create a personal goal and go after it with renewed energy.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT develop discipline and go for your dream without hurting another?

COURAGE



“Your time to live”

Chapter Fifty-eight

Human beings throughout history have achieved that which was impossible by reacting with their courage.

Courage defined: *"mental or moral strength to resist opposition, fear or hardship. Courage implies firmness of mind and will in the face of danger or extreme difficulty."*

Courage is taking a leap of faith facing the unknown with the inner knowledge that it will work out. Some courageous actions are reactive; while others are planned, i.e. the war hero reacts to a situation; courageous dreamers take actions on their plan.

When you find the power in you, it will take courage to accept what you learn, and to act upon it.

Trebla Ognim says,

"People who live their life to its fullest (the doers) receive criticism from those who are merely existing (the viewers)."

It takes courage to withstand criticism. With the power in you connected to the true source of energy in the universe, criticism will not discourage you from your dream. You will turn the negative tone of criticism into a positive driving force of energy, thrusting you forward toward achieving what you love and want to do.

You were born with courage; you simply need to conjure it up and take possession of it. It has always been there for you. You have an inner strength within the foundation of your character. When tapped will provide you with the necessary energy to face the unknown in a leap of faith. That strength is yours to grasp onto and use for the

betterment of your life and life itself.

***I WILL LAY ME DOWN AND BLEED A WHILE,
THEN RISE AND FIGHT AGAIN***

-Sir Andrew Barton

Some of you have never tapped into your inner strength, and now could be the time to call upon it. You can live a better life by conjuring up and using your courage.

Your life is in your hands. You can take charge of it. How you live your life is your choice. Let no one else choose for you! Choose to live your life to its fullest!

The power in you is in this book, and it is waiting to be found by you. When you recognize it, grasp it, accept it as a truth, and make a decision to act upon it. Create a personal goal and go after it with passion.

Be courageous and follow your heart..

BELIEVE IN YOU!

Trebla Ognim

***WHY NOT summon up your courage and go for your dream
without hurting another?***

PERSEVERANCE



“Your time to live”

Chapter Fifty-nine

You can bring forth the inner strength that you now possess and leave behind your fears. You can do so by believing in what you love and want to do. It is your belief that will allow you to bring forth your strength to overcome all obstacles in your way. Tenacity with passion for your dream will get you where you want to go. You will achieve your dream no matter what. In other words, "You will not be denied!"

This inner strength can best be referred to as perseverance!

Perseverance defined, *"to persist in a state, enterprise, or undertaking in spite of counter influences, opposition, or discouragement."*

Perseverance is vital to achieving your dream. It is the core of your endurance on your journey to bring your dream to fruition. Perseverance is derived from nurturing persistence, tenacity and discipline. All four qualities, (persistence, tenacity, discipline and perseverance) exist in you now.

Perhaps you simply have not had an occasion to bring them forth in your life up to now.

***TO PERSEVERE, TRUSTING IN WHAT HOPES
HE HAS IS COURAGE IN A MAN.***

-Euripides

Perseverance is having the attitude, *"I will not be denied!"*

You have more strength in you as a human being than you can ever imagine. You were born with all the necessary tools to live your life to its fullest in this world.

Perseverance is the strength in the adage,

"Winners never quit! – Quitters never win!"

In 1997 Robert H. Schuller, Pastor of the Crystal Cathedral in

Anaheim, California titled one of his books, *"If it's to be, it's up to me!"*

In an earlier chapter I mentioned my friend Shirley Rossi who lives by those words and has done so for many years. Because she believes in herself and her dreams, she has persevered and brought them to fruition! And she continues to do so. The meaning of the words are, as real as you see them written upon this paper. If what you dream is to come true in your lifetime, it is up to you to make it so.

You were born with freewill. You have the power of making your own choices, especially the personal choice of how you will live your life! If you want to live your life to its fullest, you only have to make the choice to do so. Take an action on it, and it shall be.

Your free will is embedded in your conscious mind. Your reactive mind is embedded in your subconscious mind.

***PERSEVERANCE IS MORE PREVAILING THAN
VIOLENCE; AND MANY THINGS WHICH
CANNOT BE OVERCOME WHEN THEY ARE
TOGETHER, YIELD THEMSELVES UP
WHEN TAKEN LITTLE BY LITTLE.***

-Plutarch

Your subconscious mind is the most powerful of the two minds. It is the one that is in charge of your basic living processes such as your breathing. It provides the energy source to keep your heart beating, which in turn pumps your blood, providing nourishment to all your one hundred million body cells. Ironically, we breathe in oxygen which is poisonous. Miraculously our body turns the negative intake into a positive end result which it automatically does this without a conscious thought.

Your subconscious mind stores all the good and all the bad things that have happened to you since your birth, including all your habits that you have created. Your reactive mind headquartered here, automatically brings forth the patterned response to an action.

You have control of the power button in your conscious mind. In order to alter your subconscious mind of its nonproductive bad habits, as well as overpower your bad memories and fears, you are entitled to take charge of it.

The conscious mind relays information to the subconscious mind

on a minute to minute basis; it usually confirms whatever negativity the subconscious mind has stored within it. It does so because generally you allow your conscious mind to become lazy in its thought processes. You do so because it is the easy thing to do.

The driving force of your everyday living actions generates from your conscious mind, whether they be from strength or weakness. The oddity of it all is you make the conscious choice of whether to live the new day through your strength or your weakness.

Trebla Ognim says,

*"You are as strong
as you are weak."*

Of all the words that you have heard or read during your life perhaps these words might be the most important you will ever embrace as truth.

Going on the premise that the words are true:

"For every weakness you possess - you possess an equal in strength."

Think about that!

You might find it easier to identify your weaknesses rather than your strengths. That is okay. Just remember, you are as equally strong as you are weak. For every weakness you identify - identify an equal in strength. You can, if you choose to do so. And you do it through your conscious mind.

The best way to test this premise in your life is after deciding what you love and want to do begin taking an action on it. In doing so, you will experience the obstacles to be overcome, as well as your own emotional hesitations, while facing them head on. Your hesitations are to be expected because they stem from your fear of the unknown. That is normal and it is okay! It is your courage that gives you the strength to be scared and yet still face the unknown. You already possess all the courage you need - you connect with it through your conscious mind.

Your making the decision to overcome obstacles with an action to do so is your strength.

"Only by overcoming obstacles can you reach your dream."

Most everyone in life experiences obstacles. Some people let their

obstacles stop them while others simply move them out of the way just like a plow moves the earth in preparation for the new planting season.

You no doubt have heard of the Marathon Race. It is a popular activity all over the world. It requires desire, stamina and perseverance to complete it.

Here is some trivia regarding it: *It is a running race of 26 miles and 385 yards.*

Internet information on it: *In 1908, the British royal family requested that the marathon start at the Windsor Castle so that the royal children could witness its start. The distance from the Windsor Castle to the Olympic Stadium was 42,195 meters (26 miles and 385 yards). In 1924, the distance became the standardized length of a marathon race.*

It is not an easy run but many people do it. It is definitely a challenging one. For those who complete the Marathon Race experience self-satisfaction – the greatest personal reward on earth that cannot be taken away.

Now you have no doubt heard of the Ironman Triathlon that is even more challenging.

Here is some trivia regarding it: *The Ironman Triathlon, a grueling long-distance race held under harsh conditions, is organized by the World Triathlon Corporation (WTC). It starts with a 2.4 mile swim, followed by a 113 mile bike race and ends with a marathon (26 miles, 385 yards) with no breaks between events.*

Internet information on it: *It is also known as the Ironman Triathlon World Championships or Ironman Hawaii, it had its first world championship in 1978. Waikiki, Hawaii.*

The inspiration behind the demanding event came about during an awards ceremony for a Hawaii running race. Competitors started debating the most-fit athletes: runners, swimmers or other athletes. Navy Commander John Collins and his wife, Judy, dreamed up a race they said would settle the argument. They combined the Waikiki Roughwater Swim, the Around-Oahu Bike Race and the Honolulu Marathon. The first-place finisher of the three-event match would be declared “the Ironman.”

What? The Marathon Race is not enough for humans! You mean they had to create even a greater challenge for human beings! Yes, they did! Again, for those who complete the Ironman Triathlon Race experi-

ience self-satisfaction – the greatest personal reward on earth that cannot be taken away.

In 1984, this author had the pleasure of meeting twenty-two year old Shawn Wilson of Sacramento, California by way of listening to her mother and father and reading, “The Running Scene Magazine, Vol. 1, No. 6, 1984. Shawn is considered to be one of the youngest, as well as a pioneer, in the internationally famous Ironman Triathlon Championships that took place in Kona, Hawaii.

The magazine’s interviewer asked, Shawn, how did she manage to endure the triathlon event: Shawn replied, *“Believing in dreams, God and myself are the key values that give me the endurance to keep striving. The best reward I receive from any triathlon race is personal achievement and self-satisfaction.”*

Is that enough now? No! Now there is the Ultra Ironman Race - Double Ironman Race.

Ultra Ironman Race Trivia: *Ray and Nancy Shepherd are the originators of the Double Ironman Triathlon Race.*

Internet information: *The Double Iron Triathlon has sparked the imagination for the other ultra-distance races. There are now two other Double Irons in Europe. There is a Triple Iron in France. Occasionally there have been quadruple-and quintuple-events. And there was a deca-triathlon in Mexico. That event took eight days to complete.*

Unbelievable what human beings do for competition. No one knows what they will do in the future.

This author is not suggesting that you run a Marathon or enter an Ironman or Double Ironman event or Ultra Ironman to prove that you have the strength, stamina and perseverance in you.

These races were merely brought up to demonstrate that you have a greater power in you than you ever thought. Whatever you put your mind to do - you can achieve it.

You were born with the power and the strength of a plow. Summon up that plow and plunge into your future. Meet your obstacles head on - go through, around, over, or under them with all your might. You will be surprised at the power that comes from within. That power comes from your Higher Power within when you persevere. You might even claim it to be a miracle. For sure you will feel empowered!

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To feel the power within that you were born with you must reconnect to it. It is in you and I call it the power in you. When you find it, embrace it and create a personal goal and act upon that goal. If your goal is in sync with your Higher Power then you will succeed.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT use your perseverance in going for your dream without hurting another?

FAILURE



“Your time to live”

Chapter Sixty

Is there such a thing as *'failure'*, and if so, is it *'forever'*? Yes, there is such a thing as failure but it is not synonymous with forever. Failure simply means that you set out to do something that you wanted to do but didn't quite reach the end result that you hoped for. More than likely you felt disappointed which left you with the letdown feeling of failure. It might have left you with the feeling of not being smart enough. It might have caused you to feel less self-confident and less worthy. The letdown feeling might have led you into depression which caused you to lose hope.

Failure defined, "*omission of occurrence or performance, a failing to perform a duty or expected action, a falling short.*"

Perhaps you, like most human beings, focus on your experiences of falling short rather than focus on your experiences of success. It seems to be human nature to do so.

***SUCCESS IS THE ABILITY TO GO FROM ONE FAILURE
TO ANOTHER WITH NO LOSS OF ENTHUSIASM***

Winston Churchill 1874-1965

Failure can lead to success if you don't give up. Keep trying even if you have to change directions to get where you want to go.

Many of you feel that there are only two results for trying - success or failure. There is a third – temporary defeat. What keeps a lot of you from setting goals and trying to achieve personal success is the fear of failure.

You can eliminate your fear of failure by focusing on the falling short part of the definition of the word failure. It implies that you could recover from your falling short by continuing to persevere. When you

fall short, you simply experience temporary defeat. It doesn't necessarily mean it is the end of your trying to reach your goal. It can simply mean to restart in a different direction or set a new goal for something else that you may want. Sometimes what you want you may not get and that is life. However you must always try. You were born a winner and you were born to live your life to its fullest and to do the best that you can.

You may fail but you are not defeated. You simply experience temporary defeat which does not make you a loser.

IF YOU HAVE MADE MISTAKES, EVEN SERIOUS ONES, THERE IS ALWAYS ANOTHER CHANCE FOR YOU. WHAT WE CALL FAILURE IS NOT THE FALLING DOWN BUT THE STAYING DOWN.

Mary Pickford 1893-1979

Alexander Graham Bell was not the only person to invent the telephone, but was the only one to make it work successfully. He tried 10,000 times before it worked. He later said, "*I didn't fail 10,000 times - I just learned 10,000 ways it wouldn't work.*"

Babe Ruth struck out 1,330 times, but he managed to experience success by hitting 714 home runs. He didn't consider himself a failure. And neither did the world!

It is okay to fail. - It is okay to succeed.

Failure can lead to success and usually does.

MANY OF LIFE'S FAILURES ARE PEOPLE WHO DID NOT REALIZE HOW CLOSE THEY WERE TO SUCCESS WHEN THEY GAVE UP.

Thomas A. Edison 1847-1931

It is important to strive toward what you want out of life by setting personal goals. Some things in life come easy but most of what is of value requires work

Henry David Thoreau 1817-1862

It seems too many people take a risk only once in life and then give up. It seems that they might have had serious inferiority complexes that came forth when they did fail. But those inferiority complexes may simply need to be looked at for possibly ignoring them in their future

life. In other words set another goal and ignore your inferiority complexes as they come forth by telling yourself that anything is possible and the past is the past. There is no doubt that you can be successful even though someone in your past told you that you were a loser and that you would never amount to anything. You will need to recognize that those who told you that you were a loser probably felt like they were losers and didn't want you to remain the winner you were born.

Think about that!

***YOU MAY BE DISAPPOINTED IF YOU FAIL, BUT
YOU ARE DOOMED IF YOU DON'T TRY***

Beverly Sills 1929

A one-time failure is a temporary defeat which means you can try again and again and again as long as you want. A temporary defeat is simply a learning experience. It is not a finality! Therefore taking another risk is wide open for a successful result. No matter how many times a person fails it does not mean the end of trying. You simply set new goals and eventually you will succeed. Remember you were born a winner and you will die a winner.

Trebla Ognim says,

"To fail is a step forward to learning about yourself. You will never know your true self until you experience failure. You will either try again or give up. Remember you were born a winner. Keep in mind only you can truly fail by not trying again. It is your choice.

It is your responsibility to live your life to its fullest during the interim of your birth and your demise. You will find living life one big adventure. You already know that life has its ups and downs so by now you know life is worthwhile. And you know that your reward is creating wonderful memories forever of the successes you have had in your life.

***SUCCESS ISN'T PERMANENT AND
FAILURE ISN'T FATAL.***

Mike Ditka -football coach

The power in you is in this book and is waiting for you to recog-

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nize it. When you do find it then embrace it. As soon as possible sit down and create a personal goal. Write it down and then go after that goal with a burning desire of passion and take a leap of faith.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT let your failures strengthen you while you go for your dreams without hurting another?

SUCCESS



“Your time to live”

Chapter Sixty-one

The most common definition and understanding of the word success seems to come from the economic system of capitalism. Capitalism equates success only with money. Ultimate success seems to be equated with money, power and longevity. Chances are that will not change.

Many people who live on the dark side of life are striving for success by the illegal possession of money, motivated by their desire for power and the good life. Our prisons are full of them.

Oddly enough, many human beings submit themselves to thinking that they can only experience success by the possession of money. Otherwise, they are just the average human being living life, not accomplishing much, and having little chance of ever experiencing success. After all, the subliminal belief is that very few people ever experience success.

Not true!

Yes, you do need money to live a comfortable lifestyle, but you do not necessarily need it to experience success.

Success defined, *"outcome, result, degree or measure of succeeding, a favorable termination of a venture, the attainment of wealth, favor, or eminence."*

Being wealthy is only one part of the definition of success. And, only a few people reach that plateau in life.

What happens to the rest of you?

Well, you may not be wealthy but the truth is, since you were born you have experienced success many times.

Your first experience of success was your birth. Your second might be your talking. Your third might be your feeding yourself. Your fourth

might be your walking. And then you continued experiencing success right up to where you are in your present life.

You definitely experienced success in reading because you are now reading this book. You might think this to be silly, but it really isn't. You have natural growing up experiences of success that are generally not counted as such.

In every forward step in your life you have experienced success. You may not have given your life much attention until now, but if you stop and think for a moment, you can count the numerous experiences of success you have achieved in your lifetime. You may learn that making money was only a small portion of your experiences of success.

Now you have been acquainted with the truth that there are natural living experiences of success where no personal goal was set to attain them. It was just the natural growing up and learning processes.

You may be surprised when you find yourself counting more experiences of success than you ever personally acknowledged before.

You may begin to feel very successful!

***WHEN MEN SUCCEED, EVEN THEIR NEIGHBORS
THINK THEM WISE***

-Pindar

You've heard the words, "*Count your blessings.*"

Well, maybe right now is a good time to do so. And now could also be a good time to stop comparing your life with others.

Take the time to stop to think about your life.

You may not change other people's thinking on the definition of success, but you might change your own thinking and feel better about you, and that is very important.

Let's delve further into the definition and understanding of the word success as thought about by human beings.

For instance, success is often understood to be the opposite of failure.

Failure defined, "*omission of occurrence or performance, a failing to perform a duty or expected action, a falling short.*"

Perhaps you, like most human beings, focus on your experiences of falling short rather than focus on your experiences of success. It seems to be human nature to do so.

Many of you feel that there are only two results of trying the unknown.....success or failure. What keeps a lot of you from setting goals and trying to achieve personal success is the fear of failure.

You can eliminate your fear of failure by focusing on the falling short part of the definition of the word failure. It implies that you could recover from your falling short by continuing to persevere. When you fall short you simply experience temporary defeat. It doesn't necessarily mean it is the end of your trying to reach your goal. It can simply mean to restart in a different direction.

Alexander Graham Bell was not the only person to invent the telephone, but he was the only one to make it work successfully.

Babe Ruth struck out 1,330 times, but he managed to experience success by hitting 714 home runs.

Mother Teresa, like St. Francis of Assisi, left her family who had money and became a spokesperson for God. She became a nun and later dedicated her life to helping the poor of Calcutta, India. She later raised millions of dollars to help the poor, the sick and the dying worldwide while possessing little in material things for herself. Mother Teresa was a Christian working in India where the Hindu Religion prevails. Mother Teresa experienced success as a worldwide humanitarian. She died September 5, 1997 - age eighty-seven. At her death, her personal belongings included little more than a pair of shoes, a wash bucket, a Bible and three saris worth about one dollar and fifty cents a piece. Many people call Mother Teresa the 'Living Saint', and someday the Pope will canonize her as one. One newspaper's headline read, "World's Mother Dies."

Princess Diana of England, like Mother Teresa, dedicated her life to raising millions of dollars for the poor. She too, experienced success as a worldwide humanitarian. She died August 30, 1997 - age thirty-six. Some called her, 'Queen of People's Hearts'.

Two renowned successful humanitarians both Christian women believing and both giving love!

***TO WIN WITHOUT RISK IS TO
TRIUMPH WITHOUT GLORY***

-Corneille

Other thoughts on success are:

Success can be the winning of a million dollar lottery.

or

Success can be having your name in history books.

or

Success can be having a lot of people attend your funeral.

or

Success can be, owning your own business.

or

"Success can be measured not by how much you loved, but how much you were loved."

Ty England - INSP TV Show – 1997

"A true measure of your worth includes all the benefits others have gained from your success."

-Paul E. Gray in Technology Review.

SUCCESS

You can use most any measure when you're speaking of success. You can measure it with an expensive home, expensive car or dress. But to measure of your real success is the one you cannot spend. It's the way your kids describe you when they're talking to a friend.

- Martin Buxbaum

(Given to me by - Shelley Dolce 7-3-97)

When going for your dream, you will be attracted to what you need and want as I was attracted to what I needed and wanted when going for my dream – my personal goal.

Victor E. Frankel, world famous psychiatrist authored, “*Man’s Search for Meaning*,” published by Washington Square Press Nonfiction. In his book he says, “*Don’t aim at success--the more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side-effect of one’s personal dedication to a cause greater than oneself or as the by-product of one’s surrender to a person other than oneself. Happiness must happen and the same holds*

for success: you have to let it happen by not caring about it. I want you to listen to what your conscience commands you to do and go on to carry it out to the best of your knowledge. Then you will live to see that in the long run--in the long run, I say!--success will follow you precisely because you had forgotten to think of it."

Every human being will have a different understanding of the word - success.

Most of you will automatically put it next to how much money a person has accumulated in their lifetime.

Trebla Ognim says,

"You can purposely have experiences of success by setting and persevering to achieve personal goals."

A goal does not need to be just making money to become wealthy. It can be having the desire to write a poem or a book, learning to paint, sew, dance, backpack, power walk, roller blade, ice skate or develop a healthier body. It can be creating a friendship, or a love relationship, getting married and having children. It can be learning to play golf, baseball, soccer, tennis, or swim. It can be graduating from college, getting a job, or traveling the world. It can be anything that you consider worthwhile to do or go after. There is one other truth that if you do not become wealthy and you would like to share your experiences in life you will find most people do not want to hear you. Most people feel only the wealthy is worth listening too! They are the smartest of all people because they figured out how to get rich. Therefore they know everything there is to know.

SUCCESS

S-eries of

U-nforseen

C-hallenges that

C-all for decision-making

E-nding with

S-elf

S-atisfaction

***SUCCESS CAUSES US TO BE WITHOUT GLORY BE
MORE PRAISED THAN KNOWN***

-Joseph Roux

Now you have been reminded that some of your experiences of success have been attained by your personal desire to reach a goal. The setting of a goal is simply you - saying to yourself that you want to achieve something in life. Once you make that decision write it down.

Note: *Do not be surprised that you will experience the feeling of letdown, or slightly being depressed, after completing your goal.*

The above words are important to remember. When you complete a goal and feel awful, it is not you, but a phenomenon that occurs naturally. It is okay – simply create a new goal and you will automatically feel better.

Just remember your mind and body had been passionately striving to achieve your goal and now it's over.

Each forward step you take in life can be a stage of success. You might not give yourself much credit for accomplishing it, but from this day forward, it is important that you do. Every goal you set and achieve, you experience success.

"It is not important that other people recognize your experience of success."

It is only important that you recognize yourself in your achievement. After all, you are the one who did it!

Carpe Diem (Latin) - *"Seize the day"*.

Jesse Ventura, professional wrestler, elected Governor of Minnesota 1999. He had a \$600,000.00 campaign fund against \$13,000,000.00 campaign fund. He took a leap of faith and won!

Just keep in mind not everyone can become rich and famous. So, don't feel you are falling short in life if you do not reach that plateau.

Avoid comparing your success to others. It is your success, not theirs. You are you and they are they - two independent people with different achievements.

The more experiences of success that you record the more you will like yourself. It will motivate you to go forward in your life trying to achieve new goals. You will experience fulfillment and you will be more content with your life. You will have experienced happiness during your journey!

***SUCCESS ABIDES LONGER AMONG MEN
WHEN IT IS PLANTED BY
THE HAND OF GOD.***

-Pindar

Count all that you have accomplished. Be thankful at all times for what you have and enjoy the feeling of self-satisfaction of your personal experiences of success. You will find that your life will become more important and have more meaning and purpose to it.

Find the power in you and embrace it and create a personal goal and go after it with passion.

BELIEVE IN YOU!

Trebla Ognim

***WHY NOT go for your dream and experience personal success
without hurting another?***

FEAR OF SUCCESS



“Your time to live”

Chapter Sixty-two

Some people have a fear of success. Why that is no one seems to know but it is a real fear. Reaching a point of success in any endeavor is uplifting and self-satisfying to most people but to some it scares them to think that they may actually accomplish their personal goal.

Perhaps they think, ‘*Then what?*’ Meaning they would not have anything else to look forward to.

It is believed that the people who have fear of success are not aware of it. They really think they want to reach their goal but they don’t quite make it. This could also cause them to think that perhaps they were not meant to succeed.

***PROCRASTINATION IS THE FEAR OF SUCCESS.
PEOPLE PROCRASTINATE BECAUSE THEY ARE
AFRAID OF THE SUCCESS THAT THEY KNOW WILL
RESULT IF THEY MOVE AHEAD NOW. BECAUSE
SUCCESS IS HEAVY, CARRIES A RESPONSIBILITY WITH
IT, IT IS MUCH EASIER T O PROCRASTINATE AND
LIVE ON THE ‘SOMEDAY I’LL’ PHILOSOPHY***

- Denis Waitley

To procrastinate is to delay or set aside any actions that you may know you should take but you won’t at this time. You will put it off to some future date unbeknown to you. In your own mind you won’t think that you are giving up but rather you are just not willing to take any action now.

To reach your goal you must be focused, dedicated and determined beyond a shadow of doubt that you will reach your goal no matter what.

***SUCCESS MEANS HAVING THE COURAGE,
THE DETERMINATION AND THE WILL TO
BECOME THE PERSON YOU BELIEVE YOU
WERE MEANT TO BE.***

- George Sheehan

To some reaching their goal and becoming successful might mean they have lived their life and there is no future.

The truth is when a person becomes successful they will create new goals for themselves and will continue to do so until their life has reached its fruition.

Now that you have new information you may sit down and ask yourself whether or not you are one who fears success. It won't be easy to determine the answer but by asking yourself the question you will begin to think of why you are not moving forward. In the process of seriously questioning yourself you may find the answer. One answer may be that you are holding yourself back.

Trebla Ognim says,

"Fear of success is a true feeling for some people. Look at your original written goal and ask yourself if you are following it step by step as planned. If not, why not? Perhaps you will find that you have created excuses for not going forward. Also ask yourself is this goal the one you really want to achieve. If not, create a new goal. If yes, then re-dedicate yourself to achieving it.

Think of the children's story, "*The Little Engine That Could.*" and the song, "*I Think I Can.*" If you are not familiar with this story then look it up on Internet as this author did.

An early version this author found off Internet goes as follows:

A little railroad engine was employed about a station yard for such work as it was built for, pulling a few cars on and off the switches. One morning it was waiting for the next call when a long train of freight cars asked a large engine in the roundhouse to take it over the hill. "*I can't, that is too much of a pull for me,*" Said the great engine built for hard work. Then the train asked another engine, and another, only to hear excuses

and be refused. In desperation, the train asked the little *switch engine* to draw it up the grade and down the other side. "*I think I can*", puffed the little locomotive, and put itself in front of the great heavy train. As it went on the little engine kept bravely puffing faster and faster, "*I think I can, I think I can, I think I can.*" As it neared the top of the grade, which had so discouraged the larger engines, it went more slowly. However, it still kept saying, "*I think -I can, I think- I can.*" It reached the top by drawing on bravery and then went on down the grade, congratulating itself by saying, "*I thought I could, I thought I could.*" (Taken from Internet)

Take a hint from this little engine and create a new goal, of reaching for the original goal, and finally dedicate yourself to reaching that goal successfully. Take one step at a time, overcome any obstacles that you may encounter, but know in your heart that you will reach your goal. Say to yourself relentlessly "I think I can."

BELIEVE IN YOU!

Trebla Ognim

WHY NOT rid yourself of the fear of success by setting a goal and going for your dream without hurting another?

FINANCIAL AFFAIRS



“Your time to live”

Chapter Sixty-three

Your financial affairs are very important to living your life to its fullest. As you know, everyone has some *financial* difficulties during their lifetime.

There is this old adage, "*When it rains - it pours.*"

The adage has to do with things going wrong, and can be related to financial woes. Sometimes when you have money problems it can seem to be overwhelming - too much for you to handle, and you ask, "*How will I make it through this one?*" Ironically most make it through the challenge and begin living financially comfortable once again. Some soon forget the hardship, and a few end up in financial trouble again. Some are forced to file bankruptcy.

Life seems to be unfair in financial affairs. There are the rich and there are the poor. Then there are those referred to as the middle class. They are the ones who support all the other people. They pay the most in taxes and the U.S. Government depends on them for its survival.

**TO LEARN THE VALUE OF MONEY, IT IS NOT
NECESSARY TO KNOW *THE NICE THINGS IT CAN
GET FOR YOU, YOU HAVE TO HAVE
EXPERIENCED THE TROUBLE OF
GETTING IT***

-*Philippe Heriat 1946*

In the Bible it speaks of tithing. Most religious groups speak of tithing ten-percent. Financial consultants will recommend that you save ten-percent of your income. They will suggest that you put the money in savings as well as invest it in stocks, bonds, property, etc. The object-

tive is to put your savings where it will work for you by creating more money from earning interest, dividends or making a profit from owning a business, or property investments.

In living your life to its fullest, you will need money to defray your living expenses. You need food, shelter and clothing as a basis upon which to build your life. You will need an income to experience some kind of financial freedom and personal independence. Most of you will need a job to earn your income. Some of you will live off others, while a few of you were born into a wealthy family. Even the homeless need money. No matter your circumstances, you will need to establish some kind of financial arrangement to live.

Trebla Ognim says,

"Money is important because it is your means of exchange for goods and services. So, attend to your financial affairs as best you can. Set a personal goal to learn all you can about money and how money can work for you."

Money is not the root of all evil. The love of money is the root of all evil. Greedy people love money more than anything.

Some people think the world owes them a living so they take whatever the government will give them and others will steal what they need and want.

Most people believe that having an abundant amount of money over what you need provides one with a life of security.

The truth is, *"The only true security in life lies within you - not money."*

The following poem written by my daughter tells it all:

***PEOPLE LIE FOR ME, PEOPLE STEAL FOR ME.
PEOPLE DIE FOR ME, PEOPLE KILL FOR ME.
I HOLD THE POWER, THEY WISH TO CONTROL.
THEY THINK THEY OWN LENGTH. WHO AM I,
ME, BUT I OWN THEIR SOUL. I AM AN ADDICTION,
THEY ALWAYS WANT REACH IN YOUR WALLET,
AND I WILL APPEAR. MORE, NEVER GETTING
ENOUGH, IT'S ME THEY SEARCH FOR. ENDLESS
VANITIES, PULLING ME TO AND FRO. STRETCHING***

***ME OUT, CLENCHING ME SO. I AM EVERYWHERE
IN ALL DIFFERENT FORMS WHEN I AM DISCARDED,
A NEW ME IS BORN. DON'T BE SELF-RIGHTEOUS,
YOU WANT ME TOO. I AM YOUR DESIRE, YOU
KNOW IT IS TRUE. I CAN GIVE YOU YOUR DREAMS,
ANYTHING YOU HUNGER FOR. BUT, USE IT WISELY,
OR BE DAMNED AS THE POOR. I AM NO FOOL, I
KNOW MY STRENGTH. JUST TO HOLD ME, YOU GO
TO GREAT YOU ASK? THE ANSWER IS CLEAR.
"IN GOD WE TRUST", I PROCLAIM!
FAR FROM TRUTH, MONEY'S THY NAME.***

-Lainey R. Mingo

my daughter - age 21 – 1991

Money does not give you happiness as most people might think; however money is very important.

Note: *Think of money as a means of convenient exchange - it is important because money provides you with more options from which to choose. Most importantly, it gives you financial and personal independence to live your life your way.*

Do your best to establish a savings account and to invest in stocks, bonds and/or property. Do the best you can to have your savings and investments work for you. There are no guarantees of financial success however you do need to take charge of your financial affairs.

I strongly recommend that you read Suze Orman's book, "*The 9 Steps to Financial Freedom*," published by Crown Publishing, Inc."

The power in you will help you create a balance in all six areas of your life. Read "Living With Balance" in this book.

Paul J Meyer, President of Success Motivation Institute, Inc. –
prioritize these 6 Steps: Physical – Mental – Financial – Social –
Spiritual – Home and Family.

Seek it, find it, and embrace it. Create a personal goal and commit to taking an action on it to live your life to its fullest.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT put money in its proper prospective, and attend to your financial affairs, while going for your dream without hurting another?

SUPPORT



“Your time to live”

Chapter Sixty-four

Fortunate are those who have a support system while striving to achieve their dream. It is they who have the greatest chance of being successful.

***MEN BECOME ATTACHED TO US NOT BY REASON
OF THE SERVICES WE RENDER THEM, BUT BY
REASON OF THE SERVICES THEY RENDER US.***

-Gene Labiche 1860

Having another human being believe in you and in your dream is a driving force in itself. Look around you, and you will find most, if not all, successful people having a support system. Remember the old adage, *"Behind every successful man is a woman?"*

Good News Bible Verse: Matthew 18:19: *"Again I say unto you, that if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my father which is in heaven."*

The Bible Verse Mathew 18:19 works today because it is a truth! You may not have someone to support you or a mentor who will counsel and assist you in your endeavor. However, if you can befriend someone with your dream and that person is in agreement that you can achieve it then make that person an important part of your life. That person could become your support system and/or your mentor.

Mentor defined, *"trusted counsel or guide."*

You are a human being! You are susceptible to outside negative influences that can break your spirit. You are subject to discouragement. You can feel disappointment.

You are not the rock of Gibraltar. This is not to say you are weak and incapable of accomplishing your goal by yourself. It simply means

everyone needs a true friend to be there for them when things get tough. They provide encouragement, and are there to pick you up when you fall. A true friend will support you and may even become your mentor. It's simply a reality of life.

Those who have someone to support them and/or a mentor will have a better chance of surviving their discouragements. They will do so because they possess the strength of two in fighting against the negative forces.

Should you find yourself alone you can create an armor to protect yourself. However, it will take all the inner strength that you can muster up to successfully build it.

One way of helping yourself, if you are alone, is that of speaking an affirmation into a tape recorder, and listening to it daily. Hearing your voice affirming your desire to achieve your dream will act as your support system. Be sure to use your name such as, "*I, John Smith, am going after what I love and want to do which is ___ and I will achieve it on this date.*"

LIFE IS PARTLY WHAT WE MAKE IT, AND PARTLY WHAT IS MADE BY THE FRIENDS WHOM WE CHOOSE

-Teybyi Hsieh 1948

Do your best to acquire a support system and/or a mentor. You need this person to help you become successful in achieving your dream. If you can find more than one then that is even better.

Decide to go for your dream facing all obstacles head on!

You will experience the joy of self-satisfaction the ultimate feeling of self-worth when you achieve it. Live your meaning and purpose on this earth!

Trebla Ognim says,

"No matter whether you have another person to support you or not, you need to connect to the Higher Power."

Keep reading this book to find the power in you. It will guide you. When you do find it embrace it and create a personal goal and strive for it with passion.

BELIEVE IN YOU!

Trebla Ognim

*WHY NOT develop a support system and go for your dream
without hurting another?*

AFFIRMATION



“Your time to live”

Chapter Sixty-five

Some people make New Year’s Resolutions such as:

- I, John Doe, will stop smoking.
- I, Carol Doe, will take charge of my life.
- I, Richard Doe, will lose weight.
- I, Mary Doe, will stop drinking alcohol.
- I, Peter Doe, will stop consuming drugs.

People attempt to keep their resolution but usually fall short of their desire. They succumb to their old habits and their lives do not change for the better as they wanted.

EVERY MAN IS THE SON OF HIS OWN WORK

-Cervantes

Once you decide what you want to change about yourself and your position in life, you will find affirmations very helpful. First of all, you will be stating positively that you have a decision to move out of your comfort zone that you that you have made a decision to move out of your comfort zone. You are proposing conclusively to make your life better. You have conceived an idea for the change – you will learn to believe in it - you will achieve making the change. You are validating your true desire. You are accepting and confirming that you do want a better life and you intend to go after it, doing that which you want and love to do.

Now that you know what you want to change about your life, it is important that you constantly affirm it. By using affirmations you remind yourself of your change while you are creating a new habit and thinking process.

This is called autosuggestion. It simply means self-teaching through repetition of vocal sounds and visual aids. A successful method of autosuggestion is writing your change on 3" X 5" cards. You then place these cards in conspicuous locations within your everyday habitat - on the mirror in your bathroom, in your car, workplace, and on your person so you can pull it out and read it throughout the day.

THE WISEST MEN FOLLOW THEIR OWN DIRECTIONS.

-Euripides

This will be the first test of your ability to withstand negativity as well as your sincerity about attaining your change. By placing the cards in the open you are taking the risk of other people reading what it is you want to change and this can invite criticism. This will be how you develop strength and courage to overcome criticism.

Trebla Ognim says,

“Whenever you make a positive change by using affirmations it is your contribution to yourself for living a better life.”

Only when you instill this new positive affirmation into your subconscious mind, and it has become a part of your everyday thinking process, can you remove the cards. *It will take thirty days to create a change in your thinking processes.* Your objective is to memorize what you want to change while going through the process of changing. During the process your conscious mind is really convincing your subconscious mind that you want a change in your automatic thinking process.

The power in you will help you create your own affirmations. Find that power in this book and embrace it and create a personal goal and act upon that goal. It will give your life renewed meaning and purpose.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT create and recite your affirmations while going for your dream without hurting another?

SELF-TALK



“Your time to live”

Chapter Sixty-six

You have probably seen or even heard human beings talking to themselves out loud. Your usual response might have been that the person is just mentally deranged, and you went on with your life.

That is not the kind of self-talk that will be spoken here. This self-talk is purposely spoken within your brain, in silence from the outside world. It is done so that you can take charge of your thinking processes throughout each day. Random thinking cannot be stopped; however, self-talk eliminates it from taking over your thinking processes. It is like your self-talk saying, "*Permission to take over my thinking - not granted.*"

Presently your thinking probably just goes on and on by itself without you paying much attention to it. You, more than likely consider this normal and therefore there is no reason to alter the process. Perhaps you even think that it cannot be altered.

***IT IS NOT ENOUGH TO HAVE A GOOD MIND;
THE MAIN THING IS TO USE IT WELL***

-Descartes 1639

Talking to oneself is priority throughout the day. You can take control of your thinking processes and have the best possible day by using self-talk.

Self-talk is simply your having a personal conversation with yourself on whatever subject you are thinking about at the time, or changing the subject at will. You will soon find that you can talk about whatever you want at any given moment, and no one else will know. Do not let your mind ramble.

Learning to self-talk will take time and discipline, but it will improve how you feel throughout your day. As you continue to practice

self-talk, you will begin to feel more self-confident and more in control of your life. In time, your self-talk will bring you peace. You will develop the habit of thinking about things of your choice rather than allowing random thinking to reign.

You are number one in your life. You are important, and you can think whatever you choose to think at your command.

Take a moment right now try self-talk - see how it automatically overtakes your thinking processes. Think of how it can benefit you in your life.

***AS MAN THINKETH SO IS HE, AND
AS A MAN AS CHOOSETH SO IS HE.***

-Emerson 1841

Yes, it might seem strange at first but like anything else that is a first in your life you can overcome that feeling and turn it into a comfortable one by simply continuing the process. You will find that you can control how you feel through your thinking.

Trebla Ognim says,

"Self-talk is you taking charge of your thinking for the betterment of your life. You may think of it as the basis for positive thinking; wherein, you consciously think good thoughts as often as possible."

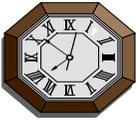
The power in you is in this book - find it and embrace it and create a personal goal and act upon that goal. By setting a goal and striving for that goal and finally achieving that goal will change your life for the better. Become who you really are by setting and completing goals.

BELIEVE IN YOU !

-Trebla Ognim

WHY NOT use self-talk, while going for your dream without hurting another?

POSITIVE THINKING



“Your time to live”

Chapter Sixty-seven

Positive Thinking is the process by which you take control of your thoughts through conscious effort. By using it, you train yourself to counter negativity with positive thoughts.

***HUMAN THOUGHT, LIKE GOD, MAKES THE
WORLD IN ITS OWN IMAGE***

- *Adam Clayton Powell*

Bishop Fulton Sheen of the Catholic Church and Dr. Norman Vincent Peale, Pastor of the Marble Collegiate Church of New York, were believers of creating the habit of thinking good thoughts daily. Both authored Positive Thinking books. They wrote about loving yourself and others while living with inner peace by believing in God. Dr. Norman Vincent Peale authored the highly successful book, *“The Power of Positive Thinking.”* Today, Dr. Robert Schuller, Pastor of the Crystal Cathedral in Anaheim, California, conveys the same belief. He refers to it as *Possibility Thinking* rather than *Positive Thinking*. Joel Osteen preacher of Lakewood Church in Houston Texas uses a similar method by telling positive stories relating them to the Bible. The four representatives of organized religion represent Jesus Christ from the New Testament of the Bible.

“Do unto others as you would have them do unto you.”

- Bible Mathew 7:12

This author knows that some of you do not believe in God, or the Bible, but perhaps these words will give you reason to ponder.

You live with positive and negative energy throughout your day. During the time you are not controlling your thoughts, negativity is allowed to enter. Therefore you need to be consciously aware not to dwell on a negative thought. You can live a more healthy life by letting as much negativity as possible to ricochet through your thought processes without catching any. Should you catch one, simply release it by saying, *Okay-Next*.

Repeat as often as necessary to release the thought. This process works because you are recognizing the negative thought and saying you choose not to embrace it. By your saying *Okay-Next*, you interfere with the negative thought which weakens its impression on you. This process eliminates the burden of you dwelling on negative thoughts. Positive Thinking, by itself does not thoroughly work.

But Positive Thinking with positive action does thoroughly work. Think positively and act positively. It is a winning combination for living life to its fullest.

You cannot control your thoughts at all times which turns out to be a good thing. When you are not controlling your thoughts, you are allowing the true source of energy of the universe to enter. Human beings are made up of energy; therefore it is important to allow the bonding of the two. The true source of energy recharges the human energy through this connection. It renews the human power.

***ONE MUST LIVE THE WAY ONE THINKS OR END
UP THINKING THE WAY ONE HAS LIVED.***

- Paul Bourget

Trebla Ognim says,

‘Positive Thinking diminishes the power of negativity in your life, which allows you to engage your earthly power of freewill. Positive Thinking strengthens you so that you can use your freewill to choose a healthy, peaceful and self-satisfying life.

Human beings get into habits as they live. These habits are not always beneficial to their lives.

Joel Osteen – Pastor of Lakewood Church in Houston TX reminded me during a Sunday service that this author was watching on television, *of Proverbs 18.21: death and life are in the power of our tongue.*

King James Bible: *Proverbs 18.21: Death and life [are] in the power of the tongue: and they that love it shall eat the fruit thereof.*

An interpretation of it is: *“The tongue can bring death or life; those who love to talk will reap the consequences”*

Be careful what you say aloud.

When you speak it out you are giving life to your fate.

What you say is like Prophesying; *foretelling – predicting – forecasting – your future*

Each week Joel Osteen delivers God’s message of hope and encouragement to more than 38,000 attendees in his church formerly Compaq Center with 16,000 seats. It is the largest regularly-used worship center in the United States. It is America’s largest and fastest growing church.

Say only positive words out loud – speaking out loud gives life to the words themselves

The power in you is the one important element in making changes. Positive changes are good and can be done through Positive Thinking. If you are one who wants to fill the emptiness within then it is your time to discover and embrace the power in you again.

Find the power in you - embrace it and create a goal and act upon that goal to its fruition.

BELIEVE IN YOU !

Trebla Ognim

WHYNOT choose Positive Thinking while going for your dream without hurting another?

THOUGHTS



“Your time to live”

Chapter Sixty-eight

From the time you wake up to the time you go to sleep, your mind is constantly thinking. Thoughts continuously scurry across the invisible screen of your thinking mechanism. Sometimes it seems you can actually see the words of your thoughts. Sometimes your thoughts travel at a speed that scare you into thinking something must be wrong. Other times your thoughts travel very slowly, and you can visualize them easily if you choose to do so.

However fast or slow your thoughts travel the question might be, *"Where do all these thoughts come from and why am I thinking them?"*

I THINK, THEREFORE I AM.

-Descartes

Perhaps, this is part of the answer to what could possibly happen to your mind after you pass on from this earth. Perhaps, the life energy force leaves your body and permeates through an osmotic process into the supreme life energy force of the universe. Perhaps there your thoughts travel freely throughout; perhaps some are picked up by human beings on earth through their energy receivers located in their brain.

No one seems to know the true answer and yet scientists have concluded that whatever exists here on earth, whether it be solid, liquid or energy it stays here. They simply go through a transition process. Scientists do say that human beings pick up outside thought energy.

You might have mentally invented something and failed to take an action on it. Sometime later your invention appears from out of nowhere. It seems that most of us, if not all of us, have had this kind of

experience.

Guglielmo Marconi invented the first apparatus that enabled him to send the first wireless message in 1895. This led to the invention of radio, radar and television.

Thoughts are vital to your contemplation of solving a problem or to your planning an action to be taken by you regarding your life.

Your thoughts are your life as you know it to be here on earth.

Thoughts are free, plentiful and can be controlled by you. When your thoughts are running rampant and some are. You have no idea where they come from or why they come. You can nurture them or simply call out *VETO!*

You cannot control your random thoughts but you can nurture the positive ones and veto the negative ones. From this day forward you might find your life more productive by nurturing your positive thoughts and to veto your negative thoughts throughout each day.

OUR LIFE IS WHAT OUR THOUGHTS MAKE IT.

-Marcus Aurelius

The more you recognize your negative thoughts and veto them you will soon find it works.

Trebla Ognim says,

"Thoughts often are views of your imagination of what could be if you nurture the positive ones and VETO the negative ones."

Ideas come from your imagination - your dream is your ideal! If you like your dream then it is something that you might give serious consideration to pursue. Your dream might be the one you have been waiting to go after. It might be the one that will change your life for the better.

Find the power in you and embrace it and create a personal goal and act on that goal. It will renew your life.

BELIEVE IN YOU!

-Trebla Ognim

WHY NOT nurture your positive thoughts and VETO your negative thoughts while going for your dream without hurting another?

LISTEN



“Your time to live”

Chapter Sixty-nine

One of the most difficult responsive behaviors for human beings is to listen. Because your mind is constantly busy thinking of what your response is going to be, you often fail to fully listen to the other person.

***TO LISTEN CLOSELY AND REPLY WELL IS THE
HIGHEST PERFECTION WE ARE ABLE TO
ATTAIN IN THE ART OF CONVERSATION.***

-La Rochefoucauld 1665

The truth is you have no control over it until you take charge of your thinking processes. When you are willing to take control of your thinking processes you will be able to listen more intently. It is then that you begin to learn rather than trying to teach.

You might be one who has formed the habit of not listening. If that is true, then now is a good time to begin listening. Listen to how you are mentally responding to this writing right now. Listen to your thoughts as they pass through your mind. You might find this an interesting activity.

Scientific studies show that human beings listen from 27% to 29% of the time while being active in conversation with another person. Also, when simply listening to another person talk. And, that our thinking processing is in terms of pictures, not words.

Scientific studies conclude that twenty minutes of quiet time per day is healthy.

Trebla Ognim says,

*"To fully listen you must quiet
your mind."*

In order to quiet your mind while you are attempting to listen, simply whisper in your mind, "*Listen!*" By continuing to say listen while you are engaged in a conversation or when just listening to another person talk, you will get a positive result in time. It means you are forming a new habit. It might be challenging at first but it will come easier as you persevere.

Practice listening in the privacy of your home by eliminating all the noise you have control over and you might be surprised of how loud your thinking is.

Meditation is quieting your mind until you are just listening. Often when you try to meditate - you end up falling asleep. This can happen until you create a discipline of quieting your mind and begin listening. John Gray Ph.D. author/lecturer says close your eyes and raise your arms up above your head with your fingers apart and say, "*Oh God, my heart is open to you - come sit in my heart.*" ten times. (If you do not believe in God say, "*Oh, glorious future.*" He says you will feel something. Wait and listen! Some people claim they experience a spiritualness during meditation. Some say they feel refreshed. Others say it soothes their soul. No matter what positive thoughts will come forward in this state of mind and you will feel better.

LISTEN

Listen to your heart, finding out who you are,
 is not simple. It takes time for the chatter
 to quiet down. In the silence of "not doing"
 we begin to know what we feel. If we listen
 and hear what is being offered, then
 anything in life can be our guide.
 Sue Bender/Plain & Simple

Suki Hill Pictures. "*It is commonly known that women have the feeling of intuition and that men call the same feeling a hunch.*"

When you listen to your intuition, or your hunches, you will find them correct. When you question them, and not take an action upon them, you release their usefulness. Your instincts can be in the form of a warning or a sign of go ahead and do what you want to do.

***TRUST THE INSTINCT TO THE END. THOUGH
YOU CAN RENDER NO REASON***

-Emerson 1841

When you do have an intuitive feeling, or a hunch, respond to it as soon as possible in a positive way. You will find them to be constructive and beneficial to your life and true information.

Oprah Winfrey, on her TV Show that aired September 5, 1997, said she believes, "*Our instincts are God speaking to us.*"

Some Psychologists will agree that we, in the universe, are of one consciousness. Quantum creativity comes to you when you are synchronized with the universe and the Infinite Intelligence. It is at that moment that you are connected to the Infinite Intelligence. In other words, your Higher Power. Some of you may refer to your Higher Power as God, as this author does.

God is commonly referred to as The Creator and when you are in sync with The Creator, you yourself for a split moment become The Creator in your creativeness. Your creativity and the truth come through your instincts when you are connected to the Infinite Intelligence – Higher Power.

***WHAT DOES REASON DEMAND OF A MAN? A VERY
EASY THING TO LIVE IN ACCORD WITH HIS
OWN NATURE***

-Seneca

Practice listening and you will be surprised at what you hear. You will find that you are learning new things that can be of value to your life.

Listening to yourself does mean you cannot talk back. In order to truly listen to your inner-self you need to learn not to respond to your thoughts. Get quiet, stay quiet and listen.

Listening to another person doesn't mean you cannot talk back. It simply means you are intently listening to what the other person is saying so that you can respond more intelligently.

Most people who achieve a high degree of self-satisfaction in their life can tell you that they have listened to others, especially to those who are pursuing the same interests. They receive unsolicited advice as well as solicited advice. Then they sift through the advice given and use

that which they feel would be of value to them in their endeavor. It works!

Be mindful of the truth that every human being knows something you do not know.

Listen to others and listen to yourself for a more fulfilling life.

Pay close attention to your instincts, and take an action on them as soon as possible. Instincts and hunches are those gut feelings we all have at times. Listen carefully and respond to them in a positive way.

They may come in the form of a warning or they may come as a creative thought.

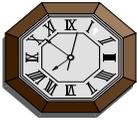
Find the power in you and embrace it and create a personal goal and take an action on that goal. It will renew your energy and your life.

BELIEVE IN YOU!

Trebla Ognim

WHYNOT practice listening intently while going for your dream without hurting another?

FAITH



“Your time to live”

Chapter Seventy

Faith is a spiritual truth which comes from a Higher Power. To have faith is to believe and trust in the unknown and the intangibles of the universe. It is placing yourself upon a solid grounding on earth that allows you to reach with both arms outstretched in acceptance to life's offerings. You must become vulnerable through faith to be able to live a life of freedom.

***FEAR KNOCKED AT THE DOOR. FAITH
ANSWERED. THERE WAS NO ONE THERE***

[From a sign over an Old Inn at Bray, England]

The Italian people use the expression, "*Casa sera, sera.*" - whatever will be, will be. In other words that is having true faith in your future and acceptance of what life brings you along the way.

The key to living life is to accept this expression while striving to achieve what you love and want to do. It is not necessary to possess the knowledge or experience to go after what you love and want to do. As you strive you will gain the knowledge and experience that will be required to continue your quest. It is important that you take charge of your life, trusting and having faith in yourself, knowing that you can and will do whatever it takes to reach your goal. It is vital that you believe in yourself and know that you do have limited capabilities at the beginning but it will change as you strive forward toward your objective in life. You will learn that the impossible is possible. And you will learn that there are difficult choices that must be made in order for you to succeed. No one really knows why it is that way - it just is!

The journey of life has both give and take experiences. It is more important to have desire and faith than all the knowledge and exper-

ience in the world. Desire, coupled with faith, can take you where you want to go in life.

Trebla Ognim says,

"Life is an adventure and you are being taken on a journey without your permission."

The dictionary defines faith, *"belief in something you have no proof, without doubt or question. Belief and trust in and loyalty to God."*

Scientists as you know require proof before they believe in anything. Many people feel the same way.

In other words, *"Show me tangible proof then maybe I can believe."*

Faith is a deep inner feeling of security knowing that all will be okay no matter what happens. Things do not always turn out exactly as you plan them. They may turn out the complete opposite of your expectations; close to your expectations or greater than your expectations. No matter what faith will get you to arrive to experience the end result of your quest. Because of your journey seeking what you love and want to do you will experience self-satisfaction no matter how it may turn out.

"You have entered the arena of living life to its fullest."

Once you have faith in yourself, you will discover a new freedom to living your life. You will recognize that you have an inner strength, coupled with a feeling of freedom so unbelievable, that you will question it, before you finally accept it. Once you accept the new inner feeling of freedom, your life will be different from that day forth. Having faith is a spiritual experience.

***BELIEF IS IN THE MIND, FAITH IS IN LIVING
LIFE TO ITS FULLEST***

-Trebla Ognim

Because you were given life there comes a time for you to take a leap of faith.

Faith gives you a feeling of euphoria. A feeling that life is better than good - it is great!

Matthew 17:20 King James Bible – *“And Jesus said unto them, “Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.”*

One Sunday I heard Joel Osteen, Pastor of Lakewood Church Houston TX say, *“The word mountain represents your trouble – your burden; your mountain which you think is too big to overcome. Do not just pray about your burden - mountain- but talk to it – your mountain – tell it to go away for you have the grace of God.*

Grace is the power of God to do for us what we cannot do for ourselves.

Recognize your fears and eliminate those that are useless. Most of what you fear never really happens to you anyway. Isn't that true?

Without fear you will be able to do what you have to do to pursue what you love and want to do with a burning desire of passion. You will feel very good inside, and very much alive!

You will be living a renewed life of happier times.

The quickest way to rid yourself of most of your fears is to make a decision to live your life to its fullest and commit to it.

When you commit to living your life to its fullest, you are connecting to the true source of energy within the universe. It is like attaching yourself to an umbilical cord of life itself. Your life will change as you live your commitment. Your fears will turn into faith. Your faith will become your security.

Sometime, somewhere, in your life you have heard, *“Take a leap of faith!”* Many people never take a leap of *faith* in their lifetime. Unfortunately, many people have little faith in themselves, let alone in a Higher Power. Taking a leap of faith is having a belief in something more powerful than yourself with complete trust. You could associate it with bungee jumping. You leap out with faith and trust, knowing that the bungee cord will not break. The bungee cord is like an umbilical cord connected to a source of grounded power.

***FAITH IS TO BELIEVE WHAT YOU DO NOT SEE;
THE REWARD FOR THIS FAITH IS TO SEE
WHAT YOU BELIEVE.***

-St. Augustine

The bungee jumping event began in Africa with a tribe that used this method for young boys to prove their manhood. They were to take the leap of faith. Their cord was made of vines not rubber. It definitely took faith for them to make the jump. Bungee jumping itself is not for everyone. There are many ways to take a leap of faith. You must first be motivated. You then couple it with trust and then attempt to do what you previously thought was the impossible by taking a leap of faith.

Would you say that skydivers take a leap of faith?

If you have ever watched pair ice skating or trapeze artists perform, then you have seen a leap of faith in action among human beings. The female of the ice skating pair unequivocally has faith and trust in her partner. Trapeze artists have the same faith and trust in their partner to catch them.

Having faith and trust in another human being is possible, but it does require taking a leap of faith.

Faith is connected to the higher power, infinite intelligence, God.

The only real security on this earth - the faith you have within yourself.

"From faith comes true freedom."

Alcoholic Anonymous is very successful with their twelve step program. Participants must acknowledge that they themselves are powerless, and there is a Higher Power. The premise is to create having faith in the Higher Power that will provide the strength and courage for them to live one day at a time. To an alcoholic, it is a leap of faith. And, it works!

There are many recovery groups that use the same twelve step program created by Dr. Bob Smith and Bill Wilson who started Alcoholic Anonymous. The program is successful when the participants work the program. It is them taking a leap of faith! Not everyone finds accepting faith easy.

Most people want proof first - then maybe.

For example, some people do not believe in God because there is no physical proof that he exists. Believing in God requires faith because you cannot see or touch God. But God does exist.

FAITH IS THE SUBSTANCE OF THINGS HOPED FOR,

THE EVIDENCE OF THINGS NOT SEEN

-Bible: Hebrews 11:1

Another successful message for all the people in the world is one of *'Positive Thinking'* and Norman Vincent Peale introduced it in a way that shocked the world.

Norman Vincent Peale is the author of, *"The Power of Positive Thinking,"* first published in 1952.

He simply took verses from the Bible suggesting that you apply them to everyday life, and when you do, you will find that they work! He conveyed the message that God wants to give you what you want, and all you have to do is ask. He did this at a time when most denomination religions were still preaching hell and damnation. They preached fear rather than love and faith. The book became a number one best seller. Norman Vincent Peale was Pastor of the Marble Collegiate Church in New York City, New York.

Norman Vincent Peale preached that God loves you. He preached that the Bible is full of positive thoughts that are applicable in contemporary living. His book sold millions, and to this day, it is still one of the best-selling books in the world in the year 2010.

Norman Vincent Peale took a leap of faith and helped millions of people throughout the world.

Norman Vincent Peale and his wife Ruth Stafford Peale created the Peale Center for Christian Living and published the "Guideposts Magazine" in 1945 which is still being published in 2010.

They also published, PLUS - *"A Booklet on Positive Thinking."* If you can find a copy from a relative, friend or an acquaintance, it's well worth it! PLUS is no longer being published but it became a very important booklet to thousands and thousands of people throughout the world.

Vincent Norman Peale died on December 24, 1993 at the age of ninety-five.

Henry Ford, the founder of the Ford Motorcar, exemplified this truth, *"If you can conceive and believe, then you can achieve."*

In other words, if you can conceive (*an idea*), and believe in it without equivocation (*with faith*), then you can (*achieve it*) see it through

to its fruition.

Henry Ford wanted to develop the V8 engine, and told his engineers to build it and not to disturb him until they achieved the goal. History tells the conclusion of this story.

***A BELIEVER, A MIND WHOSE FAITH IS
CONSCIOUSNESS, IS NEVER DISTURBED
BECAUSE OTHER PERSONS DO NOT YET
SEE THE FACT WHICH HE SEES***

-Emerson

You might not be aware that Henry Ford sold the Model T Ford to the public before he even built the first one.

Henry Ford created the process for mass production of building motorcars.

Henry Ford believed in paying his employees a higher wage than anyone had done. He paid them five dollars a day and still made a profit.

After accomplishing so much Henry Ford brought a newspaper to court for calling him an ignorant pacifist in one of its editorials. He had to prove he was not an ignorant man, and he did so in court. He is only man in history to do so.

Henry Ford believed in taking a leap of faith. He believed in it so much that he took it often.

In the year 2009 the Ford Motor Company refused to accept a United States Government Bail Out like Chrysler and GM Motors did.

Henry Ford must have turned over in his grave and shouted out to the management, "You did the right thing for the Ford Motor Company. I am proud of you for standing tough when things got tough."

The Ford Motor Company lives on as Henry Ford himself had hoped it would.

Henry Ford died April 7, 1947 at the age of eighty-three.

Andrew Carnegie, the founder of Carnegie Steel, ended up in bed very sick and unhappy. His doctor couldn't find anything wrong with him. Finally, one day the doctor told Carnegie that he would get well when he began to give his money away. Andrew Carnegie is well-known for giving shiny new dimes away to strangers on the streets of

New York. Perhaps that is how he began giving his money away prior to becoming the renowned philanthropist.

He got well by taking a leap of faith. No, he didn't end up broke.

Andrew Carnegie gave away 90% of his fortune before he died in 1919 at age eighty-three.

In 1908, Andrew Carnegie commissioned, at no pay, Napoleon Hill to interview 500 wealthy businessmen to find out the common threads of success. Hill did what he was commissioned to do and published his findings in 1928 in his book, "*The Law of Success.*"

Napoleon Hill later authored "*Think and Grow Rich,*" using the same information that he learned while writing, "*The Law of Success.*" Hill was financially strapped during those years, but chose to achieve his goal rather than quit. His book, "*Think and Grow Rich*", took twenty-five years to write and became a number one best seller. The book sold millions and is still selling today in 2010. Napoleon Hill took a leap of *faith*.

Harmon Sanders, after the age of sixty-five took to the road to find someone, somewhere, to buy his chicken recipe. He became known to us as Colonel Harmon Sanders of *Kentucky Fried Chicken* after taking a leap of faith.

Did you know that Coca Cola was formulated by a pharmacist and one of its original ingredients was cocaine? Did you know that a *pharmaceutical salesman* bought the formula and took a leap of faith?

Did you know that *McDonalds*, as we know it today, was created by a milkshake machine salesman named *Ray Kroc* after he took a leap of faith?

There are many stories of people who took a leap of faith and changed the world and many more took a leap of faith and changed their lives for the better.

It is not important that you become rich and famous but rather to take a leap of faith and experience self-satisfaction. Riches and fame can be lost, but nothing can take away self-satisfaction, the ultimate feeling of self-worth.

Find the power within and embrace it. Then create a personal goal and take an action on that goal and begin living life to its fullest.

BELIEVE IN YOU!
Trebla Ognim

*WHY NOT believe in yourself and go for your dream with faith
without hurting another?*

LOVE



“Your time to live”

Chapter Seventy-one

To love and be loved is important to your whole being. Therefore, it is important to include it in the writing of this book. Love can be defined many ways and it seems no two people agree on its definition. After all, some people love objects such as their cars, homes, musical instruments, etc. Others love their mate, their family and friends, their religion, their pets, and a multitude of other expressions of their love.

What do you love?

Take a moment and reflect upon the question.

A. H. Maslow, Psychologist says, each of us have the following basic needs:

1. We need to feel safe and secure.
2. We need to feel we belong.
3. We need to love and be loved.
4. We need to feel we are respected.
5. We need to know what we are competent to do.
6. We need to know and understand.
7. We need beauty and beautiful things.
8. We need healthy bodies before any other needs.

Your objective in life is to try to fulfill your basic needs, which are reflected in your mental attitude, to the best of your ability.

The need to love and be loved is our basic motivator with another person. It is driven by our basic instincts of survival and procreation.

***LOVE IS ALL WE HAVE, THE ONLY WAY THAT
EACH CAN HELP THE OTHER***

-Euripides 408 B.C.

Of all the things people love, loving another person can be the

most challenging kind of love. Usually it is because the other person gives feedback and sometimes it is not what one wants to hear.

Love is such a vital part of life; it is so important to expand our awareness of love. Let's take a more in depth look at how people love one another.

The truth is people are motivated by their needs and their weaknesses, and they call it love.

How one attempts to love another human being is very interesting as well as challenging. Here are twenty-six ways people attempt to give love to one another:

1. **SHALLOW LOVE:** This kind of love is given with lack of concern for communicating intimate feelings. This kind of love is given with the least amount of effort and feeling. It lacks depth. When the giver says, "*I love you,*" it sounds the same as when they say, "*Pass the butter.*" This does not mean the giver is not in love, but rather the giver has a lack of concern in conveying their love.

2. **RESTRAINING LOVE:** This kind of love is given with self-imposed restricted communication. It lacks the ability of letting go. The giver could be in love, but is restricted from conveying it wholeheartedly. The giver often experiences much frustration. For the giver, it is like the dream in which you are being chased by someone and you try to scream for help, but the words just won't come out.

3. **STRING LOVE:** This kind of love is given with the desire to control. This giver says, "*I will love you if you do something for me.*" This love is related to shallow love except the giver attaches strings to the receiver. This giver pulls the strings at whim. It is like a puppeteer controlling the puppet.

4. **PUT DOWN LOVE:** This kind of love is given with a need of feeling superior. This giver degrades the other person every chance they get. No matter what the other person says, thinks, or does, it is wrong. The giver can be heard saying, "*I don't know what I saw in you. You don't do anything right! You are dumb!*" This person functions on the negative side of communication. It is like the bully in school beating up on the smaller kids. Makes them feel superior. This kind of love is related to Shallow Love and String Love, but is different in that this giver is primarily driven by wanting to feel superior, even if it takes force.

5. **SYMPATHY LOVE:** This kind of love is motivated by sympathetic feelings. The giver feels so sorry for the other person that they are willing to give up their life for the other. It is as if they can handle life, but the other person could not survive life without them. This kind of love is like when a child gets hurt and the parent says, "*Oh, poor baby. I will kiss it and make the pain go away.*" This love is a very protective love on an adult level.

6. **INTERVAL LOVE:** This kind of love is controlled by mood. This kind of love has no balance. The giver gives love when they feel like it. When they do give love, it can be wholeheartedly. When they do not want to give love, they become distant. This kind of love is similar to cats. When they want love, they will let you know. Otherwise, leave them alone.

7. **SMOTHERING LOVE:** This kind of love is given with pure selfishness. It can be overpowering, except when both people convey their love in the same manner. This creates a balance for them. However, most frequently, one person will smother the other with attention. It is like being engulfed in a giant banana split. You find yourself enjoying it, but you also find it to be more than you can swallow. This kind of love can eventually cause the receiver to avoid the giver.

8. **DISTORTED LOVE:** This kind of love is given by a person torn or caught between love and hate. This giver can be unkind, impatient, jealous in the highest degree, ill-mannered, selfish, irritable, enjoy evil, and speak a lot of untruths. They like to bicker and create disagreements. They twist around everything the other person says. This kind of love is dangerous to the health and welfare of the other person as they can become physically violent. It is like being thrown in a clothes dryer. It is heated, painful from being tumbled, there is a lot of static, you shrink in size, and you find yourself praying for the cycle to come to its end.

9. **OBLIGATED LOVE:** This kind of love is given with the feeling of obligation. This giver feels indebted to the other for various reasons. Often the giver has been rescued from a by the receiver. Regardless of the difficult situation in life reasons, the giver functions

out of obligation. It is like a computerized robot. It has been fed information and it begins to perform when someone presses the obligation button.

10. **RESCUING LOVE:** This kind of love is given with the desire to save another. This giver feels that they are the almighty power to save the receiver from wasting their life away. This kind of love is a prime example of fear of rejection. Since the receiver is weak, and in trouble, there is no need of fearing rejection on the giver's part. After all, the receiver is not strong enough to reject anybody. It is like Lois Lane beginning to fall into a burning volcano and Superman swoops her up just in the nick of time.

11. **BELONGING LOVE:** This kind of love is motivated by the need to belong. The need to belong is stronger than the need to love. This kind of love is when the giver wants to belong so strongly that they don't particularly care to whom they belong. The first person who accepts their invitation could find this person clinging onto them. It is like the barnacles attached to a ship's hull. They have the need to attach themselves.

12. **GET AWAY LOVE:** This kind of love is driven by the need to get away. This giver seeks out someone who will be capable of removing them from an unwanted circumstance of life. They want to get away so badly that they will do anything short of committing a crime. Jail is not where they want to go. They intend to get away, and they will. It is like the cowboy passing through a desert town wherein a maiden is waiting for the stranger to steal her away, to ride together off into the sunset.

13. **GOTCHA LOVE:** This kind of love is created by the need to win. This giver turns rejection into a challenge, and pursues the other relentlessly. The chase usually continues until the other person is captured, at which time the chaser says, "*Gotcha!*" The chase can be just as humorous and just as miserable as the coyote trying to catch the road runner.

14. **DISPLAY LOVE:** This kind of love is motivated by the need to display the catch. This giver needs to show the world what they have caught. They usually select a person who has good looks, money, and position. They proudly prance in public with their find. They boast to

their family and friends about their catch. It's like a carnival barker saying, "*Come one, come all! See what I caught.*"

15. **EMERGENCY LOVE:** There are two kinds of this love.

First, this kind of love is motivated by time. The giver reaches an age where they decide they had better fall in love before it is too late! Do it now or forever be alone! This giver has been unable to find a mate for various reasons. There comes a time when the heart sends the brain a telegram that says, "*Do it now!*"

Second, this kind of love is motivated by the need for replacement. This giver has been shattered by a loss of love. The pain from the loss is so excruciating that the giver feels they - cannot survive alone. It can be called, "*Rebound Love.*" This kind of love is, "*Please piece me back together - I have been shattered!*" It is like a three alarm fire. The sirens are screaming, and the horns are blasting, in the attempt to put out the burning pain.

16. **PRISON LOVE:** This kind of love is controlled by the fear of losing. This giver intentionally and methodically, creates an invisible jail for the other person. This giver keeps a close watch on the other person by periodically checking throughout the day to make sure the other person is where they are supposed to be. It is related to String Love, Gotcha Love, and Smothering Love but the difference is that this giver functions out of fear. This giver often is a cheater, and confuses the other person by accusing them of cheating. It is like the Shadow who knows what evil lurks in the minds of people. "*Only the Shadow knows.*" Wherever you go, the Shadow will be lurking. You can bet your life on it! The Shadow will not let you get away.

17. **TRAPYA LOVE:** This kind of love thrives on the other person's weakness. Once this giver finds out the other person's vulnerability, they begin developing a plan to entrap them. It is like the bear hunter who entices the bear with honey knowing it will lead the bear to the trap. This love giving is a high degree of selfishness.

18. **DESTINED LOVE:** This kind of love is motivated by others. One giver's family and another giver's family have decided these two people will come together. It can be family tradition for various reasons. It is related to Obligated Love, except its primary motivation is by the family.

19. **REBEL LOVE:** This kind of love is created by rebellion. This giver is rebelling against advice from family or friends, or both. Love is set aside, and determination to prove to the others that they have a mind of their own sets in. It is as if their only objective and reward are being able to say, *"See, I showed you! That will teach you not to tell me what to do!"*

20. **VIRGINITY LOVE:** This kind of love is caused by the loss of virginity. This giver loses their virginity to the other and then feels unworthy for anyone else. A feeling of guilt sets in as the person says, *"Oops! I did it, didn't I? Shame on me. Well, I only have one choice. I'm stuck with this person."* This giver becomes bound to the other come hell or high water because of feelings of guilt.

21. **LONELY LOVE:** This kind of love is driven by loneliness. This giver finds it difficult to live with self for long periods of time. It is related to Emergency Love, but different in that this person can allow some time lapse between relationships. Emergency Love is now and Lonely Love is soon! This kind of giver has a slightly higher degree of patience. This kind of giver has the patience to eat the main course of a meal knowing dessert will soon be served.

22. **SEX LOVE:** This kind of love is motivated by need and enjoyment of sexual pleasures. This kind of giver finds it difficult to live without sex. It is related to Belonging Love, Emergency Love, and Lonely Love, but different in that this person is primarily driven by the desire for sexual pleasures. This kind of giver can find living life difficult; therefore, they hide within the cone of a giant chocolate ice cream cone. They feel secure when hidden from the problems of their life, engaged in consuming their life's sweetness.

23. **CONVENIENT LOVE:** This kind of love is given with the willingness to accept an agreement. It is more of a *"head"* love rather than a *"heart"* love. This giver looks for the other person who has something to exchange. It becomes a mutual agreement between two people on their necessities of life. It is like one has the framing of a sofa while the other has the sofa cushions. Together they have a complete sofa.

24. **TENDENCY LOVE:** This kind of love is caused by mixed feelings on sexual preference. This giver attempts to relate to the oppo-

site sex, but has the tendency to relate to one of the same, or the other. This giver finds themselves in a dilemma. Often, it can result in a bisexual lifestyle. Some will eventually accept one sexual preference. For this giver, it is like walking on a tightrope without a balancing bar. They could fall either way, or find themselves sitting on the tightrope slipping from side to side.

25. **SILENT LOVE:** This kind of love is given with fear of communication. This giver feels they might be misinterpreted. They also could feel that if they should share their innermost feelings, the other person would take advantage of them. This giver usually only communicates when pushed by the other. Then it is limited to answering questions, rather than the desire to talk. For this giver, it is like asking the other person to keep a secret, while knowing deep inside the other person will use the words as a boomerang, or shout them to the outside world!

26. **SAFE LOVE:** This kind of love is given because of fear of total commitment. This kind of giver gets involved with a married, or already attached, person. Since the other person is married or attached, there is no obligation for a commitment. Also, there is little fear of rejection. The giver often can be heard saying, "I get the best part of the married or attached person without the work of taking care of that person." This kind of love is one of fantasy. It is related to Interval Love in that it happens intermittently because of the time schedule allowed. This giver is willing to settle for less, playing it safe, convincing themselves that they are in full control of their feelings toward their needs and wants. One is called a "*Mistress*" while the other is called a "*Lover*." Most end up being called a "Fool." It is like when we were kids playing house. We enjoyed it more in our imagination than we did for its reality. It is safe from commitment.

The foregoing types of love given are examples of different primary objectives for beginning a new love relationship. Perhaps you now have a new insight on relationships and why they are so challenging. The motivation for giving love is the main contributing factor for discontentment in most relationships. Most human beings are really looking for, and hoping to find.

27. **TRUE LOVE:** This kind of love is motivated by the need to

love and be loved. Its sound foundation encompasses love as defined in the Bible. It is deep, strong and true. It stands alone, and is the one that provides the optimum of fulfillment between two people. This kind of love functions by the heart, and is balanced by the head.

It is a spiritual kind of love. It is a love of communication between two people. It can survive change and growth. When two people give each other this kind of love, there are few obstacles that cannot be overcome. This kind of love has its cycles, but through constant maintenance it remains solid. True Love is like the mighty oak tree. It has a sound foundation with a solid structure. It withstands inclement weather. Its sound foundation is built with the knowledge of love in its true meaning. There is spirituality within the giver. If both people have the same foundation then building a future life together is easier. They understand that living life is a job. They understand that loving is a job. They insert their love in its proper place within their whole being. They know that love is a part of life, not its whole. They learn to subordinate to each other in different areas of their life so as not to have one leader and one follower. Each will be a leader as well as a follower in their individual areas of talent and wisdom. True Love can last forever. It is the one love we all dreamed of experiencing.

Below is the *Bible* definition of love between two people:

LOVE:

*"Love is patient and kind; it is not jealous or conceited or proud; love is not ill-mannered or selfish or irritable; love does not keep a record of wrongs; love is not happy with evil, but is happy with truth. Love never gives up; and its faith, hope, and patience will never fail."
(Good News Bible Corinthians I-13.4-7)*

EXPANDED LOVE: *"Love is also sharing life with another person; love is caring what happens to another person; love is supportive in another person's endeavor in life; love is honest communication between two people; love is two people*

working together building a future; love is sharing responsibilities of maintaining a home, a family and friends; love is fulfilling the needs and wants between two people; love is giving one's self wholeheartedly to another for the betterment of both people; love is compromising; love is considerate, and love is respectful."

Giving and receiving love as defined above may seem unrealistic, but the truth is, some people do give and receive love in this manner.

Now that you are more aware of how human beings give their love to one another, you will probably agree that some human beings need to alter their way of thinking.

***TRUE LOVE CANNOT BE FOUND WHERE IT
DOES NOT TRULY EXIST, NOR CAN
IT BE HIDDEN WHERE IT TRULY DOES.***

-Anonymous

This author would like to suggest that you read books written by Dr. Laura Schlessinger, who became the most listened to Radio Talk Show host in 1998 with countless millions of listeners. *She stresses the importance of communicating in your relationship; most importantly, to listen very carefully.* She has learned from personal experiences that if you listen closely, you may be able to avoid future problems. She advocates having moral character as a way of life. She authored the books, "*Ten Stupid Things That Women Do to Mess Up Their Lives,*" and "*Ten Stupid Things That Men Do to Mess Up Their Lives,*" both published by Harper Perennial. If you are in a relationship, or considering getting into one, please buy and read her books. They are eye openers and worth reading.

Another important book worth reading: "*Men are from Mars and Women are from Venus*", by Dr. John Gray, Ph.D. He is the first person to learn the truth that men and women do speak different languages. Probably something you never considered a problem. It is a very interesting book to read. It provides you with important information regarding communicating with the opposite sex.

The book is a Practical Guide for *Improving Communication and Getting What You Want in Your Relationship.*

A key message from the book is that men and women speak a different language therefore they do not always understand what each other is really saying.

No doubt most of you already have experienced the difficulties of talking with the opposite sex and the confusion that can come from a conversation. What is said and what is understood can be completely the opposite.

It is best to try and reduce the misunderstandings between you and your loved one. If you succeed, than you will increase the chances of having a happier relationship.

Trebla Ognim says,

*"To love and be loved is
the essence of living
life to its fullest. Find
another and go for it!"*

You will need to reflect on how you give love to another person. It is vital to your journey of striving for what you love and want to do. Should you find yourself loving in any other way than true love then perhaps you need to begin altering your thinking. You cannot experience total fulfillment, or self-satisfaction, without a clear conscience. Remember, one of your needs is to love and be loved.

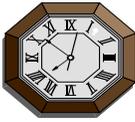
Find the power in you and embrace it and create a personal goal and take an action on that goal and find yourself achieving that dream with renewed energy. It will be an exciting experience for you.

BELIEVE IN YOU !

-Trebla Ognim

WHY NOT create a loving relationship or improve on the one you have now letting each evolve into true love while going for your dream without hurting another?

A THOUGHT ON SEX



“Your time to live”

Chapter Seventy-two

The *Kinsey Report* on sexual behavior reached public awareness in 1948. The report was based on personal interviews of eighteen thousand people, mostly college students. However, it did awaken the sleeping taboo subject of sex. Actually, it shocked most Americans to have the subject of sex discussed openly. It reported that as many married women were having sexual affairs as were married men. Up until that report, it was commonly accepted that married men had sexual affairs while the women stayed home with their families. Men have been known to behave in this manner for centuries. To find out that women were also behaving in the same manner was not easily accepted by most men. Women also found this information a little hard to accept as factual. The report did not cause an instant change in human sexual behavior nor was sex openly discussed in social circles with the opposite gender prior to the *Kinsey Report*. However, the report itself was the hot topic of conversation at the time.

SEXUALITY IS THE LYRICISM OF THE MASSES

-Charles Baudelaire 1887

Human behavior relating to sex changed drastically since the sexual revolution of the sixties. The subject of sex exploded with its fragments touching everyone. It seems that women have become more open in their sexual behavior. Many women have equaled men in their freedom of sexuality. In other words, if men can be free to have sex with several partners, then so can women. And that is what has happened! Along with sexual freedom came the freedom of openly swearing in public with the opposite gender.

The subject of sex became a common topic that was socially discussed with the opposite sex and still is today.

It is often said that history repeats itself and perhaps it is in the area of sexual freedom.

Unfortunately, sex is being used as the only mind-catching subject used frequently in advertising. The entertainment world has increased its sexual presentations in movies, plays, casino shows, romance books, etc.

Sex, in itself, is primarily for reproduction. However, it is such a pleasure! It seems, in order for human behavior to change, sex will require the discipline of self-control. Only through self-control will its importance in a relationship remain healthy while living life to its fullest.

During the seventies, *free love* became the motto of the Hippies. The largest number of divorces in the history of marriages took place in the seventies. As time passed family life, as it was known, was torn apart. Kids have been and still are, raised without benefit of both parents, and often, by choice. Commitment went by the wayside, and selfishness soared to new heights. People began to live together, having children without marriage, and it continues today. The question might simply be, "*Is this the best way for children to begin their lives?*"

Women are electing to parent alone, saying they can provide both father and mother roles, believing that their children will be raised with balance. The truth seems to be that children are simply the result of selfishness by some people and unfortunately will not grow up with balance. They feel that there is a missing link from their roots--their absent father.

It seems that many human beings hoodwink one another in their relationships. Many people pretend to receive sexual pleasure with the other person, until they marry. Then it changes and the downfall of the marriage begins. The parting of the ways takes place and the reason they give is not even close to the reality of the - why they are parting.

It is often said that financial problems are the main reason for arguments between couples and that it affects their lovemaking. It is more likely that their lovemaking has changed and they use their financial problem as the avenue to vent their frustration.

The nineties doesn't seem to be a better world in which we live. It just is what it is.

There is no doubt that sex is a pleasurable part of life. However, it could be less exploited by the media, the entertainment world and some of us.

It is okay to disagree, but one needs to make the effort to kiss and make up before going to sleep. Whatever causes most disagreements are eventually forgotten in time. What subject matter you thought to be of high priority yesterday will be of no interest to most of you tomorrow.

It is often said that children in a marriage change the relationship of the marriage. The truth is either the father or the mother makes the change not the child.

Perhaps, our new generation will make the difference in changing human behavior by committing to a life of responsibility rather than selfishness - marrying only when they know that they are truly in love with the other person, and commit to that relationship - marrying out of love not selfishness or settling for less - embracing the responsibility of raising their family together. If this takes place, it will signal a new beginning of a better world in which to live; one wherein each child is wanted and loved. Therefore sex cannot only be the process of procreation but that of pleasure between the married couple for life.

There is the meeting of two people then, comes the chase, finally the catch. During the chase there is some kind of romance.

Some of you might refer to romance as foreplay.

The most exciting part of a relationship is at the beginning when each is learning about the other. The excitement comes from infatuation. Each person creates their own fantasy of falling in love with the other.

There are three ingredients that make up a healthy love relationship. They are love, romance, and sex. Those of you who have these three ingredients have the ultimate sexual experiences.

Set aside some time to be with each other on a daily basis. Set aside some time for making love. You can do it and it will save your relationship! However, both of you must want it and be in agreement to work at it in order to achieve success.

Trebla Ognim says,

"The beginning of the relationship changing is when the romance steps aside and long lasting love steps in.."

In time you may find that the romance steps aside. If it should, hopefully it will turn into maturity love. Maturity love is long lasting love. Keep in mind that you can throw in a little romance any time you want.

As you live and mature, you will change your attitude on sex. Some of you will make it less important, while a few of you will set it aside. Then, there will be those who will simply proceed with the – wham – bam - thank you ma'am – sexual activity. Those of you, who believe in living life to its fullest, will embrace sex as the binding ingredient in your loving relationship.

***A KISS, WHEN ALL IS SAID, WHAT IS IT? AN OATH
THATS GIVEN CLOSER THAN BEFORE, THE
SEALING OF CONFESSIONS THAT TILL THEN
WERE BARELY BREATHED, A ROSY DOT PLACED
ON THE 'I 'IN LOVING***

-Edmond Rostand 1897

The power in you will help you understand that a loving relationship needs good sex.

Of course, there is the person who indulges in excessive sexual activity. This type of behavior is out of the ordinary. For those that do, there is a program - Sex Addicts Anonymous. It is a twelve-step program for sex addicts. These people are few but can be helped.

Sex is an important part of living a healthy happy life. It is not a bad thing, as some people might have been taught during their youth, but rather a good thing. Sex is the natural process in which life continues and our population grows. It is also an activity for joy. Simply use common sense in your sexual life. It is a winner!

***THE SEXUAL EMBRACE CAN ONLY BE COMPARED
WITH MUSIC AND WITH PRAYER.***

-Havelock Ellis 1937

Find the power in you, embrace it and create a personal goal and

take an action on that goal. You will find yourself living your life to its fullest once again.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT place sex in its proper perspective while going for your dream without hurting another?

MEMORIES



“Your time to live”

Chapter Seventy-three

The one reminder you have of being alive and living is your memory. Your brain has a recording device in it that is a vital part of its function. Everything you sense, say, do, smell, see, and hear are recorded and carefully placed within its memory banks. You have absolutely no control of what your brain records. It records everything around you. It does so without asking your permission. Your brain is designed to provide you with all the stored information through memory banks that can help you better your life while living it to its fullest.

***TO BE ABLE TO ENJOY ONE'S
PAST LIFE IS TO LIVE TWICE***

-Martial (A.D. 86)

“Your memories simply wait to be recalled.”

Most of the time you are able to recall experiences and learned knowledge at will. Of course, there are times when it is difficult to recall a memory. Then there are times when it is impossible to recall a memory. This happens to us at a young age, as well as an older age. It seems to happen to us more often as we grow older, and perhaps rightly so, because we have stored more information.

When a computer is overloaded with programs, it brings up the information slower and is prone to error. Over a long period of years, the human brain seems to function in this manner.

Scientists say we use a very little portion of our brain during our lifetime. Yet, they haven't come up with a way to increase the usage of our brain. Perhaps, when they do, we will be able to recall our memories faster.

They certainly have increased the volume of memory for more

programs, and the speed of bringing it up, in your computer.

***MEMORY IS THE DIARY THAT WE ALL
CARRY ABOUT WITH US***

-Oscar Wilde 1895

Perhaps you have heard, "*Look not to the past but to the future.*"

Well the truth is, if you could not look to your past, you would not be able to look to your future with the availability of learned knowledge from your experiences. What you have learned from your experiences of living are what can benefit you in your future.

History has always been an important subject in education from the beginning of human beings recording events. It is very important to our future living in this world. We hope to learn from history what to avoid in our future.

That same principle applies to you as an individual. You are who you are because of your past experiences and your choices.

Your past influences your present.

You have good and bad memories. And you also have the mental control of learning from your bad memories, and then blocking them by simply saying, "*No, thank you.*" when they come forth. You have the mental control to nurture the good memories by simply saying, "*Yes, thank you.*" It is your choice as to which memories you dwell on.

Trebla Ognim says, "It is your memories that validate your life."

You have the opportunity of developing and recording as many good memories as you choose. By paying close attention to how your day is going, you can spot the good things that happen and make a point to nurture them. By doing this, you increase the storing of good memories. The more good memories you store the deeper your bad memories get shelved.

Good memories just happen or can be created. You have a powerful mind, and when you take charge of it, you can change your life for the better.

When you experience an adversity in your life, your good memories can help you through it. It is your good memories that give you the strength and courage to go on living. It is your good memories that can

give you hope and the desire to have more of them. It is your good memories that allow you to feel good about yourself and your life. It is your good memories that please your soul.

When you find the power in you, you will be reminded that you always had it. You simply set it aside as you created your comfort zone of living. Your memory will cause you to think about taking an action on using the power in you once again.

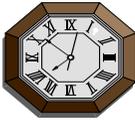
Find the power in you and embrace it and create a personal goal and act upon that goal to begin a new way of life with renewed energy.

BELIEVE IN YOU!

Trebla Ognim

WHYNOT bring forth your good memories and record new daily good memories while going for your dream without hurting another?

WONDERFUL MOMENTS IN TIME



“Your time to live”

Chapter Seventy-four

Do you find the sound of the words, wonderful moments in time as pleasing to your heart as this author does? Do you believe that they exist? Would you like to experience them on a daily basis? Would you like them to be plentiful and last longer?

Like a flick of a switch, you can flip your attitude to a positive state of being. You will then be able to experience all the wonderful moments in time that you choose. There is absolutely no limit to how many you can experience in one day.

You simply have to choose to recognize one and call it!

In your daily life, little things happen to or around you that you probably do not place much meaning. They, more or less, just happen without a conscious effort by you to create happiness from them.

How would you like not to wait for some noticeable positive incident to happen before you get in touch with your emotions?

Does that sound interesting to you?

Well, you can do just that anytime you want. You simply have to choose to do so. You are in total charge of experiencing your emotions! You are in total control of your mind, and can feel a pleasurable emotion anytime you want!

For instance, in the 1940's and 50's people would go to a movie and talk about it for days - sometimes weeks. In other words, they consciously would extend their pleasure. “*Gone With The Wind*” was that kind of movie.

In every twenty-four hour period of time good and bad things happen to you. As the earth has its positive and negative forces in motion, so do you with your human emotions. Only through self

induced discipline have you learned to control them so that you appear to be in full control of your life while acting the role of being an adult.

However, if you would openly and fully recognize the good moments and allow your positive emotions to come forth, you would experience pleasure frequently throughout a day. Simply let the child in you come forth. Just like Clint Eastwood said in Chapter One, "*Keep the juvenile aspect in your life.*"

Some little positive incident that you would normally let slip through your mind without putting any real emphasis on it can become an extended, wonderful moment in time. It can happen to you by completely opening yourself and totally receiving a kind word from another - maybe just catching a gentle smile, or having trivial conversation. It could be simply looking into the eyes of a child, or receiving a sincere compliment; perhaps, by watching the sunrise, feeling the wind softly touch your face, or taking the time to smell a flower; listening intently to another as they share an exciting experience, or meeting with a friend and sharing positive family stories.

***THERE ARE SOULS IN THIS WORLD WHICH HAVE
THE GIFT OF FINDING JOY EVERYWHERE,
AND OF LEAVING IT BEHIND THEM
EVERYWHERE THEY GO.***

-Faber

Then there are ways to create wonderful moments in time. It can be as simple as allowing someone to get in front of you while standing in line at the grocery store. Letting someone go around you while driving your car, or opening a door for a stranger. It could happen during a telephone conversation where you grasp a moment of joy. It may be as simple as helping a family member, your friend, neighbor, co-worker, or even a stranger. It could be praising someone's work, being supportive to someone's goal in life--hugging someone, and telling them how important they are to you--giving a gift when one is not expected.

When you recognize a positive thing happening, even if it seems trivial, simply call it a wonderful moment in time! Change your attitude and it will change your life!

***TO GIVE PLEASURE TO A SINGLE HEART BY
A SINGLE KIND ACT IS BETTER THAN A THOUSAND
HEAD BOWINGS IN PRAYER***

-Saadi

It is suggested that, from this day forth, you try to be acutely conscious of your surroundings and what is happening. When some little positive thing takes place, totally stop and receive it deeply within, and respond freely emotionally. By doing so, you will be able to experience extended pleasurable emotions at will. You are in control of your own emotions and happiness! Simply call it, a wonderful moment in time, and it will allow you to extend that pleasurable experience. Think about it, and emotionalize it over and over again in your mind as long as you want it to last. You will be surprised how long you can make it last, and how great you will feel. It will definitely enhance your life as it pleases your soul. Perhaps, someone you know might catch you smiling to yourself.

No matter what your belief regarding the hereafter, take the time now while you are on this earth to love yourself. You might believe that you will be reincarnated as someone or something else, or that you are coming back because you have other lessons to learn. The important thing is to think about now! Now is your life! This very moment in time! Do your best not to waste it!

What happens to you after your demise is really not of your concern. It will be whatever it will be! It is your destiny. It will be your return from whence you came.

While you are here, breathe in all the joy that you can, and live one day at a time. Stop and reap the benefits of a wonderful moment in time! When it happens, simply, *Call it!* Do it for yourself as often as you recognize it. It is a positive healthy experience - one that will promote inner happiness without waiting for some outside source to provide it. It will be self-induced and very fulfilling.

Trebla Ognim says,

*"Life is simple, but people seem to feel compelled to
complicate it!"*

The power in you is in this book. When you find it, "*Call it!* a wonderful moment in time, and it will be! Accept it, and make your decision to go after what you love and want to do. Remember you can take charge of yourself and your emotions. Choose to be happy by living your life to its fullest, experiencing wonderful moments in time! Simply, *Call it!*

Find the power in you, embrace it and create a personal goal and act upon that goal going forth creating wonderful moments in time with renewed energy.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT have wonderful moments in time while going for your dream without hurting another?

HOPE



“Your time to live”

Chapter Seventy-five

Without hope there is despair. Not having hope is like trying to breathe without an adequate supply of oxygen.

You are still alive but at a standstill.

***IF IT WERE NOT FOR HOPES, THE HEART
WOULD BREAK***

-Thomas Fuller 1736

A simple change of attitude and you are back in motion breathing, hoping and living your life.

Hope defined: *“to cherish a desire with expectation of fulfillment.”*

Trebla Ognim says,

*“Hope is the foundation on
which futures are built.”*

TO HOPE:

- is to be inspired to live.
- is to believe in a future.
- is not to give up no matter what.
- is to have faith in life itself.
- is to believe that the world is not coming to an end.
- is to trust in yourself.
- is to make plans.
- is to live in your today.
- is to believe in your tomorrow.
- is to know you can set goals and achieve them.

is to take a leap of faith.

is to believe in your commitment to yourself and to life.

is to expect successful results in all that you do.

is to know you can overcome your fears.

TO HOPE:

is to believe you can fulfill your needs.

is to know that you can turn your anger into tenacious passion while striving to achieve your dream.

is to know you can develop a support system for your dream.

is to believe in the existence of a higher power.

is to believe that you can connect to the higher power.

is to believe in miracles.

is to believe that you will fulfill your dream.

is to believe that you will feel the joy of self- satisfaction

is to believe that you will change and that there is time to live your life to its fullest.

***YESTERDAY IS BUT A DREAM, TOMORROW IS ONLY
A VISION BUT TODAY WELL LIVED MAKES EVERY
YESTERDAY A DREAM OF HAPPINESS, AND EVERY
TOMORROW A VISION OF HOPE. LOOK WELL,
THEREFORE, TO THIS DAY***

-From the Sanscrit

To hope is to believe you will find the power in you. Find it, and make a decision to go after what you love and want to do. Create a burning desire with passion, and take a leap of faith. Where there is hope, there is life! Where there is life, there is a dream!

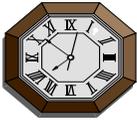
When you do find the power in you, embrace it and create a personal goal and act upon that goal with passion.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT go for your dream with hope in your heart without hurting another?

MIRACLES



“Your time to live”

Chapter Seventy-six

The common reference to the word miracle is synonymous with a phenomenal event recognized as such by a religious proclamation.

You have heard reference to some miracles during your lifetime either through news media, spoken communication or through reading about them. The Lady of Fatima is one such famous proclaimed miracle by the Catholic Religion.

Miracle defined: “extraordinary event manifesting divine intervention into human affairs.”

***GIVE THOUGHT TO THE POSSIBILITY OF
A HIGHER POWER BEING IN YOUR LIFE.***

-Trebla Ognim

You are about to read another view on miracles. This new viewpoint will require an open mind for its consideration as a possibility. Only when you are in the open minded mode can you be receptive to a new thought.

You were likely influenced to believe that miracles are phenomenon's created by God to sway your thinking toward the possibility of God existing. This could be true. Events religiously proclaimed as miracles are generally spectacular and very unbelievable to most people.

Could it be possible that there are small, not so spectacular events that could be considered miracles?

"Could it be possible that miracles do occur daily in your life?"

Perhaps miracles do not have to be spectacular - but just divine interventions in human affairs.

You have heard this expression, *"God works in mysterious ways."*

It seems many people have a difficult time believing in the possibility of a Higher Power existing - probably because human beings reject that which is not tangible or can be proven scientifically. To believe is to have faith.

On a bright and sunny day, three philosophers were sitting on a rock near the brink of the ocean contemplating life. One of the philosopher's broke the quiet by asking the other two, *"Where would you hide God so that man could not find him and kill him?"*

The other two philosophers pondered the question. The first philosopher finally answered, *"If I were to hide God I would place him in the furthestmost corner of the universe".*

The other two responded, *"No! Man would find him there."*

Finally, the second philosopher said, *"If I were to hide God I would place him in the deepest depth of the ocean."*

The other two responded, *"No! Man would find him there."*

The original philosopher who asked the question said, *"If I were to hide God I would hide him within man. It is the safest place because man would never think to look for him there."*

Take a moment and reflect on the story.

Could it be that a Higher Power truly exists and lives within human beings?

To believe in the unbelievable would require *faith* in the unknown. Human beings do not find that a natural thinking process

By the grace of God you lived from your birth to this day. Often, you have heard or even may have said to yourself, *"By the grace of God there go I"*, when observing an indigent or homeless person. Or, *"By the grace of God, I was not involved in an vehicle accident."* You may also have said to yourself, *"I was lucky I was not hurt or killed in my accident!"* And then there is, *"It must be fate that we met!"*

Just maybe, *"By the grace of God, coincidence, luck and fate,"* are really miracles. Maybe when we use these words, they are truly reflecting a divine intervention in our lives. Maybe we should consider thinking of them as miracles, and acknowledge them as such!

From the creation of human beings to this day, many still question whether or not a Higher Power truly exists.

For instance there are amazing stories such as someone being shot

five times but did not die; a skydiver's parachute fails to open, and the skydiver falls to earth, but does not die; a baby falls out of a window, and someone catches it; out of three hundred airplane passenger's - one survives. Someone dying of cancer is suddenly cured without any explanation.

Then there are those little miracles; such as your meeting someone you needed to meet or you get an unexpected promotion on your job. You receiving a gift from someone you least expected. You receiving money for no reason, getting help from someone you least expected to help you, and opportunities being presented to you which seem to come from out of nowhere.

Now that you are thinking about such miraculous manifestations, you surely remember hearing many such stories. Could they have been divine intervention?

Many people might say, *"If a Higher Power truly exists, and does intervene in people lives, then that higher power is not being fair. A real believable Higher Power would save everyone, not just a few!"*

***THE FOOL HATH SAID IN HIS HEART.
THERE IS NO GOD.***

-Bible, Psalms 14:1

Perhaps, these divine interventions take place so that we have the opportunity to recognize the possibility of a Higher Power truly existing. Could it be that the Higher Power does not purposely save selected people because they are special, but rather selecting them in order to manifest a divine intervention to get our attention? In other words to let us know that a Higher Power does truly exist!

***TRUE MIRACLES ARE CREATED BY MEN WHEN THEY
USE THE COURAGE AND INTELLIGENCE THAT
GOD GAVE THEM.***

-Jean Anouilh

Open your mind and be receptive to the miracles in your life - those moments when you were blessed with joy for no apparent reason.

Take a leap of faith and you will experience miracles. They will manifest in your life in different ways and at different times. You will be attracted to what you need and want to fulfill your dream. Keep read-

ing this book and begin to recognize the many miracles in your life.

The power in you is a miracle in itself. Find it and embrace it and create a personal goal and act upon that goal.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT open your mind to miracles and go for your dream without hurting another?

SELF-SATISFACTION



“Your time to live”

Chapter Seventy-seven

Self-satisfaction is the ultimate glory and reward of all you achieve in your lifetime! It means you kept your word to yourself, and that your word is true - you did what you said you would do! You proved to yourself that you have the ability to *conceive* an idea, *believe* in it, and *achieve* it. Self-satisfaction is the only true glory and reward for accomplishment and it cannot be taken away from you except by death - even then maybe not.

Trebla Ognim says,

"The true joy of self- satisfaction is not the money or the material things you hold, but rather the impossible goal that you achieved! It is your ultimate true inner feeling of self-worth."

To look into the mirror and tell that person looking back at you that you are proud to know that person is an overwhelming experience of joy.

To feel self-satisfaction proves that you had faith in life itself. You believed the impossible was possible, and brought it to fruition! You dared to challenge yourself and forged ahead in life, overcoming obstacles - including your own trepidation's. You were concerned; yet, you had hope in your heart that all would be as it was meant to be. This time, you won because you believed yourself unequivocally!

"You were determined not to be denied!"

People set many different goals - the most common are becoming a millionaire, having power, authority, and fame.

These are possible goals, which many have achieved.

However some of them lost their money, power, authority and fame due to unfortunate circumstances beyond their control.

But their self-satisfaction in achieving their goals is indelibly inscribed within themselves until death do they part.

Unfortunately, many people commit suicide when they lose their money because they have too much of a belief that money is the most important thing in the whole universe. Without it, they felt they were a total failure and not worthy to live their life. Yet, others survived their temporary defeat and rose up out of the fire as the Phoenix did and went on to create a new and productive life.

It is the people who go on to overcome their ultimate temporary defeat that accomplish the most. They succeed in finding out what real power they possess within themselves.

"They find out that they have the power in them."

Self-satisfaction cannot fall by the wayside, nor can it be taken away from you. It is yours to keep forever!

***CHOOSE A JOB YOU LOVE AND YOU WILL NEVER
HAVE TO WORK A DAY IN YOUR LIFE***

-Confucious

Take a leap in faith and create a personal goal and create a burning desire of passion to not be denied!

Place total trust in yourself by having complete faith in the unknown. Reach for the unreachable star - your impossible dream! Experience the true feeling of joy of self-satisfaction.

***THE MAN WHO HAS ACCOMPLISHED ALL THAT HE
THINKS WORTH WHILE, HAS BEGUN TO DIE***

-E. T. Trigg

The power in you will give you the boost of renewed energy to live your life to its fullest with few regrets. The power in you is yours embrace it and create a personal goal and live life again for the first time.

BELIEVE IN YOU!

Trebla Ognim

***WHY NOT go for your dream and feel the joy of self-satisfaction
without hurting another?***

FORGIVENESS



“Your time to live”

Chapter Seventy-eight

Forgiveness is the essence of going forward with your life after experiencing a negative action against you by another human being whether the action was intentional or unintentional.

It is important that you understand that by your forgiving the other person, you are not excusing, or condoning the transgression. It simply means that you have dealt thoroughly with the issue and have concluded that you need to set aside your disappointment, anger, hate, and your emotional pain over the incident.

You accomplish this by going through the healing process.

To forgive another is simply clearing your mind of the issue.

To forgive does not necessarily mean you will forget, but rather you will no longer allow the transgression to undermine your thinking processes. Keep in mind, forgiving and forgetting are not synonymous - they are different issues.

***BE YE KIND ONE TO ANOTHER, TENDERHEARTED,
FORGIVING ONE ANOTHER, EVEN AS GOD
FOR CHRIST'S SAKE HATH FORGIVEN***

- Bible

In the Bible Luke 23:34 when Jesus Christ was crucified he said, *"Father forgive them for they know not what they do."*

When Jesus returned he didn't search for his accusers and try to befriend them. He returned to his apostles to go on with his reason for being here on earth. He did not forget; he just set it aside as not being important anymore. He was emotionally free, and had inner peace, because he forgave them.

Forgiveness defined: *"to cease to feel resentment against an offender.*

Forgiving is for yourself not for the other person. Forgiving someone does not mean you have to stay friends or befriend them if they are strangers. To forgive is to cut the emotional tie you have with the offender.

***FOR WE KNOW HIM THAT HATH SAID, VENGEANCE
(BELONGETH) TO ME, I WILL RECOMPENSE, SAITH
THE LORD. AND AGAIN, THE LORD SHALL JUDGE
HIS PEOPLE.***

- Bible

This author knows some of you do not believe in God, or the Bible, but perhaps these words will offer you a view to ponder.

It is your choice as to the degree of transgression that was taken against you as to whether you forgive and remain in the same relationship with the other person. For some reason, we were told to forgive and forget - then remain in the same relationship with the other person. Only then are we truly forgiving. Not true!

TO ERR IS HUMAN, TO FORGIVE DIVINE

-Alexander Pope 1711

You may or may not want to remain in the same relationship with the other person. It is a choice--not a truth of life! There will always be some people you will want to keep in your life. Then, there will be other people that you will choose not to keep in your life.

To forgive is a controlled mind effort. Forgetting is not because your mind is designed to retain information. Sometimes you can block out the incident, but it still remains in your memory. Eventually it will come forward again for you to confront. By forgiving, you cut the emotional tie. After you forgive and the memory comes forth, you have the power in you to acknowledge the memory and quickly abort it at your will. One way is when the negative memory comes up simply say to yourself - *next*. Meaning, you have chosen not to stay with the thought but rather to move on to another. Sometimes, you may have to say *next*, several times to get past the negative thought. It's okay. In time, when the memory comes forth, you will find that you no longer feel any emotions connected to the incident. It is then that you know you have overcome it.

***THE WORST OF MEN ARE THOSE WHO
WILL NOT FORGIVE***

-Thomas Fuller 1732

Forgiving means you have released the emotional tie to the other person. After you forgive the other person, you will experience peace within because you will no longer be connected to that person in a negative way. You become emotionally free, and you will feel inner peace!

There seems to be two distinct types of transgressions that we human beings put upon each other:

1. Minor Transgression - *feeling of disappointment.*
2. Major Transgression - *feeling of pain.*

We overcome minor transgressions quickly if we choose to do so. Some temporarily disappointing experiences can be forgiven because we do not feel hurt, nor do they have a serious impact on our life. Minor transgressions are easier to forgive.

A minor transgression could be someone close to you failing to show up for an appointment, a friend temporarily ignoring you, or a friend poking fun at you. It could be a friend telling you a little lie, having a disagreement with a friend, etc. Minor transgressions usually do not cause people to break apart.

You do not overcome major transgressions quickly. They create severe turmoil. They usually cause emotional pain within and do have a serious impact on your life. Major transgressions are more difficult to forgive.

A major transgression could be a friend or loved one stealing from you or a partner in a love relationship cheating on you. It could be that a friend or loved one abandoning you. Perhaps, a friend, relative or your significant other betrays you, etc. Major transgressions create severe turmoil, and can cause people to break apart.

People who truly believe in a Higher Power find it easier to forgive others. People who do not believe in a Higher Power find it difficult to forgive and usually do not.

To acknowledge something more powerful than yourself is having a belief in something beyond yourself through faith. People who only

acknowledge themselves as being all powerful limit their lives in the process of achieving inner peace. Most never experience inner peace - the reason being they are in control and must stand alert at all times; therefore, they cannot allow themselves to become quiet on the inside. They attempt to carry the total load of life on their shoulders, depending only on themselves - trusting no one but themselves - having faith in no one, or anything but in themselves. It is a choice made by themselves to live life their way acknowledging no power beyond themselves.

Since they usually do not forgive others, they often become revengeful and lack inner peace.

Forgiving another human being is accepting the reality that there are no perfect people on this earth, including ourselves. Forgiving another human being acknowledges that all of us were born equal. As such, we are all guilty of hurting another person.

The Lord's Prayer from the Bible has the following words:

"Forgive us our debts as we forgive our debtors"

There are different Bibles, and each may use different words, such as *trespass* in place of *debts*.

Again, this author knows that some of you do not believe in God, or the Bible, but perhaps these words will offer you a view to ponder.

This prayer seems to convey that we human beings need to forgive and be forgiven.

Most of us feel we need to be forgiven for our imperfections as a human being. We all need to forgive in order to feel freedom and inner peace that is important to living life to its fullest!

Look to your past for people you need to forgive - people with whom you still have a negative emotional attachment that has not allowed you to live your life with freedom and inner peace.

You can forgive in several ways: you can confront them and tell them that you forgive them or you can simply forgive them from afar. You can forgive by making a telephone call or by writing a letter to the offender. You can also forgive in silence. You silently say to yourself that you forgive your offender. Either way, you might be surprised that the other person has forgotten the incident that you have been stewing over for a long period of time. Be prepared for that unknown factor.

Mingo 318

To state that you forgive another human being is accepting total responsibility for yourself. The objective in forgiving is to cut the negative emotional connection between you and the offender once and for all. Forgiving is to clear your resentment and to feel inner peace - to go on living your life to its fullest.

Trebla Ognim says,

*"Forgiveness quiets
your soul."*

The power in you will give you the guidance, help, strength and courage to forgive. Embrace it and create a personal goal and act upon it with passion.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT forgive your offender and go for your dream without hurting another?

FREEDOM



“Your time to live”

Chapter Seventy-nine

Freedom is one the most important words in the dictionary relating to human beings on earth. But for some strange reason most people are unable to live a life of individual freedom.

Perhaps, it is because of our upbringing where we lived a life of constraint and control by our parents or guardians that created the comfort zone of being under the power of another.

After your teenage years of rebellion, most of you reverted back to your comfort zone of being under the power of another. At least it seems so. In every relationship there is one who has power over the other. It may not always be obvious but it does exist. No two people in a relationship have equal power.

There is no doubt that the employer has the power over the employee in the workplace. It is in this time and space that you may learn your freedom lies in your thinking only.

People who are self-employed experience the closest to total freedom in the workplace, but even they have their bosses - their customers.

MEN ARE BORN TO SUCCEED, NOT FAIL.

Freedom and self-control go together; yet most people lack the ability to control themselves because they lack self-confidence.

Self-confidence is a requirement of freedom, to be independent while being dependent - to be one with freedom while being one among the sum total of the population of human beings.

***FREEDOM IS THE GREATEST FRUIT OF
SELF – SUFFICIENCY***

-Epicurus

There is no such thing as human beings having total freedom, with the exception of those who are referred to as hermits - those who generally live deep in the mountains away from all civilization. They are physically and mentally free. They manage somehow to survive on their own. The rest of us are dependent upon one another for survival; therefore never experiencing total physical and mental freedom.

For instance, the authors of the Constitution of The United States wrote of freedom. But...freedom had its price—human lives. Freedom is to be protected and cared for by all Americans forever.

Trebla Ognim says,

"Freedom is being self-reliant while being independent and dependent on others. Freedom is living your life to its fullest within the controls and constraints of the laws governing your life wherever you live."

Freedom means responsibility. You need to take the responsibility of maintaining what freedom you have no matter where you live.

Keep in mind

"You always have the freedom to think your own thoughts."

***THE MOST POWERFUL SINGLE FORCE IN THE
WORLD TODAY IS NEITHER COMMUNISM NOR
CAPITALISM, NEITHER THE H – BOMB NOR THE
GUIDED MISSILE IT IS MANS ETERNAL DESIRE
TO BE FREE AND INDEPENDENT***

-John F. Kennedy July 2, 1957

The power in you will give you the freedom that you are seeking. Keep reading and the power in you will manifest itself, if it hasn't already done so. Embrace it and create a personal goal and go after it with passion.

BELIEVE IN YOU!

Trebla Ognim

***WHY NOT experience freedom while going for your dream
without hurting another?***

COMMUNICATING WITH YOUR HIGHER POWER



“Your time to live”

Chapter Eighty

There seems to be three distinct types of human beings: The believer who believes in the existence of a Higher Power and the non-believer who does not believe in the existence of a Higher Power. And, the one who does not believe in any ultimate power, and if there was, it would be beyond the limits of human experience or understanding.

ATHEIST defined, *"one who denies the existence of God."*

AGNOSTIC defined, *"one who holds the view that any ultimate reality (as God) is unknown and probably unknowable."*

GOD defined, *"the supreme or ultimate reality; the Being perfect in power, wisdom, and goodness whom men worship as creator and ruler of the universe."*

There seems to be some truth to the fact that most human beings believe in a Higher Power by the creation and existence of so many religions. Below are some religions:

JUDAISM
 BUDDHISM
 HINDUISM
 ISLAMISM
 SHINTOISM
 ISLAMISM
 JUDEO-CHRISTIAN
 SIKH
 CHRISTIANITY

There are over 89 different faith groups in the world – maybe more now.

You were born with free will, and you have the choice to believe or not to believe in a Higher Power.

Some believers communicate with their Higher Power by use of established prayers, chants, dances, or meditation. This is their way of worshipping their Higher Power. Some believers do not follow a religion or any dogma created by humanity. They simply believe that they can worship their Higher Power independently from a religion. These believers believe in a direct line of communication.

Trebla Ognim says,

"There is not just one right way to communicate with your Higher Power. You do it your way."

However, because you were born with free will, you have the freedom of choice in what manner you will communicate with your Higher Power.

Prayer defined,

"to request in a humble manner; to address God or a god with adoration, confession, supplication or thanksgiving; an address to God or a god in word or thought; set order of words used in praying."

Christians believe: *God, The Father - Jesus Christ, The Son, and the Holy Spirit are one. It is often referred to as the Holy Trinity.*

Norman Vincent Peale, author of *"The Power of Positive Thinking,"* says,

"Talk to Jesus Christ as you would talk to a friend."

Talking can be the most comfortable way of communicating with your Higher Power.

You could transform your doubts into faith, which will sustain you in your actions. Faith plays a very important part of living life to the fullest. No one can predict what will happen in their life but it is their responsibility to live it.

***LISTEN WITH YOUR SOUL INSTEAD OF YOUR MIND.
YOUR SOUL HEARS WITH ETERNAL WISDOM, YOUR***

MIND IS A PRODUCT OF CONDITIONING AND TIME

John Evans 1974

The reading of this book could change your thinking processes.

***OPEN YOUR MIND TO THE POSSIBILITY THAT AN
ENERGY SOURCE EXISTS WITHIN THE
UNIVERSE BEYOND YOURSELF THAT WILL
EMBRACE YOU WHEN ACKNOWLEDGED***

-Trebla Ognim

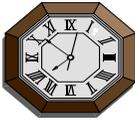
Keep reading and find the power in you and when you recognize it, embrace it and commit to it and begin living your life to its fullest once more. Some of you may just be beginning to believe in a Higher Power for the first time. You may be accepting the truth that an energy source more powerful than you exists and it can be called God.

BELIEVE IN YOU!

Trebla Ognim

***WHY NOT communicate with your Higher Power and go for
your dream without hurting another?***

YOUR ALLOTTED TIME ON EARTH



“Your time to live”

Chapter Eighty-one

You were born to live your life to its fullest and at the end of your allotted time on earth your journey will come to its end. This is a truth that is written brief and to the point because it is necessary that you understand that your life is very important. And that you have a purpose to fulfill while you are alive. Your life is meaningful because it plays a paramount part in life itself. You are not a mistake!

You were born a winner and you shall die a winner. What you do during the interim is make decisions on the choices presented to you throughout your journey in life. The true source of your freedom is having the moral right of choice.

Your foremost choice in life is to decide whether or not to live your life to its fullest, or merely exist until the end comes. To settle for less than your full potential in life is to commit a transgression against life itself.

You may believe in past lives, life after death or reincarnation.

Whatever your belief - believe this truth: *“Life on earth is to be lived to its fullest”*.

You might ask yourself this question, *“Am I living my life to its fullest or am I playing it safe and settling for less?”*

However you answer the question, please allow yourself to accept the truth that you have an allotted time here on earth, and you know not when it will end.

***DOST THOU LOVE LIFE, THEN
DO NOT SQUANDER TIME,***

FOR THAT'S THE STUFF LIFE IS MADE OF

-Benjamin Franklin 1757

The following was given to me by a Time Effective Instructor, Nancy MacKarness:

WHAT IS TIME?

A dimension within which things change.

The medium through which goals are accomplished.

Time is your most precious resource.

CHARACTERISTICS OF TIME

Of the five most important resources available to use (time, information, people, money, and physical resources), time has the characteristics not shared with any of the others.

Universal - Time is distributed equally. Everyone has the same limited amount.

Invariable - Time moves at a fixed rate. Time neither flies nor drags, although it may seem as if it does.

Unstorable - Time cannot be saved. It must be spent. If its use is unplanned, time will be wasted.

Irretrievable- You cannot postpone the expenditure of time. And once it's gone, you can't get it back.

Indivisible - Time and life are inseparable. Every thought, feeling, and action uses time.

(The above information on time came from a classroom Video entitled, "*The Time of Your Life*," produced and distributed by The Cally Curtis Company/BBP - based on Alan Lakein's book, "*How To Get Control of Your Time and Your Life*, published by Penquin USA.")

"WHAT IS TIME ?"

Alan Lakein wrote that, "*Time is Life!*"

Now that you know time is life, please take some time to plan for your final experience on earth. In doing so, you will be making it easier on your loved ones left behind. You will feel good about taking charge of your life and its final journey.

Trebla Ognim says,

“Think of your personal allotted time on earth as priceless. Allow no other person to waste it. It was given to you freely - to live your life to its fullest - to be in charge up to your final exciting journey.”

You may even write your own eulogy.

Why Not?

Who else knows your life as well as you do? I ask you to think about it. In time you may agree that it may be the proper thing to do. Your loved ones can add to it.

When you recognize the power in you - hopefully you already have – your allotted time on earth will become priceless to you.

***WHATEVER GOD HAS BROUGHT ABOUT/ IS
TO BE BORNE WITH COURAGE***

-Sophocles 401 B.C.

You will look at your life with different eyes from this day forward. Your journey through reading this book has changed you forever.

How you live your future life is your choice!

Embrace the power in you, create a goal and go for it. Use your earthly time wisely.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT accept the truth of you having an allotted time here on earth and go for your dream without hurting another?

HOW TO BRING FORTH YOUR DREAM SEED



“Your time to live”

Chapter Eighty-two

Often you have heard young kids responding to the question, *"What do you want to be when you grow up?"* with, *"I want to be a firefighter, nurse, doctor, actor, car racer, cowboy, police officer, etc."* Some actually did become what they said they wanted to be. Afterwards a few of them left their jobs because it turned out it was not as satisfying as they thought it would be.

When you were growing up, some of you knew what you wanted to be and began going through the process of achieving your goal. Most felt out of place, not knowing what you wanted to do, and maybe a few of you still have that same feeling. Like so many others, perhaps you got a job and submitted to the self-proclaimed attitude that it is all you are capable of doing, and settled in for the duration - you simply go to work waiting to retire hoping to live a happier life during your retirement period. As you know, some people do find a happier time, while so many others do not.

Perhaps it might be better if you spent most of your working life doing that which you enjoy doing rather than what you think you have to do. This can be done by spending some time writing down your ideas of what you think you might want to do and those you definitely do not want to do. After all you do spend a great deal of your lifetime at your job.

JOBS YOU WANT - JOBS YOU DO NOT WANT TO PERFORM

Homemaker - Medicine
Management - Law
Education - Computer/Internet
Arts/Entertainment - Human Resources
Architect/Builder - Government
Manufacturing - Industrial
Journalism - Labor Trades
Religion - Science
Sales – Accounting
Advertising/Public Relations - Engineering
Self-employment - Athlete

The above list will give you an idea of how to separate that which you do not want to be and that you might want to be.

Your library has a Dictionary of Occupations & Occupational Outlook Handbook giving all job classifications available. Internet has similar info. Take a peek at them. It's okay if you want to create a new one.

You may want to write: Consulting Psychologists Press, Inc., Attn: Scoring Department, 3803 E. Bayshore Road, P. O. Box 10096, Palo Alto, California 94303-0979 to participate in their STRONG INTEREST INVENTORY survey. Your answers will enlighten you as to which areas of work you might consider.

***TO BE NOBODY - BUT YOURSELF - IN A WORLD
WHICH IS DOING ITS BEST, NIGHT AND DAY,
TO MAKE YOU SOMEBODY ELSE - MEANS TO FIGHT
THE HARDEST BATTLE WHICH ANY HUMAN BEING
CAN FIGHT AND NEVER STOP FIGHTING.***

E. E. Cummings 1958

Somewhere within you is a dream-seed that will lead you to work that you would like to perform, and it simply could be a matter of going through the process of elimination.

Once you have made the choice of one or more jobs you would like to perform, you need to be honest with yourself as to whether you are making a serious choice.

Example: You have chosen to become a professional singer.

Ask yourself the following questions:

- A. Can you carry a tune?
- B. Are willing to spend the money for voice lessons?
- C. Are you willing to study music?
- D. Are you willing to take acting lessons to enhance your stage presence?
- E. Are you going to sing alone or with a group?
- F. Are you going to form your own band or sing with an existing one?
- G. Are you going to make and sell tapes, CD's, Videos, or all of them?
- H. Will you follow your favorite singer's singing style or create your own?
- I. What style of dress will you wear?
- J. Ask yourself if you are willing to make the necessary sacrifices.
- K. Ask yourself if you are willing to practice tediously and wholeheartedly.
- L. Ask yourself if you are willing to sing in any and all environments.
- M. Ask yourself if you are willing to travel and live out of a suitcase if necessary.
- N. Ask yourself if you are willing to focus and revolve your life around becoming a singer.
- O. Ask yourself if you are willing to write a confirmation paragraph, and read it daily on becoming a singer.
- P. Ask yourself if you are willing to visualize-yourself on stage singing and the audience clapping when you are done, and you receiving payment for your performance.
- Q. Most importantly, are you willing to leave your present comfort zone and enter the world of the unknown?

If you answer "No" to any one of the above questions, you need to analyze why you did that in order for you to understand why you are not doing what you want to do. Perhaps, you are not willing to give of yourself wholeheartedly toward your want.

You will need to know your want from your wish.

How To Bring Forth Your Dream Seed 330

The point being that you must spend some quality time with yourself thinking of what you want to do and be in this lifetime. Do you want to be a scientist, a caretaker, a teacher, a truck driver, an actor, a computer programmer, an architect, a garbage collector, or what? Do you want to work for an employer or do you want to be self-employed?

You were born with a dream-seed in your heart. It simply lets you know what it is by way of a want that you are to bring into manifestation while you are still living on this earth!

Your dream-seed does not have to be important to anyone else - only you. Whatever it is in your heart's desire that you would like to do on this earth, bring it forth, and let it manifest into a reality. You are here on this earth for a reason. You are important, and you are not here by mistake. You have something to contribute to life and it is your dream-seed!

You need to delve deep within yourself and conjure up all the thoughts pertaining to what you would like to do if you had a choice, no matter how trivial it may seem to you. Not everyone is here to do great things but everyone is here to do something in a great way!

Find yourself a quiet place - be still with yourself - let your thoughts flow freely from within. When a thought comes forth as something you want and you think you might enjoy it, write it. No matter what it is - write it down! Do this as many times as you feel it is needed to come up with the things you want to do. You will be very surprised, and you might find it to be a lot of fun!

NO BIRD SOARS TOO HIGH, IF HE SOARS WITH HIS OWN WINGS

-William Blake

After you make a list, prioritize it. What you most want to do - to what you least want to do. Then you can select the highest want on your list and go through the process given in the example of someone wanting to become a professional singer. You can do this with each thought on your list until your elimination process leaves you with one idea that you would most like to try to bring into manifestation.

When you have decided what you want write yourself a plan of how you intend to get it!

Then you will need to try doing what you want to do. Only then

will you know if that is what you really want to do. While you are going through the trying process you will need to take the time to ask yourself the following questions:

1. Am I trying wholeheartedly to achieve what I want?
2. Am I the happiest-I've ever been doing what I thought I wanted to do?
3. Do I feel that I am contributing something of value to life with what I am doing?
4. Am I hurting another person by what I am doing?
5. Is this what I really want and love to do?

If you find the first want not what you really thought you wanted to do, try your second choice - keep doing it until you find what you want and love to do.

It can be time and effort consuming but it really does work!

Through the elimination process, your true want will come forth. Do not give up until you find your true want. When it does come forth, you will know it! For some of you, it will come forth easier than it will for others. It's okay.

Whatever you do, do not give up until you have realized what you want, and keep trying what you want until you achieve it! Your want is your dream-seed! Bring it forth, nurture it and watch it grow.

When you are living your want; you are living your dream and you will be your happiest!

Trebla Ognim says,

"Your purpose in this life is to live your dream-seed no matter how small or how big it is. It is your contribution of value to life itself!"

The power in you is in this book for you to find. Find it, embrace it and create a personal goal and take an action on that goal. Go for what you want and love to do. Create a burning desire with passion and take a leap of faith.

BELIEVE IN YOU!

Trebla Ognim

WHYNOT bring forth your dream and live it without hurting another?

LIVING WITH BALANCE



“Your time to live”

Chapter Eighty-three

One of the most difficult things to do in life is to find balance in the way you live. As with most people, you are probably living an unbalanced life.

You are probably dedicating every day to one or two of your basic needs rather than touching all areas of your life.

What you do for a living is generally top priority because it is what provides you with the necessary money to defray your living expenses. For the men and women who do not work, it could be their home and family.

There was a time when men were the breadwinners and women were the homemakers. It was a less complicated family life and more fulfilling for all concerned; however, in contemporary times, family life is more complicated as more women are working, and the children are being raised by others, such as daycare. This way of life is not as fulfilling.

Then there are women having children without a partner or a marriage. This places a heavy burden upon them to try to be the father and the mother to their children, as well as be the best they can be on their jobs. Their children are being raised by others while they work, except for the few who work out of their homes.

“People who need people”, was one of Barbra Streisand’s biggest hit songs. It is a truth of living life. It is strange listening to people wanting to be so independent that they create the false belief of not needing other people to develop a good life. People are life!

Some people will never find a way to balance living their life because of their personal choices of how they want to live their life.

They find life less satisfying and more challenging than if they had made different choices.

***A JOURNEY OF A THOUSAND MILES
MUST BEGIN WITH A SINGLE STEP***

-Chinese Proverb

You have a tendency to lock into one or two areas of your life leaving empty holes. Your life is connected but it resembles Swiss cheese.

You might consider touching upon the six most important areas of your life, defined by Paul J. Meyer, President of Success Motivation Institute, Incorporated:

1. *Physical*
2. *Mental*
3. *Financial*
4. *Social*
5. *Spiritual*
6. *Home and Family*

You are obligated to take care of yourself and to stay healthy. It is your responsibility to think about and take an action on each area of your life on a daily basis. By doing so, you will create a balance in living your life, and you will find your life more fulfilling.

HE IS RICH THAT IS SATISFIED

-Thomas Fuller

Creating somewhat of a balance in your life monitors you so that you will not become obsessed in one area. Being obsessed is being unbalanced. Being unbalanced means you are not touching all the areas of your life. It is living life through a peephole. You can only see and take actions on that which is in front of you.

Trebla Ognim says,

*"Living a balanced life
creates fulfillment."*

Living a life with balance is not easy to do. However, you can live a life more balanced than perhaps you do now. The power in you will help you focus on the six most important areas of your life. Have you recog-

nized the power in you? Are you close to embracing it?

When you find it, embrace it and create a personal goal and act upon that goal and experience renewed energy while living your life to its fullest.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT create a balance in living your life while going for your dream without hurting another?

YOUR GOOD HEALTH



“Your time to live”

Chapter Eighty-four

You probably have heard these words, *“Having good health is the most important thing in the world.”*

Do you believe that to be a truism?

The best way to gauge whether good health is important is to reflect on your last serious illness. Did it make you feel so bad that you wished you were out of your misery? Some of you will answer, *“Yes!”*

People sometimes present themselves and others with this question, *“Would you rather have good health or money?”*

It seems that almost everyone would like to have a million dollars. It usually infers that money would solve their problems. The most powerful thing about having money is that it allows you more choices. Having good health also allows you more choices.

The one noticeable difference is that by having good health, you do have the choice of making money. Having money does not always give you the choice of buying good health.

***MONEY MAY BE THE HUSK OF MANY THINGS,
BUT NOT THE KERNEL. IT BRINGS YOU FOOD,
BUT NOT APPETITE; MEDICINE, BUT NOT
HEALTH; ACQUAINTANCES, BUT NOT FRIENDS;
SERVANTS, BUT NOT LOYALTY; DAYS OF JOY,
BUT NOT PEACE OR HAPPINESS.***

-Henrik Ibsen

This chapter wants to convey the message that good health is important. Think positive thoughts, eat healthy food, and participate in some form of exercise on a daily basis.

*Trebla Ognim says,
Your body is your temple
for living a quality life
It is your responsibility
to love your body and
your mind.”*

You have a miraculous mind and body, a temple of life, to be used by you for your benefit no matter how you choose to live your life. It will be good to you if you will be good to it.

***MAN IS TO HIMSELF THE MOST WONDERFUL OBJECT
IN NATURE; FOR HE CANNOT CONCEIVE WHAT THE
BODY IS, STILL LESS WHAT THE MIND IS AND LEAST
OF ALL HOW A BODY SHOULD BE UNITED TO A MIND.***

-Pascal

Once you have found the power in you and embrace it, you will begin to respect your mind and body. You will understand its importance to living your life to its fullest. You will be thankful for your healthy mind and body and realize that you are to use it to live your dream.

Embrace the power in you and create a goal and act upon that goal and go for your dream with passion and renewed energy. It will give you a meaning and purpose to your life.

BELIEVE IN YOU!

Trebla Ognim

WHY NOT enjoy your life with good health while going for your dream without hurting another?

BELIEVE IN YOU



“Your time to live”

Chapter Eighty-five

The one person that you must learn to believe in - *is you!* You are the one that is in control of your life. It is you who makes the decisions on how you will live it. It can be a lonely place at times but it is the only place to be. Your life is important and that makes you important. You have something to do while you are alive. There will come a time when you will find your meaning and purpose to your life. When you receive it then set yourself a goal to achieve it!

This author knows and understands how difficult it can be to believe in yourself knowing that you accumulated a lot of negativity while growing up. This negativity is generally referred to as inferiority complexes. At this time this author suggests that you read the Chapter on “*Inferiority Complex*” in this book. It will help you understand who you are and why you think the way you do. The beauty of life is that whatever you experienced in life you can change your future. Take advantage of your past and set aside that which is no longer of value and create a better life for yourself.

***ONE OF THE GREATEST MOMENTS IN ANYBODY'S
DEVELOPING EXPERIENCE IS WHEN HE NO
LONGER TRIES TO HIDE FROM HIMSELF BUT
DETERMINES TO GET ACQUAINTED WITH
HIMSELF AS HE REALLY IS***

-Norman Vincent Peale

You will have to recognize this truth and when you do sift out your inferiority complexes and put them in the back burner of your mind. In fact you should write them down as you recognize them. After writing them down by hand then fold the paper and put it away for some

future day to look at again. This will allow you to follow your forward movements as to whether or not you have accepted them and put them aside so that they will no longer control you.

Now that you have set your inferiority complexes aside you can create new strength within to go forth with your life not allowing them to interfere in your thinking processes anymore. When you have reached this point in your life then nothing can stop you from going after what you want. In fact, your inferiority complexes could be transformed into renewable energy just as anger can do. This author suggests you read the Chapter on “*Anger*” in this book. It will help you understand the power within you once you know yourself better. Once you have accepted your inferiority complexes then write your final note, “*I am stronger because of my inferiority complexes and I will live my dream. I am who I am and I am proud of me! Nothing can stop me now!*”

***BE YOURSELF THERE IS SOMETHING THAT
YOU
CAN DO BETTER THAN ANY OTHER. LISTEN
TO
THE INWARD VOICE AND BRAVELY OBEY
THAT***

-Unknown

It is important to take the time to learn who you really are – how you think, why you think like you do, and how you feel about what you have learned. If you have learned the truth about yourself and accepted it as who you really are then nothing can stop you from being who you want to be.

To change your future you will need to create a goal for yourself and go for it! Be determined and persevere to its conclusion. You will feel self-satisfaction that no one or even life can take away from you.

***THERE HAS NEVER BEEN ANOTHER YOU. WITH NO
EFFORT ON YOUR PART, YOU WERE BORN TO BE
SOMETHING VERY SPECIAL AND SET APART. WHAT
YOU ARE GOING TO DO IN APPRECIATION
OF THAT GIFT IT IS A DECISION ONLY
YOU CAN MAKE***

- Dan Zadra

Whatever you do, try not to be like someone else. You are unique - so stay that way.

***DON'T TRY TOO HARD TO FIT IN; YOU
WERE BORN TO STAND OUT.***

- anonymous

If you try to fit in and you succeed then you will be lost among the crowd. You will not be who you really are. To find out who you really are you must step out into the unknown taking risks to learn who you really are. You are not like anyone else in the world – *you are you!* Live your life and allow yourself to become who you were meant to be. Live your life to its fullest! Step out of your comfort zone and risk finding a better life. If you are stuck where you are then do all you can to get out! This author suggests you read the Chapter “*Perhaps You Are Stuck*” in this book. You were born to go forward learning and living the best you can. You are responsible for your life.

***IN LIFE YOU CAN MAKE YOUR OWN DECISIONS OR
LET OTHER PEOPLE MAKE THOSE DECISIONS
FOR YOU. BEING ABOVE THE INFLUENCE
IS ABOUT STAYING TRUE TO YOURSELF, AND NOT
LETTING PEOPLE PRESSURE YOU INTO BEING
LESS THAN YOU. SO BE YOURSELF.***

- Unknown

This author suggests you read the Chapter on “*Decisions*” in this book.

The wonderful thing about being who you are is that life has so many exciting things to offer you and you can only experience them when you step out and take a leap of faith into the unknown. Your life has a beginning and an end. During the interim you will be on your personal journey of living life. A journey you know nothing about and will not know until you live it. This author believes that you have already experienced some exciting moments, as well as, some not so exciting moments. It is the exciting moments that make you feel glad that you are alive.

THROW BACK THE SHOULDERS, LET THE

***HEART SING, LET THE EYES FLASH, LET THE
MIND BE LIFTED UP, LOOK UPWARD AND SAY TO
YOURSELF NOTHING IS IMPOSSIBLE.***

- Norman Vincent Peale

When you believe in yourself your world changes drastically to the positive! You will look toward your future with enthusiasm knowing that you can do anything you desire providing you really want it and are willing to sacrifice to get it. You will have to accept the fact that you will have to work hard, work smart, and be determined.

***A MAN CAN BE AS GREAT AS HE WANTS TO
BE.***

***IF YOU BELIEVE IN YOURSELF AND HAVE
THE COURAGE,
THE DETERMINATION, THE DEDICATION,
THE COMPETITIVE DRIVE, AND IF YOU ARE
WILLING
TO SACRIFICE THE LITTLE THINGS IN LIFE
AND PAY THE PRICE
FOR THE THINGS THAT ARE
WORTH***

- Vincent "Vince" Lombardi

What seems to discourage so many people in their lives is that they do not believe in themselves. Because they do not believe in themselves they live their lives being uninspired. Each day they wake up they have no plan or thoughts as to what they will do that day but to do whatever it is that they have been doing. Nothing is new for them. They do not try to do better. They seem to feel that what they do is enough.

***YOU HAVE TO BELIEVE IN YOURSELF, THAT'S THE
SECRET. EVEN WHEN I WAS IN THE ORPHANAGE,
WHEN I WAS ROAMING THE STREET TRYING TO
FIND ENOUGH TO EAT, EVEN THEN I THOUGHT
OF MYSELF AS THE GREATEST ACTOR IN THE
WORLD. I HAD TO FEEL EXUBERANCE THAT
COMES FROM UTTER CONFIDENCE IN YOURSELF.***

WITHOUT IT, YOU GO DOWN TO DEFEAT.

- Charlie Chaplin

Some of you were born and have been in action moving along your journey in life without a direction. Once you find out who you are, and accept it, you will create a direction for yourself. You will no longer wake up each new day not knowing what you will be doing that day. You will believe in yourself and in a future life. Charlie Chaplin believed at a time when he had no one to inspire him but himself with his dream of being the greatest actor in the world. Today there are numerous books a person can read to obtain inspiration. You have books, Internet, and social media where you can become motivated by an inner thought or even by another human being. Charlie Chaplin wanted to be an actor because he was inspired to become one by hearing about and by watching other actors.

***I AM NOT BOUND TO WIN, BUT I AM BOUND TO BE
TRUE. I AM NOT BOUND TO SUCCEED, BUT I AM
BOUND TO LIVE UP TO WHAT LIGHT I MIGHT HAVE***

- Abraham Lincoln

You too, have a light within that someday you will find, if you have not found it as of yet. The light within must be let out so that the whole world can see you giving your gift - your contribution to life. Each life is important to the whole of life. This is important, *"Without you there would be an empty spot in the world."*

Think about that!

**PUT ALL EXCUSES ASIDE AND REMEMBER THIS:
YOU ARE CAPABLE**

- Zig Ziglar

When you find in life what you want to do for work it will no longer be work. When you love what you do it becomes a labor of love. It won't just be a job that you work at, but rather you will enjoy what you do, and you will look forward to doing it happily daily.

Trebla Ognim says,

"You are important, you are not a mistake, you are worthy, you are loved, and you have a dream,"

Finding the power in you in this book is important to your future life. Once you have found it and embraced it your life will change for the better. Create a goal and do all you can to achieve it. It is your life so live it to the fullest. Your reward will be self-satisfaction. When you look back on all that you have accomplished you will be thankful that you were given the opportunity to do the things that you did. You will be able to say – I wasted little time. I did my best!

Keep this in mind:

***BELIEVE IN YOURSELF AND THERE WILL COME A
DAY WHEN OTHERS WILL HAVE NO CHOICE
BUT TO BELIEVE WITH YOU***

– Oscar Wilde

Now is the time to take note of who you are and begin living life to its fullest. You have read this book this far therefore you are no longer the same person you were when you started. You are thinking new thoughts. Create a goal and go after it with passion. You will achieve it!

BELIEVE IN YOU !

Trebla Ognim

WHY NOT believe in you and go for your dream without hurting another?

BEGIN ANEW



“Your time to live”

Chapter Eighty-five

Oh what a feeling you must have! You have reached the next to the last phase of your journey of reading this book and I hope you have found the power in you!

The core of your power is thought. The generator of your power motivates you into taking an action on what you love and want to do, while not intentionally hurting another. The predominance of your power is your will power! The constant strength of your power is passionate tenacity. The joy is reaching for your dream. The extension of using your power is helping other people. The badge of courage of your power is not quitting. The glory of your power is living your life to its fullest and experiencing self-satisfaction - the highest degree of self-worth. The essence of your power is intentionally living your true meaning and purpose on this earth.

The above paragraph explains the process of living with the power in you. However, there is an imperative primary step missing.

The missing step is that you must find the power in you and embrace it. Without taking that step, the power in you will remain quietly within you.

The power in you has been revealed throughout this book. It is your Higher Power or God as I call it.

After you embrace the power in you, create a personal goal and act upon that goal with passion and enjoy the renewed energy that you will gain.

In order to find who you really are and what your natural talents are - you will need to try and you will need to risk.

Trying and risking simply means attempting to do something for the first time!

To **TRY** is to bring forth:

T-he – **T**o

R-eal - **R**eveal

Y-ou – **Y**our natural talent

The following wisdom was written on a sign in a restaurant,
“*Never be afraid to try something new – remember amateurs built the Ark and Professionals built the Titanic.*”

If you ever get a thought on something new you would like to do but won't try to do it then it is not a favorable result. Remember if you do not try something new in your life you will never know whether or not you could have accomplished it. This thought could become a regret. This author suggests living with the fewest regrets possible.

The following are some thoughts on living life to its fullest:

*Work as if you don't have to.
Dance as if no one there is watching.
Love as if you've never been hurt.*
-Anonymous

“Do something beautiful for God.”
-Mother Teresa

*Life is not measured by the breath you take
But, what takes your breath away.*
-Anonymous

*The most successful people have the most failures –
but they don't give up until they get what they want.*
-Anonymous

To **RISK** is to reach out with faith into the unknown. To risk is to

gain new experiences that could be rewarding to your life.

" RISKS "

To laugh is to risk appearing the fool.

To weep is to risk appearing sentimental.

To reach out for another is to risk involvement.

To expose feelings is to risk exposing your true self.

To place your ideas - your dreams before a crowd – is to risk their loss.

To love is to risk not being loved in return.

To live is to risk dying.

To hope is to risk despair.

To try is to risk failure.

But, risks must be taken, because the greatest hazard in life is to risk nothing. The person who risks nothing, does nothing, has nothing, and is nothing. They may avoid suffering and sorrow but they cannot learn, feel, change, grow, love and live. Chained by their certitudes they are a slave, they have forfeited their FREEDOM!

Only a person who risks is FREE!

-Anonymous

THE TROUBLE IS, IF YOU DON'T RISK ANYTHING, YOU RISKEVEN MORE

-Erica Jong

The power in you is your true source of energy. You will need to acknowledge it, embrace it and begin living with it. You need to create a personal goal and go for what you love and want to do. Your dream gives you a meaning and purpose to your life here on earth!

President Theodore Roosevelt said,

"It is not the critic who counts; nor the man who points out where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred with dust and sweat and blood...at the best, they know the triumph of high achievement; if they fail, at least they fail while daring greatly, so that their place shall never be with those cold and timid souls who knew neither victory nor defeat."

Millions of people throughout the world have turned their lives around by participating in recovery groups where they learned to acknowledge the possibility of a Higher Power. Alcoholic Anonymous

and other recovering groups embrace the following:

SERENITY PRAYER

*God grant me the serenity to accept the things
I cannot change, the courage to change the things
I can, and the wisdom to know the difference*

* * *

You are alive on earth to live your life to its fullest, not just exist waiting to die.

* * *

Shakespeare wrote, "*To thine own self be true.*"

* * *

Some people believe they are here to learn lessons or reconnect with people to complete a lesson. They believe that they will return as many times as needed to learn all their lessons. Other people have different reasons regarding their being here on earth. No matter what your reason, consider the following:

The saddest of all sad moments of life is when a person is about to die and says something like this:

I *could* have.

I *should* have.

I *would* have.

Why didn't I ?"

Live your life to its fullest each day as if it were your last. You'll find your life much more rewarding and fulfilling.

Real life is experiencing doing right things and wrong things. An analogy of this appeared on the Marquee of a Car Wash:

"Some days you are the pigeon and some days you are the statue."

You know the difference between doing right and wrong - simply by how you feel.

To be the happiest you can be - do right things.

Life consists of:

CHOICES – CONSTRAINTS – DEMANDS!

You have the power in you to control your own life and how you choose to live it. Jesus Christ said,

"Do for others what you want them to do for you."

Good News Bible - Matthew 7:12.

When you are the happiest and most excited about doing your work whatever it may be, then you are living your meaning and purpose to your life on this earth.

It is not so important to become rich or famous, but it is very important to take a leap of faith. Go for what you love and want to do. Live your dream! It is imperative that you strive to experience the joy of self-satisfaction - the ultimate feeling of self-worth!

If you choose to make a million dollars - be happy making it - not make the million dollars to be happy.

Fame and money can go by the wayside, and death can steal your life, but nothing can take away self-satisfaction of setting and completing personal goals, the ultimate achievement of a successful person.

It is important that you listen and read to gain new knowledge regarding living life to the fullest. This author believes that you want to live the best life that you can doing the best that you can.

I ask that you read the following prayer with an open mind:

GIVE ME A DREAM

Father,

Once I had such big dreams, so much anticipation of the future. Now shimmering horizon beckons me; my days are lack-luster I see so little of lasting value in my daily round.

What is your plan for my life?

You have told us that without vision, we perish. So, Father in heaven, knowing that I can ask in confidence for what is your expressed will to give me, I ask you to deposit in my mind and heart that particular dream, the special vision you have for my life. And along with the dream, will you give me whatever

graces, patience, and stamina it takes to see the dream through fruition?

I sense this may involve adventures I have not bargained for. But I want to trust you enough to follow even if you lead along new paths. I admit to liking some of my ruts. But I know that habit patterns that seem like cozy nests from the inside, from your vantage point may be prison cells.

Lord, if you have to break down any prisons of mine before I can see the stars and catch the vision, then Lord begin the process now. In joyous expectation - Amen.

-Catherine Marshall

Keep in mind you cannot buy love or happiness; however, you can live your dream!

Trebla Ognim says,

"The Higher Power is always connected to us. We are not always connected to the Higher Power."

Perhaps, now you have found and understand, the not so elusive power in you. You will no longer linger in life; rather, you will soar with the eagles - you will fly higher than you ever dreamed - you will see further than you ever thought possible - you will feel emotions you have never felt - you will overcome all the obstacles in your way - you will be attracted to what you need to fulfill your dream - you will experience the true feeling of belonging - you will love, care, help and share more than you ever have. The sun will be brighter - the sky more blue. You will be living your life to its fullest - you will be going for what you love and want to do. You will be living your meaning and purpose on this earth - *you may find yourself reaching up and touching the hand of God!*

This book is written to give you the opportunity of avoiding needless regrets.

Embrace the power in you, create a personal goal and act upon that goal with a passion. Begin living your life with your renewed energy provided by the power in you. Go after what you love and want to do.

Live your dream!

BELIEVE IN YOU!

Trebla Ognim

WHY NOT begin anew and go for your dream now without hurting another?

IMAGINE



“Your time to live”

Chapter Eighty-seven

Imagine you:

*recognizing - the power in you - and living your life as it was intended
cognizing what you love and want to do.*

making the decision to go after what you love and want to do.

believing you will not be denied your dream.

understanding the difference between action-reaction.

leaving your inferiority complexes behind. overcoming life's adversities.

being disciplined and filled with passion.

Imagine you:

constantly affirming what you love and want to do.

breaking most of your negative habits.

being committed to succeed.

experiencing success.

making positive changes in your life.

being self-confident.

liking yourself.

liking your name more than you do now.

living your life as who you really are.

being in motion toward your dream.

being enthusiastic about life itself.

thinking that life is better than good - that it is GREAT!

waking up every morning eager to face the new day.

not wanting the day to come to its end.

Imagine you:

living a renewed life of energy.

being attracted to what you need to achieve your dream.

helping other people and feeling good about it.

having people help you.

giving love and receiving love on a daily basis.

having feelings of self-satisfaction, the ultimate feeling of self-worth.

embracing your self-worth minus your ego.

thinking good thoughts and taking positive actions.

gaining new and useful information on a daily basis.

being asked for advice.

leaving your fears behind.

having true faith in yourself.

recognizing miracles on a daily basis.

having true inner courage - being afraid, but doing it anyway

Imagine you:

really liking yourself without being egotistical.

believing in the impossible.

letting go of all your reasons for not living out your dream.

working hard but realizing it is not hard work.

living through the true source of energy of the inverse.

getting tired but never feeling fatigue.

having people feel your excitement for life itself.

having people ask you what you have taken that gives you energy.

knowing that your today is your life and that it is a good day to live it.

knowing that you no longer fear death.

knowing that you fulfilled your wanting to belong.

knowing that the universe is providing all your needs.

finally realizing that true security lies within you not outside influences such as money.

Imagine you:

having more inner strength than you ever thought was possible.

feeling your importance but not feeling that you are important. Using your power but, not your authority.

knowing that you have built an armor against negativity.

conceiving an idea, believing in it and achieving it.

knowing that you have set the goal of going for your impossible dream and, while striving toward overcoming all your obstacles having a support system.

*having a wonderful moment in time at your will. You simply, RE-CALL IT!
being committed to living out your meaning and purpose in life
living your life to its fullest doing what you want and love to do
believing in the existence of a Higher Power.*

Imagine you:

having your will power connected to the Higher Power.

you looking at a rainbow and knowing you are in touch with the Higher Power.

***TO DO MUCH CLEAR THINKING A MAN MUST
ARRANGE FOR REGULAR PERIODS OF SOLITUDE
WHEN HE CAN CONCENTRATE AND INDULGE
HIS IMAGINATION WITHOUT DISTRACTION***

-Thomas A. Edison

Imagine you embracing the power in you and accepting it as truth. Imagine you creating a personal goal and taking an action on that goal to go for what you love and want to do. Imagine you taking a leap of faith creating a burning desire of passion.

Imagine you living your dream!

Imagine you at the time of your death looking directly into your image of the Higher Power and proudly saying, *"I entered and fought in the arena of life itself, and I did my best, and I have few regrets."*

Trebla Ognim says

*"Imagine you creating your life as you want it to be.
Create it and it can be. The choice is yours!"*

How do you intend to live your life during the interim of your birth and death?

Will you live your life to the fullest with the fewest regrets?

Will you live with, or without, using the power in you?

I leave you with these three questions:

Do you know where you're going to?

Will you live your impossible dream?

Will you happily sing the song, "My Way", at the end?

BELIEVE IN YOU!

-Trebla Ognim

***WHY NOT imagine you successfully living out your dream
without hurting another?***

You have read this book to its end.
It was written for you as a friend.
From its beginning to its final conclusion
It contains many facts, they are not an illusion.
Without a doubt, today's dreamers do exist.
Overcoming negative people, they have fought.
Marching with their own drumbeat, asking Why Not?
For those of you wanting to change.
Included is a step by step plan within your range.
Setting this book aside like many in the past.
Could only mean that you don't mind being last.
You'll find it okay with me no matter what you do.
After all, it is your life, one I never knew.
However with oars in the water directing your boat.
You'll find it much easier than just drifting afloat.
By setting a goal it will bring to the surface.
A life that has a meaning and purpose.
It is hoped that this book was not a waste.
And that you will begin your new life with haste.
They say that a book is within all of us.
You have just read my book - may it be a plus.
In person, perhaps we shall never meet.
In my intentions, there was no deceit.
Thank you for giving me your time.
Go forth with your life as I will with mine.

by

Albert J. Mingo 1981

WHYNOT BECOME

A WHYNOT PERSON ?

“GO FOR YOUR DREAM!”

WHYNOT ?

ABOUT THE AUTHOR

This book was written by a man who, at the age of fifty-eight, was forced out of his twenty-eight year business, Mingo Landscaping, due to the recession 1990-91—not long after his company grossed a million dollars. After its demise, he reached a point of not being able to pay the rent and thankful for not ending up on the streets. He survived a near death experience during his homeless state. He came back to begin again living life to its fullest one more time - *a man continuing to live his dreams.*

Having no jobs on the Board of Scheduled Jobs in January 1992 was the shock of my life! It was unbelievable! It is costly to run a business and throughout the years I re-invested all the money we made to keep the business going. The day came when I had to release all the employees except for one foreman who I kept paying and one estimator because we had to continue estimating in order to try to win a job and keep the business alive. After five months we didn't win one job even though we had lowered our Bid prices. The only thing left to do was to Bid to lose money. That we could not do so I closed the business in May 1992. I had little money to live on.

It was a sad moment in my life when the day came for me to make the final decision of shutting down the business. I was fifty-eight years old at the time. After selling off our trucks and equipment I began applying for every job that I thought I could be hired but was never hired. I applied for any job I saw an opening. I believe my age and being a former business owner made me over qualified for some jobs. I survived one year on the money that I had remaining from the business. The day came when I was forced to tell the manager of the apartments where I lived that I was unable to continue paying the rent and I must leave. The manager Carol Slayak liked me and talked to the owner Gus Kelpris, who also liked me, and together they decided to allow me to stay in an empty apartment they owned across the little creek that ran between the two complexes. They asked me to move out of my two bedroom apartment so that they could rent it. I called my friend Linky and asked if I could store my furniture in her garage and she allowed me to do so.

I moved into the empty apartment. All that I brought with me was my clothes, a small television set, a couple of blankets and a mattress. I

placed the mattress on the floor and that is where I slept fully dressed each night because it was so cold. I could not use the heater because I had no money to pay the electricity bill so I had to live and sleep in the cold apartment. For some unknown reason it seems colder inside an empty building then it is outside.

Sometimes as I lay on my mattress I would think of our Governor Jerry Brown who during his first governorship lived in an apartment in downtown Sacramento and slept on a mattress. I would tell myself if Governor Brown could do this so could I. Then I would laugh to myself. Governor Brown was more of a Hippie and I wasn't. I was forced to sleep on the mattress on the floor he wasn't - he just did.

My sister got a loan on my car so that I could continue looking for work. I finally got a job demonstrating vacuum cleaners at The Price Club and Macy's on weekends. I never met my boss. She lived in southern California and had hired me over the telephone. I was paid \$10.00 an hour and worked six hours Saturday and six hours Sunday. This kept me going with food and gas money while I continued looking for work. I never did meet my boss.

After two months my Apartment Manager told me that I could do landscape maintenance around the apartment complex in lieu of rent until I got back on my feet. I accepted the job. A couple of months later I got sick. I went to the hospital and found out that I had a bleeding ulcer. All I knew was that I was getting more tired as each day went by. My friend Jerry Kuller {I believe he saved my life.} took me to the Veteran's Clinic wherein the doctor immediately told me that I had little blood remaining in my body. He ordered an ambulance to take me to UCD Hospital. When we arrived I was taken out of the ambulance and left alone outside the hospital adjacent to a wall. I do not know how much time went by before a nurse came out to talk to me. First question, "Do you have insurance?" I replied, "No." She immediately turned around and went back into the hospital and I just sat there on the gurney. I do not know how much time had passed before someone came out and pushed me into the hospital and in the emergency room. All I learned was I was in the position of a pauper and treated as such. Finally five doctors came in the room and each one checked me over. [UCD is a teaching hospital part of University of Davis California.] Each doctor did the same thing. Checked my blood

pressure, put the stethoscope checking my chest and breathing, and put their finger up my colon. {I had to laugh to myself saying who's next to put their finger up my colon? Oh boy, how exciting it is to be invaded. They must think that I like it.} At the time I was unable to think clearly and didn't realize they were training the new doctors and I was there guinea pig. I was finally wheeled into a room. The next morning the doctor came in and told me that I needed to have a blood transfusion because I still had little blood in my body. I refused because at that time HIV was prevalent but not yet controlled. Also I could get Hepatitis. The doctor said, "You would rather die of no blood than to chance a blood transfusion?" I replied, "Yes." He left and I didn't see him until the next morning. He took a blood sample and came back later telling me that my body seems to be producing blood but still recommending a transfusion and I still refused. The following day I was released with by blood replenishing but I was still tired but I went home. I remember someone telling me that eating steak would help me with my blood problem so I ate steak for the next week and my blood kept building until I felt renewed energy. I then went back to work around the apartments landscaping.

When I returned from the hospital my friends Candy and Chris brought me food for the next month or so. She would make me macaroni and cheese in large trays (The best I ever ate.) Then she would bring a meat loaf and then a roast and other foods. They basically kept me alive going forward.

I got a job with Washington Inventory inventorying a Price Club. I spent the whole day on my knees on the concrete counting items on the lower shelves. I could hardly walk the next day. I did not go back. I kept working my weekend job demonstrating Bissell Vacuum Cleaners.

I got a job giving out One Free Photo Coupons at grocery stores. I did that for a couple of months. Then I got hired at Wards (Montgomery Wards) in their photo department selling the finished photos. However I didn't do well so they let me go.

I got a job as Limousine Driver – attended two days of class and then worked ten hours on the job but owner wouldn't pay me. I had no choice but to quit.

After a few weeks had gone by my friend Linky hired me part time selling hats in her store at \$5.00 an hour. These two jobs enabled me to

continue looking for work.

I got a job of my dream, Teaching Landscaping. I was hired by the Federal Government Program – Job Corps. I really wanted to teach the kids landscaping because I knew they could make a living should they choose to do it as a career. But it seemed Job Corps was only interested in making the money that each student brought in from the government. I couldn't believe what was going on. We instructors were asked to pass students even if they failed to attend class. I complained about the process and after a month of trying to teach I was fired for not accepting the policies and rules of Job Corps - Insubordination! The day I was fired I was escorted off the property by a security guard.

A few months later my friends Albert and Jackie Aievoli allowed me to work in Albert's Repossession office as a collector. A couple of months later Albert got a call from the State of California offering me a job. I took the job at age fifty-nine and that was the beginning of my real recovery for the job was a permanent one with a decent monthly income. [I remember standing in line with 5,000 other people to apply for a state job.]

I had a Cadillac and payments were high so I had to sell it.

For six months I had to take a bus and RT Rail to work. I had not been without a car since I was sixteen. The big surprise came one day when my friend Chris called and told me that he and I were going to look for a car for me. Chris and I found an old Honda with a good motor and no front end but it ran great. He bought it for me. Now I had wheels once again. I made monthly payments to he and his wife until it was paid off.

I retired from the State six years later at the age of sixty-five in the year 2000.

After one year of retirement I knew that I had made a mistake so I went back to work for the State for another five years as a Retired Annuitant and then I was laid off due to budget problems at the age of seventy-four.

Just before I was laid off from the state I had an emergency at work wherein my boss had to call 911. I was feeling the effects of a stroke or something of that nature. Three days later I had surgery on my Carotid Artery on the left side of my neck. It was nearly closed. Parts of my arm kept falling asleep for three weeks. I would have spells

of my body weakening and I would experience being wobbly on my feet. Then on my way walking from my car to work I experienced my right arm falling asleep then the right cheek on my face go numb and then finally my right cheek of my butt fell asleep. I worked five hours that day before it got so bad I finally told my boss. That is when he called 911.

My surgery was July 9, 2009 and on July 31, 2009 all of us Retired Annuitants were let go due to budget problems.

By the Grace of God, hard work and determination I survived my personal tragedy of having to close my business and experiencing a homeless situation where I could not pay the rent. However, I was fortunate enough to have two people believe in me enough to allow me to stay in an empty apartment rent free for two months and then offering me work around the apartments in lieu of rent money for over a year. Otherwise I believe I might have entered the streets.

Surviving the adversity of being without money will either lead you to believe in a Higher Power or lead you to *deny* the existence of a Higher Power. In my case, I grew up with the belief in a Higher Power. I thought of Jesus Christ on the cross saying, "*My God! My God! Why have you abandoned me?*" *Psalms 22*. Those words certainly enter one's mind during the state of homelessness, or any adversity. The instinct of survival is powerful--having the willpower, to keep on keeping on, is also very powerful. However, your survival instinct and your willpower are not enough. You need to have FAITH that all will be whatever it will be, "*Que Sera, Sera!*"

This is not an uncommon story--it just happens to be my story. A new beginning took place and after rebuilding my mental thinking processes, I continued writing this book to its completion.

Experiencing adversity seems to happen to all of us at sometime during our life. If you live long enough, you will be confronted with one of life's adversities. I survived several adversities during my life to go on living life to its fullest each time.

Knowing that I had lived many of my *dreams* prior to my homeless state was most beneficial to my survival. I knew no matter what happened to me, I had already lived most of my *dreams* – I had served in the United States Marine Corps three years. I received three

Meritorious promotions – one to Private First Class - one to Corporal and the other to Sergeant and received an Honorable Discharge. I had gotten married, bought a home and had a family - I went to college, owned my own business for twenty-eight years, acted on stage, TV and in a TV movie I wrote several poems – I joined the Sacramento Junior Chamber of Commerce in 1960. I won second place in the California Junior Chamber of Commerce speaking contest 1962. I became President of the Sacramento Junior Chamber of Commerce in 1963. – I won Outstanding Local President of the State of California 1964 - our Chapter won Outstanding Local Chapter of California 1964 – my Vice President Robert “Bob” Marden won Outstanding State Director of California 1964 – we completed 120 community projects during my term as President. I was nominated for Outstanding Young Man of Sacramento in 1964 – I was selected to appear in the book, “Outstanding Young Men In America”. My marriage ended in divorce in 1974. It was after that when I had written and published three books - “Be a Why Not Person?,” “Why not Love?,” and “Why Not Begin Again?”. Then I wrote my fourth book, “The Power in You” that was published in 1999. I became a Professional Motivational Speaker while selling my books. I sculpted the Golden Gate Bridge out of copper and created one oil painting. I made a professional singing CD. *And, most importantly, I have few regrets!*

During my adversity, I fully identified with the following:

FOOTPRINTS

One night a man had a dream. He dreamed he was walking along the beach with the LORD. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand; one belonged to him, and the other to the LORD.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the lowest and saddest times in his life.

This really bothered him and he questioned the LORD about it. *"LORD, you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is*

only one set of footprints. I don't understand why when I needed you most you would leave me."

The LORD replied, *"My precious, precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you"*

Anonymous

Multi-millions of people on earth can identify with the foregoing anonymous writing while experiencing their personal adversity.

Many men throughout the world have committed suicide after losing their money. It seems they did so out of pride. They never gave themselves a chance to recover. I am thankful that I didn't give up.

The instinct of survival is powerful. Having the will power to keep on keeping on is also very powerful. However, your survival instinct and your will power are not enough. You need to have faith that all will be whatever it will be, *"Que Sera, Sera!"* in your life.

I had a dream to write a book that would contain the best of my first three books. After three years of writing I finished and published this book in 1999.

I have a dream of re-publishing this book in 2014. I revised it for its second printing. Twenty-one new chapters were added. If you are reading this book then I have lived my new dream.

After thirty-four years of remaining single after my divorce in nineteen seventy-four, I married Loretta McCain in two-thousand eight, my second marriage at the age of seventy-two, which was another dream to get married again before my life ends.

I may not have done great things but I did some things in a great way for me!

I had a dream of writing my first novel after I finished writing this book in nineteen ninety-nine and I did. The title of my novel is, *"The Vision" Torn Between Heaven and Earth*. It can be purchased on Internet at Authorhouse, etc. It is a story of a girl's heart being shattered by what she had seen. It is suspenseful, romantic, with strange things happening and finally it ends in tragedy.

Today, my dream, is to continue giving motivational talks, selling this book, *The Power in You*, after I republish it and my novel, *The Vision*,

etc. I want to let other people discover that they can live out their dream. Simply type in Albert J Mingo as an Internet Website address and my name will come up as an author of a book.. This re-published book will be available on Amazon, etc.

I am seventy-nine and cannot wait to have this book re-published with its new cover design and twenty-one new chapters in 2014. This book was originally published in 1999. It became a Best Selling Book by a local author at Tower Books in Sacramento CA. in 2001.

Some of you who read this book from beginning to end will become rich, others famous and some rich and famous. Every one of you who reads this book from its beginning to its end will not be the same person you were before reading it. You will live a happier and more fulfilling life!

My motto is to not give up on your dreams no matter how young or old you are. When this revised book is re-published then, I will go on to my other dreams. I still have more! Now that this book has been re-published I will begin giving Motivational Talks again selling this book. On with life!

You have a dream! - Everyone has a dream!

WHY NOT LIVE YOUR DREAM?

“A Very Important Thank You”

- Robert E. Marden –

One of the most exciting highlights of my life was as a young man running for President of the Sacramento Junior Chamber of Commerce. My campaign manager was my brother-in-law, Bob Marden. I urged him to run for Vice President and he did. He and I had worked hard during our years as active members working our way through the chairs of the organization.

My opponent appeared to be a shoe-in, but Bob would not let that happen. His brilliance created an original political idea that manifested as a Resolution. My wife, Georgie, at the time typed it while Bob dictated it to her over the telephone. Then Bob and I visited each potential supporter at their home and he proceeded to convince them that I was the right man for the job and had them sign the Resolution. In a very short time he had enough signatures that my opponent conceded and he himself signed the Resolution. Yes, I was elected the President and Bob was elected Vice President. We ended the year winning the Geisenberg Award for Outstanding Chapter in Division Five in the State of California. Bob won Outstanding State Director and I won Outstanding Local Chapter President in Division Five in the State of California. Bob had kept the records throughout the year of our activities and projects. When it came time to enter our Project Book to the State Jaycee Convention in California it was completed and presented. It included all our accumulated points earned during the year and required by the point system designed for the contest. We had completed the most Projects and got the most Points and we were voted as the WINNERS of the GEISENBERG AWARD – the highest award given to a Chapter in the State of California! We also received Special Awards for six of our projects.

Bob and I were good friends as well as brother-in-laws. Bob moved away to pursue his career and we saw each other less and finally not at all. Bob became a very successful salesman! I miss him. Thank you and *God Bless you Bob!*

**REMEMBERING PEOPLE WHO HELPED
SHAPE MY LIFE TO THIS DATE."**

Mother/Father: Rose and Arthur Mingo
Sisters - Teresa, Margaret, Dora and Virginia
Brothers: - Tommy, Jack, George and Danny
Loretta R. McCain-Mingo (current wife)
Nieces: my side - Lisa, Dena, Denise, Kathy,
Linda, Gina, Karen, Colleen,
Cindy, Pam, Tama, Terri
and Nancy
1st wife's side - Nancy, Debi, Christine,
Laurie, Bernadette
Nephews: my side - Gary, Jack, Mike, Dan,
Ron, Buddy, and Rick
1st wife's side - Tommy, Freddy
and Michael
2nd wife side children - Sharon, Glen, Richard,
Tressa, and Matthew
Louie Pia (Step Father)

(Roedo Pia (Step-brother – Laura Marusick (step-sister)

[My daughter Elaine (Lainey) Rose Silva/ husband Ryan/
Granddaughter Ashley Faye] Elaine and Ryan divorced.

[Today, September 2, 2012, my daughter changed her name to
Lainey Rose Skylar – she made up the last name using her daughter's
name and hers.]

*(People I met personally and shared time along the way and authors I read and
Henry Ford's Biography)*

Georgie Mingo (former wife) - Deno Evangelista
Shirley Ekiss - Patricia M.D. Kelly
Robert E. Marden - Linky/Tom Hamolka
Albert/Jackie Aievoli - Cindy Souto
John/Joan Temple - David Ramos
Ernie Stermer - Carol Slazak
Tony Guido - Gus Kilperis
Jerome 'Jerry' Kuller - Jose Flores Pina
Paul Warrick - Harold Hewitt
Jacque Price - Lee Shapiro

Jeffery T. Edwards - Ron Beffa
George Morford - Robert J. Wondra
George Rapp - Don Matsuda
Mechelle Nelson - Gladys Cosby
Shirley Rossi - Paula Richards
Donald MacDonald - Mike Bever
Rodie Martin - Dick Randall
George Cioli - Dean/Pat Inman
Bruce Johnson - Cathie Buchignani
Michael Glenn Ogness - Tom Takehara
Ronald/Carleen Azevedo - Paul J. Meyer
Helen Mingo - Roberto Ramos
Bishop Fulton Sheen - Jaime Pina
Bud Weidner - Helene Mingo
Roxanne Levy - Greg Brown
Cindy Gregory - Jackie Ellis
Yosh Fukuman - Dave Heinrich
Donna West - Napoleon Hill
Jess Lair - Helen 'mama' Rotas
Norman Vincent Peale - Loretta McCain
Hazel Ekiss - Louise Kelly
Ginny Esh - Tony/Laura Marusick
Alice Elkins - David Butler
Al Slater - Lorene Marusick
JayRob - Doyle/Diane Craun
Jim/Elaine Patterson - Henry Ford
Robert Schuller - Sid/Judy Jelinek
Virginia Poirier - J. Scott Hilke
Lee Shapiro - Robert L. Melton
Connie/Ron Andrews - Don Marty
Charles Lee - Moyne Cleveland
Dan/Pat Shepard - Larry Harper
Eula Boitano - Colby Emigh
Christopher Ortiz - Donna Stone
Patricia Skalisky - Art Leddy
John Harris - Lina/Charlie Blair
Katy Brosky - Luis Larraguivel

Misty Jensen - Bessie Speigel
Vic Prinzo, Jr - Meg Rogers
Rego/Martha Fausone - Chris/Terry Rotas
Jackie Martin - Bea Marden
Moe Baelin - Jim Pappas
Uncle Frank/Vince Guido - Uncle Mike/Mae Prinze
Uncle Bill/Josephine Silva - Uncle Vic/Mary Prinzo
John/Barbara Flieder - Joe/PatAmes
Karl/Barbara Schnet - Don Tyne
Maxine McIntyre - Diane Crumrine
Ron Smith - Frank Smith
Will Balch - Marvin Gribble
Betty Artly - George Johnston
Ron Lucas - Preston/Diane Hanford
Dale Carnegie - Sonda Hannan
Lonnie Trillo - Johanna Diaz
Cheryl Hronec - Pat Hannigan
Jerry Barnes - Gary Criswell
Ann Solomowitz - Trisha Gayton
Jay Bagley - Peter Johnson
Nick Cullincini - Ernie Boston
Ron Foreman - Gwen Swartz
Ernie Boston - Ron Smith II
John Mehl - Earlene Gorman
Thor Dunn - Debbie Harper
Robert BOE - Vic Day
Cheryl Hronic - Karen Indreland
Carol Slazak - Gus Kelpris
Lulu Brown - Jaime Masuda
Janice Richardson - Sandy Webster
Howard/Deanna Mitchell
Michael Ackerman – Wayne Archer

[I believe that all the people you have shared some time with in your life determines who you are today. Including teachers - authors of books - Biographies that you have read. I believe you learn something from each.]

Albert J. Mingo
WHY NOT ENTERPRISES
P. O. BOX 214993
Sacramento, CA 95821

REFERENCE MATERIAL

BOOKS:

"Good News Bible" – The Bible in Today's English
Version – publishers – Collins World
"The Power of Positive Thinking," author Norman
Vincent Peale, - publisher - Fawcett Crest
"Think and Grow Rich," author Napoleon Hill, - publisher – Hawthorn
"Be A Why Not Person?", author Albert J. Mingo,-publisher - Albert J.
Mingo, Why Not Enterprises
"Why Not Love?", author Albert J. Mingo,-publisher - Albert J. Mingo,
Why Not Enterprises
"Why Not Begin Again?", author Albert J. Mingo,-publisher - Albert J.
Mingo, Why Not Enterprises
"The International Thesaurus of Quotations" compiled by Rhoda Thomas
Tripp-publisher - Thomas Y. Crowell Company, Inc.

Inspirational songs:

"Do You Know Where You're Going To?", sung by
Diana Ross, Motown Record Corporation - Composed by M.
Masser- G. Goffin
"The Impossible Dream," sung by Jim Nabors,
Columbia Hall of Fame. Composed by J. Darion - M. Leigh
"My Way," sung by Frank Sinatra, - Reprise Records 1969. Composed
by Paul Anka - Françoise - Revaux – Thibault

Author's newest book - a novel

'The Vision' - "Torn Between Heaven and Hell." - by Albert J Mingo.
Purchase it through Authorhouse – Amazon – Barnes & Noble, etc.
On Internet – type "Albert J Mingo" in the Internet URL and the book
will come up.

