TheElite Training Group track club

Expanding the area of what is possible
In Track & Field Distance Running & Competent Self-Care in medicine and psychology

TheWay
of life

A major part of TheETG mission is to expand the area of what is possible in competent self-care in medicine and psychology. TheETG’s primary method of achieving that is to proliferate applied science based information by way of – free– packets containing plain language info for “the average joe” seeking to move themselves or others forward in these areas. The mail problem TheETG packets attempt to address......

"....takes an average of 17 years to translate 14% of original research into benefit…..average of 9 years for interventions recommended as evidence-based practices to be fully adopted."

M.Tinkle, et al
Dissemination and Implementation
Nursing Research and Practice…Volume 2013

Competent Self-Care: Medicine .......The best medicine comes with no risk-versus-benefit equations to contemplate, no daily violations of "first, do no harm", no whac-a-mole medicine being practiced to medicate each health issue as it pops up. To be a good doctor one must -first- be a good physiologist. And in order to have a fully functioning health care system available to all human beings in America its core must be comprised of competent self-care and good physiologists.

Competent Self-Care: Psychology.......So-called “mental health professionals" should practice more mental health and less pharmacology. The goal of applied psychology is to empower people to achieve self-mastery. This should be the goal of competent self-care and all psychologists. Parenting.....dysfunction moves from the parents, into the home, into the kids, into the streets, into the norm. Personal growth toward being a fully functional human being can move from the parents, into the home, into the kids, into the streets, into the norm.

You may copy any and all contents of this packet, with exception and exclusion of using such copies for purposes of producing revenue, profit, or any direct or indirect compensation.
Be a follower of The Way
E = mc2. Matter is energy. Energy matters!

Energy matters physically ---- everything in the universe including your body and that which animates it, is energy.

Energy matters energetically ---- energy can neither be created or destroyed, it can only change form. Thus nothing dies that was every something. We move on to whatever is next. The spirit, the soul, the life force, the energy that animates the brain and body is you and you are it. If man was made in God's image, if man is a child of God, if God is Spirit, if Spirit is energy, man is energy.

"...the Kingdom of God is within you." [Luke 17:20]

Energy matters behaviorally ---- everything you do is energy. For every action there is an opposite and equal reaction. What goes around, comes around. As you sow, so shall you reap. Karma.

Do good works and good things find their way back to you.
Doesn't mean bad things won't happen to you.
Placing yourself in the same direction of flow and strong current of the good energy of the universe [Star Wars reference....use the force, stay away from the darkside] will carry your life along a certain path in a certain direction providing certain set of experiences, different from other paths that provide other experiences.

"Give, and it will be given to you..."
[Luke 6: 38]

"....for whatever a man sows, this he will also reap.
And let us not lose heart in doing good, for in the proper season we will reap if we do not faint.
[Galatians 6: 7,9]

"He who sows sparingly shall also sparingly reap.
And he who sows with blessings, shall also with blessings reap."
[2 Corinthians 9: 6]

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.
[Galatians 6: 9-10]
God is Spirit.

Man was made in image of God.

Man's Spirit inhabits a human body.

It is the Spirit, not the body, that is in God's image.
God is Spirit.

"We are Spiritual being on a human journey."

"Luminous beings are we, not this crude measure."
Yoda...Empire Strikes Back
The Way

1 The Way = the original name for what has come to be called “Christianity”

2 The Way = --The-- way of life......the way of life to pursue.

“To do good, to be rich in good works, to be ready to distribute, to be oness willing to share; Laying away for themselves a good foundation as a treasure for the future, that they may lay hold on that which is really life.” [1 Timothy 6:18-19]

“....let us not lose heart in doing what is good, for in the proper season we will reap if we do not faint. So then, as we have opportunity let us do good toward all....” [Galatians 6:9-10]

“....whatever a man sows, this he will also reap. [Galatians 6:7]

“....whoever does the will of My Father who is in the heavens, he is My brother and sister and mother.” [Matthew 12:50]

“You abide in My word, you are truly my disciples; And you shall know the truth, and the truth shall set you free.” [John 8:31-32]

3 Jesus was the teacher of “The Way”. Jesus lived “The Way” as an example for all of us.

“For I have given you an example so that you also may do even as I have done to you.” [John 13:15]

“....so that where I am you also may be. And where I am going you know the way.” [John 14:4,6]

“....to this you were called, because Christ also suffered on your behalf, leaving you a model so that you may follow in his steps;” [1 Peter 2:21]

4 “The Way” is a way of life to pursue.

Jesus lived the example --- Jesus is the example --- Jesus is “The Way”.

Pursuing “The Way” makes you.....“saved”.

“I am the way and the truth and the life; no one comes to the Father except through me.” [John 14:4,6]

“I am the door; if anyone enters through Me, he shall be saved....” [John 10:9]

“....whoever does the will of My Father who is in the heavens, he is My brother and sister and mother.” [Matthew 12:50]

“You abide in My word, you are truly my disciples; And you shall know the truth, and the truth shall set you free.” [John 8:31-32]

“....God gave to us eternal life and this life is in His Son, He who has the Son has the life.” [1 John 5:11-12]

“For God did not send the Son into the world to judge the world, but that the world might be saved through him.” [John 3:17]

“I am Alpha and Omega, the beginning and the end, the first and the last.” [Revelation 22:13]

5 You are “saved” by getting eternal life through God ---who you get to through living “The Way”. You can “Labor for the food of eternal life”, by living “The Way”.

“What is the profit......if anyone says he has faith but does not have works? Can that faith save him?” [James 2:14]

“....by their fruits you will recognize them. Not every one who says to Me, Lord, Lord, will enter into the kingdom of the heavens, but he who does the will of My Father who is in the heavens.” [Matthew 7:20-21]

6 The kingdom of God is within you. You get to it, by living “The Way” as a way of life.

“The kingdom of God does not come with observation; Nor will they say, Behold, here it is! Or, There! For behold, the kingdom of God is in the midst of you.” [Luke...17:20-21]

“Faith, if it does not have works, is dead according to itself.” [James2:17]

“....show me your faith without the works, and I will show you my faith by my works.” [James 2:18]

“And when you pray, you shall not be like the hypocrites, because they love to pray standing in the synagogues and on the street corners, so that they may be seen by men. Truly I say to you, They have their reward in full. But you, when you pray, enter into your private room, and shut your door and pray to your Father who is in secret; and your Father who sees in secret will repay you.” [Matthew 6:5-6]

“Not that I have already obtained, or am already perfected, but I pursue.” [Apostle Paul, Philippians 3:12]
The Way…..
The original name the disciples of Jesus called what they were taught. "The Way" to live their lives.
That became altered quite a bit and morphed into a religion called "Christianity".

Do well in life by doing good
"To do good, to be rich in good works, to be ready to distribute, to be ones willing to share….."  [1 Timothy 6:18-19]
"Who is wise and understanding among you? Let him show by his good manner of life his works in meekness of wisdom."  [James 13:13]
"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people...”  [Galatians 6: 9-10]
"And just as you want men to do to you, do to them likewise...”  [Luke 6: 31]
"A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples...”  [John 13:33-34]

Physics in human behavior…..for every action there is an opposite and equal reaction
"Give, and it will be given to you...”  [Luke 6: 38]
"...for whatever a man sows, this he will also reap....And let us not lose heart in doing good, for in the proper season we will reap if we do not faint. So then, as we have opportunity, let us do good toward all...”  [Galatians 6: 7,9,10]
"He who sows sparingly shall also sparingly reap. And he who sows with blessings, shall also with blessings reap.”  [2 Corinthians 9: 6]

Forgiveness
"How often shall my brother sin against me and I forgive him? Up to seven times...”  
"I do not say to you, up to seven times, but up to seventy times seven.”  [Matthew 18:21-22]
"...he who is not against you is for you.”  [Luke 9: 50]
"See that no one repays evil for evil, but always pursue what is good both for one another and for all”  [Thessalonians 5:15]
"...do well to those who hate you; Bless those who curse you; pray for those who revile you...”  [Luke 6: 27,28]

"They said to him, Teacher, this woman has been caught committing adultery, in the very act. Now in the law, Moses commanded us to stone such women.”
".....He stood up and said to them, He who is without sin among you, let him be the first to throw a stone at her.”
"And Jesus stood up and said to her, Woman where are they? Has no one condemned you?
And she said no one Lord. And Jesus said, neither do I condemn you....”  [John 8:4,5,7]

Never allow your possessions to own you
"...no one's life is in the abundance of his possessions”  [Luke 12:15]
"...do not store up for yourselves treasures on earth....For where your treasure is, there will your heart be also.  [Matthew 6:19-21]
"...do good and lend, expecting nothing in return...”  [Luke 6: 35]
"...to everyone to whom much is given, much will be required from him; and to whom much has been entrusted, they will ask of him all the more.”  [Luke 12:48]

Prayer
"...you shall not be like the hypocrites, because they love to pray standing in the synagogues and on the street corners, so that they may be seen by men....But you, when you pray, enter into your private room and shut the door and pray to your father who is in secret; and your father who sees in secret will repay you.”  [Matthew 6: 5 - 6]

Make kindness, forgiveness, and good works your religion
"...you have deprived the word of God of its authority because of your tradition.....Hypocrites.”
"These people honor me with their lips, but their hearts are far from me.
But in vain do they worship Me, teaching as teachings the commandments of men.”.
"They are blind guides of the blind; and if a blind man guides a blind man, both will fall into the pit.”  [Matthew 15:6-14]

"Enter in through the narrow gate for wide is the gate and broad is the way that leads to destruction and many are those who enter through it. Because narrow is the gate and constricted is the way that leads to life and few are those who find it.  [Matthew 7:13,14]

"Everyone therefore who hears these words of mine and does them shall be likened to a prudent man who built his house upon the rock. And the rivers came and the winds blew, and they beat against the house: and it did not fall, for it was founded on the rock. And everyone who hears these words of mine and does not do them shall be likened to a foolish man who built his house upon the sand. And the rain descended and the rivers came, and winds blew, and they dashed against that house; and it fell, and its fall was great.”  [Matthew 7:4-27]

"If you abide in My word, you are truly my disciples....and you shall know the truth and the truth shall set you free.”  [John 8:31]
"...by their fruits you will recognize them.....not everyone who says to Me, Lord, Lord, will enter into the Kingdom of the Heavens....”  [Matthew 7:20-21]
"The Kingdom of God does not come with observation; nor will they say, Behold, here it is. Or there! For behold, the Kingdom of God is in the midst of you.”  [Luke 17:20]

"For I have given you an example that you also may do as I have done to you.”  [John 13:15]
"...to this you were called.....leaving you a model so that you may follow in His steps.”  [1 Peter 2:21]
"You have faith and I have works; show me your faith without the works, and I will show you my faith by my works.”  [James 2:18]
The Way

The Way......The original version of what has unfortunately been changed beyond recognition, and come to be called "Christianity".

The Way is not obsessed about virgin births, resurrections, blood, or crosses. The death and resurrection were for the sole purpose of identifying Jesus as the one spoken about by prophets and scripture that came long before him. A messiah, a messenger was promised. It was described how one could recognize him, and how it would be proven that he was the Messiah and not just some nice guy. The death and resurrection resolve the matter of identifying Jesus as the messenger. After that matter is resolved in our minds, the focus shifts to the message and living it, rather than on what happened to the messenger. Believing in the existence of the messenger without living the message may miss the point of everything the messenger said, did, and went through.

To live the message and the example of the message is to be a follower of The Way, which is to focus one's life on gradually developing ever increasing levels of self-mastery over the ability to be kind to oneself and others, and on being rich in good works. Developing some degree of self-mastery in living productively.

The Foundation upon which The Way has been built;
--- "...show me your faith without the works, and I will show you my faith by my works." [James 2:17]

The Way is founded upon the premise that the example Jesus provided was meant to be lived.
--- The disciples labeled their faith as "The Way".
--- The Way is the way of living one's life.
--- It had nothing to do with what has come to be called "Christianity", which is something that for many sects, has a focus on blood, crosses, dying for sins, condemnation, more condemnation, and yet more condemnation place on top of a bit of condemnation.

The founding principle of The Way is that one gets to God [salvation, heaven, eternal life], by living the example Jesus set;
--- "For I have given you an example that you also may do as I have done to you." [John 13:15]
--- "I am the door: if anyone enters through Me, he shall be saved." [John 10:9]
--- "I am the way and the truth and the life. No one comes to the Father except through me." [John 14:6]

The Example...........
--- "To do good, to be rich in good works, to be ready to distribute, to be ones willing to share; Laying away for themselves a good foundation as a treasure for the future, that they may lay hold to that which is really life." [1 Timothy 6:18-19]
--- "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people..."[Galatians 6: 9-10]
--- "How often shall my brother sin against me and I forgive him" Up to seven times..."
"I do not say to you, up to seven times, but up to seventy times seven." [Matthew 18:21-22]
--- "Be merciful...be kind to those who hate you." [Luke 6:27]
"See that no one repays evil for evil, but always pursue what is good both for one another and for all" [Thessalonians 5:15]
--- "do not store up for yourselves treasures on earth. For where your treasure is, there will your heart be also." [Matthew 6:19-21]
**The Way, separating from religiousity:**

--- "...now we have been discharged from the law.....so that we serve in newness of spirit, and not in oldness of letter."... See More
[Romans 7:6]

"You have deprived the word of God of its authority because of your tradition."
"But in vain they do worship me, teaching as teachings the commandments of men."
[Matthew 15:6-14]

The Way is the pursuit of living productively;
--- "Not that I have already obtained, or am already perfected, but I pursue."
[Apostle Paul, Phillipians 3:12]

**Salvation, being “saved”.......**

You can believe in Jesus and still not get to heaven.
[in the book of James suggests --- you believe in God, that’s good but so do demons. Thusly, faith without works is useless]
[seeJames 2:19]

Hence the saying that acts of kindness can make up for a multitude of sins. And thus salvation and the concept of being "saved" is founded upon good works, and not solely faith in Jesus per se.

--- "...by their fruits you will recognize them. Not every one who says to Me, Lord, Lord, will enter into the Kingdom of the heavens, but he who does the will of My Father who is in the heavens." [Matthew 7:20-21]

--- The message is more about productive living than about condemnation and what happens if you screw up. The Way encourages good works while acknowledging the downside of going the other way........

--- "If you abide in My word, you are truly my disciples; And you shall know the truth and the truth shall set you free." [John 8:31-31]

--- "Everyone therefore who hears these words of mine and does them shall be likened to a prudent man who built his house upon the rock. And the rivers came and the winds blew, and they beat against they beat against the house: and it did not fall, for it was founded on the rock. And everyone who hears these words of mine and does not do them shall be likened to a foolish man who built his house upon the sand. And the rain descended and the rivers came, and winds blew, and they dashed against that house; and it fell, and its fall was great."
[Matthew 7:4-27]

--- "Enter in through the narrow gate, for wide is the gate and broad is the way that leads to destruction and many are those who enter through it. Because narrow is the gate and constricted is the way that leads to life and few are those who find it."
[Matthew 7:13-14]
"The Way"

Personal Power

The most powerful people in this world, are not those who have power over others, but those who have mastery over themselves. You are not your social status, your bank account, your grades, or your job title. You are...above all else...Powerful. You are in this world to discover that, to grow into living it, to overcome the distractions from it, and to help others do the same.

Love is power. Self-love is the root of Personal Power. Show kindness and love to yourself and others by aggressively pursuing self-improvement as a way of life. Improving yourself provides more things about yourself for you to value and hold in high esteem...producing a more powerful self-image and higher levels of mastery over self. Self-improvement is a process of improving one’s thoughts, choices, behaviors, and actions. You can never say that you love yourself while you are unwilling or resistant to change and improve yourself.

The purpose of life is not to see how many personal problems we can choose to deny or do nothing about, or to see how many limitations we can set or accept for ourselves. The purpose of life is to grow into living your personal power. Fill your life, not with the distractions of substances, things, or shallow relationships, but with the shameless pursuit of self-change, improvement, and growth.

The true source of abundant happiness, is not outside yourself, but within. All of your possessions in this world are within you. What you...choose...to do with them, is what life is all about. The instruction to “Preach to all nations the message of repentance for the forgiveness of sins”, is an instruction of Self-Change through the conscious, intentional, and aggressive pursuit of self-improvement.

“The universal human journey is one of becoming conscious of our power, and how to use that power.”
Carolyn Myss......Anatomy of The Spirit

"The personal power that comes from principle-centered living is the power of a self-aware, knowledgeable, proactive individual, unrestricted by the attitudes, behaviors, and actions of others or by many of the circumstances and environmental influences that limit other people."
Stephen Covey [7 Habits Of Highly Effective People...page 123]

“Not that I have already obtained, or am already perfected, but I pursue.”
Apostle Paul [Philemon 3:12]
Christians –vs- Homosexuality

Jesus was silent on the issue of homosexuality. Only Apostle Paul in letters to Christians in Corinth, Rome, and to Timothy makes any mention. Odd that there are multiple statements by Jesus and Paul where both reel off a laundry list of sins. The lists being nearly identical each time. Paul's lists are the only ones that include homosexuality.

Apostle Paul –vs- Homosexuality………. 
[Apostle Paul, letter to the Christians in Rome……Romans 1:27,32]  
“….the males leaving the natural use of the female, burned in their craving for one another, males with males committing unseemliness….“  
“Who though fully knowing the righteous judgement of God, that those that practice such things are worthy of death….“

[Apostle Paul, letter to the Christians in Corinth…..1 Corinthians 6:9-10]  
“.....do you not know that the unrighteous will not inherit the kingdom of God? Do not be led astray; neither fornicators nor adulterers, nor effeminate nor homosexuals nor thieves nor the covetous, not drunkards, not revilers, not the rapacious will inherit the kingdom of God.”

[Apostle Paul, letter to Timothy…..1 Timothy 1:9,10]  
“.....the law is not enacted for a righteous man but for the lawless….."  
“....For fornicators, homosexuals, kidnappers....."  
"and whatever other thing that is opposed to the healthy teaching.”

Taliban-ish portions of the Old Testament  
Leviticus 20:13  
"If a man lies with a man as one lies with a woman, both of them have done what is detestable. They must be put to death."

Leviticus 20:9  
"If anyone curses his father or mother, he must be put to death."

Leviticus 24:17  
"If anyone takes the life of a human being, he must be put to death."

Leviticus 20:18  
"If a man lies with a woman during her monthly period and has sexual relations with her, he has exposed the source of her flow, and she has also uncovered it. Both of them must be cut off from their people."

Old Testament........  
Leviticus 20:10  
“If a man commits adultery with another man's wife-with the wife of his neighbor-both the adulterer and the adulteress must be put to death.”

New Testament........  
[John 8:4,5,7]  
“They said to him, Teacher, this woman has been caught committing adultery, in the very act. Now in the law, Moses commanded us to stone such women.”  
“.....He stood up and said to them, He who is without sin among you, let him be the first to throw a stone at her.”  
“And Jesus stood up and said to her, Woman where are they? Has no one condemned you? And she said no one Lord. And Jesus said, neither do I condemn you....”
“Do you think that I have come to give peace on earth? No, I tell you, but rather division.”

“Do not think that I have come to bring peace on the earth; I have not come to bring peace, but a sword. For I have come to set men at variance: a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; And a man’s enemies will be of his household.”
[Matthew 10:34-36]
“You have faith and I have works; show me your faith without the works, and I will show you my faith by my works.” [James 2:17 – 20]

“You see that a man is justified by works and not by faith only.” [James 2:24]

“……you shall not be like the hypocrites, because they love to pray standing in the synagogues and on the street corners, so that they may be seen by men. “

“But you, when you pray, enter into your private room and shut the door and pray to your father who is in secret; and your father who sees in secret will repay you.” [Matthew 6:5 - 6]
A Belief System To Consider

Life begins long before one enters this world, this phase of life. The body is a vehicle for one’s life to exist here. Life is energy, thus man can only provide the body in which life (energy) can exist. This follows the basic law of physics which states that life...energy...by man, can neither be created or destroyed.

Nature...to be commanded, must be obeyed. Everything works in accordance with the laws of nature. The laws of nature are the underlying mechanisms of how things work. Science identifies and describes the laws of nature. The laws of nature apply to everything, thus science applies to everything...physiology, psychology, business, love....everything! Problems occur with the interpretation and application of science, rather than with science itself.

The nature of our existence is to grow. We are here to learn the laws of nature and apply them to perfect ourselves and our process of pursuing personal growth. Learning and pursuing mastery over the ability to conduct ourselves in a manner that is consistent with the laws of nature...is the purpose of life. The most powerful people in this world, are not those who have power over others, but those who have mastery over themselves. The goal is Self-Mastery.

God sent Jesus into the world to establish a model of behavior that would assist us in our pursuit of personal growth. He identified behaviors and aspects of character that we are to value and emulate, in order to facilitate our pursuit of growth and mastery over ourselves. To take on and value this character and behavior model is what it truly means to accept Christ into your life, and to thus, be saved. You are saved from the inevitable difficulties that come with behaving in a manner that is destructive to self or others, illogical, irrational, and thus, inconsistent with the laws of nature. A “sin” is anything we say or do that is destructive to ourselves or others. To “repent”, is to change, to stop being destructive, to engage in self-improvement.

Jesus preached the message of “repentence”, and the forgiveness of “sins”. He preached that above all...we are to “love one another”. Love is a verb, an act of kindness, a way of treating people, an act of doing, the giving of self. It is also the showing of love to yourself. You can never “love your neighbor as you love yourself”, if you dislike or hate yourself. If you are destructive to yourself, you will at some point be destructive towards others. You can never say you love yourself while you are unwilling to change and improve yourself. The Ten Commandments.....when adhered to.....prevent us from being self-destructive and destructive to the growth of others. They keep us from hurting one another physically and emotionally. They keep us from damaging one another in ways the eye cannot see.

Family is more than biological, since in truth, all humans are biologically connected. Your family is comprised of the people in whom you invest yourself, your time, your love, your energy, and the people who make those same deposits in you.

Marriage is the relationship, the love energy invested in the relationship, and the deposits each partner makes into the emotional security of the other. Marriage is a state of life companionship created by the love and mutual consent of the two involved. The state of being married is created not by vows, promises, or laws of the State, but by the actions of love, the commitment to being together, living life together, and investing one’s love energy into the relationship. Commitment is a verb....thus marriage is not an exchange of vows, a ring, or a ceremony....it is the actions of giving oneself to another, and the mutual commitment to building and maintaining the relationship.
God isn’t Burger King, you can’t have it your way....

A man living in a house on the hill was listening to a radio report which said that a heavy rain was coming, and that everyone in his area should evacuate to safety.

The man said to himself, I don’t need to leave. I am a righteous man. I will stay here in my house. I will pray and God will save me.

The rains came, and as the water began to rise, a man came by in a row boat. The man in the row boat shouted, hey you in the house, come out and I will take you to safety. The man in the house responded, I am a righteous man. I will stay here in my house. I will pray, and God will save me.

As the waters began to rise up to the man’s house, a man in a helicopter came by. The man in the helicopter shouted, hey you in the house, come out and I will take you to safety. The man in the house responded, I am a righteous man. I will stay here in my house. I will pray, and God will save me.

The waters continued to rise, and the man in the house drowned.

Arriving at the gates of saint Peter, the man was angry and demanded an audience with God. He said to God, I was a righteous man. I prayed, and you did not save me.

God responded, you were a righteous man. You prayed. So....

1. I sent you a weather report on the radio asking you to evacuate to safety.
2. I sent you a man in a row boat to evacuate you to safety.
3. And I sent you a man in a helicopter to evacuate you to safety.

So what the hell are you doing here.
Self-Control + Pursuing Growth = Maturity

Anyone can grow older.
Anyone can acquire life experience.

Maturity is about behavior, not birthdays.

"Behave your way to success"
[Phil McGraw]
The **PHYSICS** of Human Behavior

- For each of your actions, there is an opposite and equal reaction.

- You reap what you sow.

- If you sow sparingly, so sparingly shall you reap

- You get what you give. The more you give, the more you get

- You receive from the world what you give to the world  Gary Zukav

- Give, and it shall be given unto you. A good measure, pressed down, shaken and running over  Luke

- Your internal life, determines your external life

- You can have no control over things outside yourself, until you take control over things inside yourself

- What goes around, comes around (what you send around, comes back to you)

- I went out to find a friend, But could not find one there; I went out to be a friend, and friends were everywhere  Anon

- Defend your emotional wounds and injuries, not by hurting others, but by healing yourself

- The most powerful people in this world, are not those who have power over others, but those who have mastery over themselves
Be someone who inspires others by the way you live your life, and by the way you treat others.

Self-responsibility is the engine of change. Persist until you bare fruit. The goal is Self-Mastery. Mastery of personal growth.

“Enter in through the narrow gate, for wide is the gate and broad is the way that leads to destruction, and many are those who enter through it. Because narrow is the gate and constricted is the way that leads to life, and few are those who find it.” [Matthew 7…13-14]

“Everyone therefore who hears these words of mine and does them shall be likened to a prudent man who built his house upon the rock. And the rain descended, and the rivers came, and the winds blew, and they beat against the house; and it did not fall, for it was founded on the rock. And every one who hears these words of mine and does not do them shall be likened to a foolish man who built his house upon the sand. And the rain descended, and the rivers came, and the winds blew, and they dashed against that house; and it fell, and its fall was great.” [Matthew 7…24-27]

“It would be better for them not to have known the way, than knowing it, to turn back. .....he who did not know, yet did things worthy of stripes, will receive few lashes. .....And that slave who knew his master’s will and did not prepare or do according to his will, will receive many lashes: .....to every one to whom much has been given, much will be required from him; and to whom much has been committed, they will ask of him all the more.” [Peter 2…21]

“To him who knows to do good and does not do it, to him it is a sin.” [James 4….17]
“A man’s true wealth is the good he does in the world.”

[Muhammad]

“We must be the change we wish to see in the world.”

[Gandhi]
In life,
There are no set-backs or side treks.

There are only experiences along the path to where you choose to go.
"What begins in anger ends in shame." (Benjamin Franklin)

“Those who are at war with others are not at peace with themselves.”

“What begins in fear usually ends in folly.
[Samuel Taylor Coleridge]

Neither a man nor a crowd Nor a nation can be trusted To act humanely or to think Sanely under the influence Of a great fear.
[Bertrand Russell]
Standards to follow
that prevent one from doing things
that are destructive to self and/or others

--- Avoid libeling and lying about someone else [Thou shalt not bare false
    witness against thy neighbor]

--- Avoid taking somebody else’s stuff [Thou shalt not steal]

--- Become more secure within yourself, as to avoid envy [Thou shalt not
covet anything that is thy neighbors]

--- Invest in wellbeing by taking down time often, to be still, to meditate,
    and/or to pray [Remember the Sabbath time, to keep it Holy]

--- Avoid cheating on your spouse or someone elses [Thou shalt not commit
    adultery]

--- Avoid killing somebody [Thou shalt not kill]
“...all that you wish men would do to you, so also you do to them....”
[Matthew 7…12]

“...be yourself...and never fear thus, to be naked to the eyes of others. Yet know that men so often mask themselves, that what is simple is rarely understood. The dust of truth swirls and seeks its own cracks of entry. And a tree falling in the forest, without ears to hear, makes no sound. Yet it falls.
[Kung Fu.....TV show in the 1960’s & 70’s]

“A man’s true wealth is the good he does in the world.” [Muhammad]

“We must be the change we wish to see in the world.” [Ghandhi]

Your focus determines your reality.

There is no misunderstanding how you act, and how you live. In a person with honor, actions speak louder than words.

A major mission in life is to engage in self-induced improvement in behaviors, choices, and actions towards the way you treat yourself and others.

The greatest way to live with honor in this world is to be what we pretend to be----to be in reality, what we want others to think we are.

“.....real success is success with self. It’s not in having things, but in having mastery, having victory over self.” [Stephen Covey]

“Self-Mastery and self-discipline are the foundation of good relationships with others.” [Stephen Covey]

“Nothing is given to man automatically, neither knowledge, nor self-confidence, nor inner- serenity, nor the right way to use your mind. Every value he needs or wants has to be discovered, learned, and acquired.”

[Ayn Rand]
Set goals, make plans, and take action. Overcome behaviors that impair proactivity (self-handicapping, fear of success and fear of failure).

"Begin with the end in mind" [Stephen Covey]

"Try not. Do or do not.....there is no try” [Yoda, Empire Strikes Back]

Be prepared for the unexpected by programming yourself to adapt to change, quickly and easily.

Patience is a trainable skill to be developed in an intentional manner. It is a value to hold in high esteem and worth. With patience, you can be a more secure person....patience enhances inner-security.

“Do not fear those who kill the body, but are not able to kill the soul....”  [Matthew 10..28]

“Fear is the enemy, trust is the amour. He who conquers himself is the greatest warrior. Do what must be done, with a docile heart.”   [Kung Fu.....TV show in the 1960’s & 70’s]

“He who knows how to live, need not fear death. He can walk without fear of rhino or tiger. He will not be wounded in battle. In him, the rhino can find no place to thrust his horn. The tiger, no place to use his claws. And weapons, no place to pierce. Because a man who knows how to live, has no place for death to enter.”   [Kung Fu.....TV show in the 1960’s & 70’s]

“There cannot be Jew nor Greek, there cannot be slave nor free man, there cannot be male and female, for you are all one.....”  [Galatians  3…28]

“.....but he who hates his brother is in the darkness and walks in the darkness and does not know where he is going, because the darkness has blinded his eyes.”  John 2…11]

Replace the word “can’t” in your vocabulary with...."I’m unwilling”.

Replace the word “anger” in your vocabulary with....”hurt, frustrated, or frightened”
“Few want to start trouble, make enemies, risk their position and, perhaps, their livelihood.....”
[Ayn Rand]

“If a man senses he ought to speak up, he is stopped by the routine “Who am I to Know”....to which another, paralyzing clause is added in his mind;” Whom would I displease?....”  [Ayn Rand]

Anyone is still free to say, write and publish anything he pleases. Yet men keep silent-----while their culture is perishing from an entrenched, institutionalized epidemic of mediocrity.” [Ayn Rand]

“Say not....”The days are evil. Who’s to blame?” And fold the hand and acquiesce----oh shame! Stand up, speak out, and bravely, in God’s name, Be strong!

----------------------------------------------------------------------------------

Apply the belief that there are no set backs or side treks, there are only experiences along the path to where you choose to go. Recognize that you can let go of anything and be ok (ie. aversive situations, difficulty in relationships, bad grade). Accept that when you let go......you will be ok. Those who surrender themselves, find inner-strength. Release the need to defend your ego, be defenseless. Display the serenity to accept the things you cannot change. Invest no energy into worry. Learn through meditation/autogenic relaxation to let go of the body... the shell that houses our spirit. Provide down time each day to have silence in the mind. Be Zensational. Apply the concept of timelessness.....we live forever in one form of energy or another.

----------------------------------------------------------------------------------

Live a principle oriented life style focused on developing self-mastery. Identify behaviors you value and become a function of them. Accept responsibility to choose your actions, behaviors, and thoughts. Give that priority over your moods, feelings, and emotions. Allow yourself to be held to a set standard of behavior to which you are accountable. Program yourself to engage in self-developing behaviors that are good for building up yourself and others. Hold yourself to behaviors that build and reinforce your own level of competence and trustworthiness.

Be principle centered.

“Principles don’t react to anything. They don’t get mad and treat us differently. “
“Be a function of your values rather than a function of the impulse or desire of any given moment.”
“The personal power that comes from principle-centered living is the power of a self-aware, knowledgeable, proactive individual, unrestricted by the attitudes, behaviors, and actions of others or by many of the circumstances and environmental influences that limit other people.”

[Stephen Covey]
Be positive.

Say things that build-up.

“For by your words you shall be justified, and by your words you shall be condemned.” [Matthew 12:37]

Whatever a man sows, this he will also reap. He who sows sparingly, will also sparingly reap.

“Hear and understand: It is not that which enters into the mouth that defies the man; but that which proceeds out of the mouth, this defiles the man.” [Matthew 15:11]

“Let no corrupt word proceed out of your mouth, but only that which is good for building up….That it may give grace to those who hear.” [Ephesians 4:28]

“Let all bitterness, and anger and wrath and clamor and evil speaking be removed from you with all malice.”

“….and let us consider one another so as to incite one another to love and good works….” [Hebrews 13:5]

“….and who will harm you if you become zealous for what is good? But even if you suffer because of righteousness, you are blessed. And do not be afraid with fear from them, nor be troubled….having a good conscience, so that in the manner in which you are spoken against, those who revile your good manner….may be put to shame. For it is better……to suffer for doing good than for doing evil.” [Peter 3:14-17]

“….whoever has the livelihood of the world and sees that his brother has need, and shuts up his affections from him, how does the love of God abide in him. ….Let us not love in word or in tongue, but in deed and truthfulness. And in this we will know that we are of the truth…..” [John 3:17-18]

“I have three treasures which I hold and keep. The first is mercy, for from mercy comes courage. The second is frugality, for from it comes generosity to others. The third is humility, for from it comes leadership.” [Kung Fu…..TV show in the 1960’s & 70’s]

“Fear, anger, aggression……the dark-side are they…..” [Yoda, Empire Strikes Back]

Show love no matter what. Love never fails. Love conquers all. Love is power. Respond with kindness.

Get right with yourself, so you can do right by others.

No man should regret doing what is right, regardless of the consequences.

Turn away from the collective nonsense, the noise of the norm, the hypnosis of social conditioning.

“…put off the lie, speak truth each one with his neighbor, for we are members of one another.” [Ephesians 4:25]
“Be merciful….be kind to those who hate you.” [Philippians 3…12]

Defend your emotional wounds, not be hurting others, but by healing yourself.

“Forgiveness is not the same thing as telling the person who harmed you, “It’s ok”, which is more or less the way most people view it.” [Caroline Myss]

“…how often shall my brother sin against me and I forgive him? Up to seven times? …I do not say to you, up to seven times, but up to seventy times seven.” [Matthew 18…21-22]

“See that no one repays anyone evil for evil, but always pursue what is good both for one another and for all.” [Thessalonians 5..15]

Direct yourself and never allow yourself to be directed by the behaviors of others, the conditions you’re in, or your old programming. Become independent of other people’s weaknesses to avoid becoming enmeshed in their dysfunctioning. By avoiding/breaking free from being enmeshed in another person’s weaknesses, you empower yourself to improve your situation by taking a new action on your own behalf.

Grow to value the inner strength and security that comes from letting go of the need for the person to acknowledge that he/she has wronged you, or owes you an apology. Let go of the need for the person to be punished in some way. Never allow bitterness to take root in your behavior towards the person you have “forgiven”. Choose to be controlled by kindness and love, not anger and frustration. “The extent to which we can trust other people is equal to the extent that we trust ourselves with the ability to deal with their fallibility”. [Dr. Phil McGraw] Let go of the need for the past to be different…work on making your present function better with that person by utilizing your 5 Outlets of Power ----- What you are, what you do, what you give, what you say, what you pray. You have power, you are not helpless…there are things within your influence, if not within your control.

Show kindness and love to those who present themselves in your life as your enemy. Do well to those who hate you.

A person who is at war with others is not a peace with himself.

“….the judgement is without mercy to him who has shown no mercy; mercy triumphs over judgement.” [James 2…13]

“If I don’t have a right to revenge, who does”? No one. Break the necklace whose beads are vengeance.”

[Kung Fu…..TV show in the 1960’s & 70’s]

“Forgetfulness empowers you to detach so you can get your energy back.” [Caroline Myss]

Forgive those who treat you badly. Give as before. Show kindness, trust, and love. Those who forgive little, will be forgiven little. Those who forgive little, show only a little love.

“Acting in kind and loving ways, causes us to have kind and loving feelings.” [Stephen Covey]

“Love the feeling, is the fruit of love the verb”.

“Love is a value that is actualized through loving actions.”[Stephen Covey]

Praise loudly, blame softly. Condemn the sin, not the sinner.

“Knowledge------which in regard to men is to be used as a process of persuasion, when and if their minds are active; when they are not, one must leave them to the consequences of their own errors. To deal with men by force is as impractical as to deal with nature by persuasion.”

“There are two means by which men can deal with one another: guns or logic. Force or persuasion.”

[Ayn Rand]
“To feel shame without cause is a waste. To feel shame for cause is also a waste, for you must rather spend time correcting that of which you are ashamed.” [Kung Fu.....TV show in the 1960’s & 70’s]

“We came in naked, we’ll leave the same way. I’ve never seen a hearse pulling a u-haul.” [Gerald Mann]

“Do not store up for yourselves treasures on the earth......For where your treasure is, there will your heart be also.” [Matthew 6...19-21]

“......to do good, to be rich in good works, to be ready to distribute, to be ones willing to share; Laying away for themselves a good foundation as a treasure for the future, that they may lay hold on that which is really life.” [1 Timothy 6...18-19]

The key is not to prioritize what’s on your schedule, but to schedule your priorities.” [Stephen Covey]

We are what we repeatedly do. [Aristotle]

Our character, basically is a composite of our habits. [Stephen Covey]

“Our behavior is a function of our decisions, not our conditions. We can subordinate feelings to values.” “Look at the word responsibility---“response—ability”---the ability to choose your response.” “....Their behavior is a product of their own conscious choice.” [Stephen Covey]

“....what people are seeking is not the answers to problems, but the reassurance that no answers are possible. A friend of mine once said today’s attitude, paraphrasing the Bible, is: “Forgive me, Father, for I know not what I’m doing----and please don’t tell me”” [Ayn Rand]

“... “It’s logical, but logic has nothing to do with it”...When people use that catch phrase, they mean either: “It’s logical, but I don’t choose to be logical “or” It’s logical, but people are not logical, they don’t think-----and I intend to pander to their irrationality.” [Ayn Rand]

“If you keep an active mind.........you will discover that........your ideological enemies will make you invulnerable by providing countless demonstrations of their own impotence.” [Ayn Rand]
Family is more than biological, since in truth, all humans are biologically connected.

Your family is comprised of the people in whom you invest yourself, your time, your love, your energy......and the people who make those same investments in you.
Human Performance Library

“Nothing is given automatically. Neither knowledge, nor self-confidence, nor inner-serenity, nor the right way to use your mind. Every value you need or want has to be discovered, learned, and acquired.”

Ayn Rand

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<td>1. The Breakfast Club</td>
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<td>2-- What To Say When You Talk To Yourself --- [Shad Helmstetter]</td>
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<tr>
<td>1--- Bradshaw On Homecoming ----- [1-800-6-BRADSHAW]</td>
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# People Who Empower Others

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<tr>
<th>Gerald Mann</th>
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<td>Real Life Ministries</td>
<td>Life In The Word</td>
</tr>
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<td>P.O.Box 160100</td>
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<td>Lakewood Church</td>
</tr>
<tr>
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<td>9:30am.....Joyce Meyer.....channel 282--Inspiration</td>
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“Of all the trails in this life, there is one that matters most. It is the trail of a true human being. I think you are on this trail, and it is good to see.”

[Kicking Bird, from the movie “Dances With Wolves”]
As we continue to acquire and apply more information, we continue to expand the area of what is possible for us to achieve.

Hopes and dreams are just hopes and dreams until you learn how to achieve them and grant yourself permission to aggressively implement what you've learned.

Marshall Burt
“I’d Rather Watch A Winner” [author unknown]

I’d rather watch a winner, than hear one any day;
I’d rather have one walk with me, than merely show the way.

The eye’s a better pupil and more willing than the ear;
Fine counsel is confusing, but examples always clear.

And best of all the coaches/players, are the ones who live their creeds;
For to see the good in action is what everybody needs.

I can soon learn how to do it, if you’ll let me see it done;
I can watch your hands in action, but your tongue too fast may run.

And the lectures you deliver, may be very wise and true;
But I’d rather get my lessons by observing what you do.

For I may misunderstand you, and high advice you give;
But there’s no misunderstanding, how you act and how you live.

I’d rather watch a winner, than hear one any day.

A good leader
knows the way,
shows the way,
and goes the way.
The Fear Of Death

You are energy. Your body is a vehicle for that energy. Energy can neither be created nor destroyed. This follows the basic law of physics which states that energy [you] can neither be created, nor destroyed, it can only transition from one form of energy to another. That energy, you, transitions from one life to whatever is next.

[Marshall Burt]

"It goes on from one time to another. Nothing dies, that was ever something."
[Quai Chang Kain.....Kung Fu.....TV show 1960's]

“A man who knows how to live, need not fear death. He can walk without fear of rhino or tiger. He will not be wounded in battle.

“In him, the rhino can find no place to thrust his horn. The tiger, no place to use his claws, and weapons, no place to pierce.”

“Because a man who knows how to live, has no place for death to enter.”

[Master Po.....Kung Fu.....TV show 1960’s]