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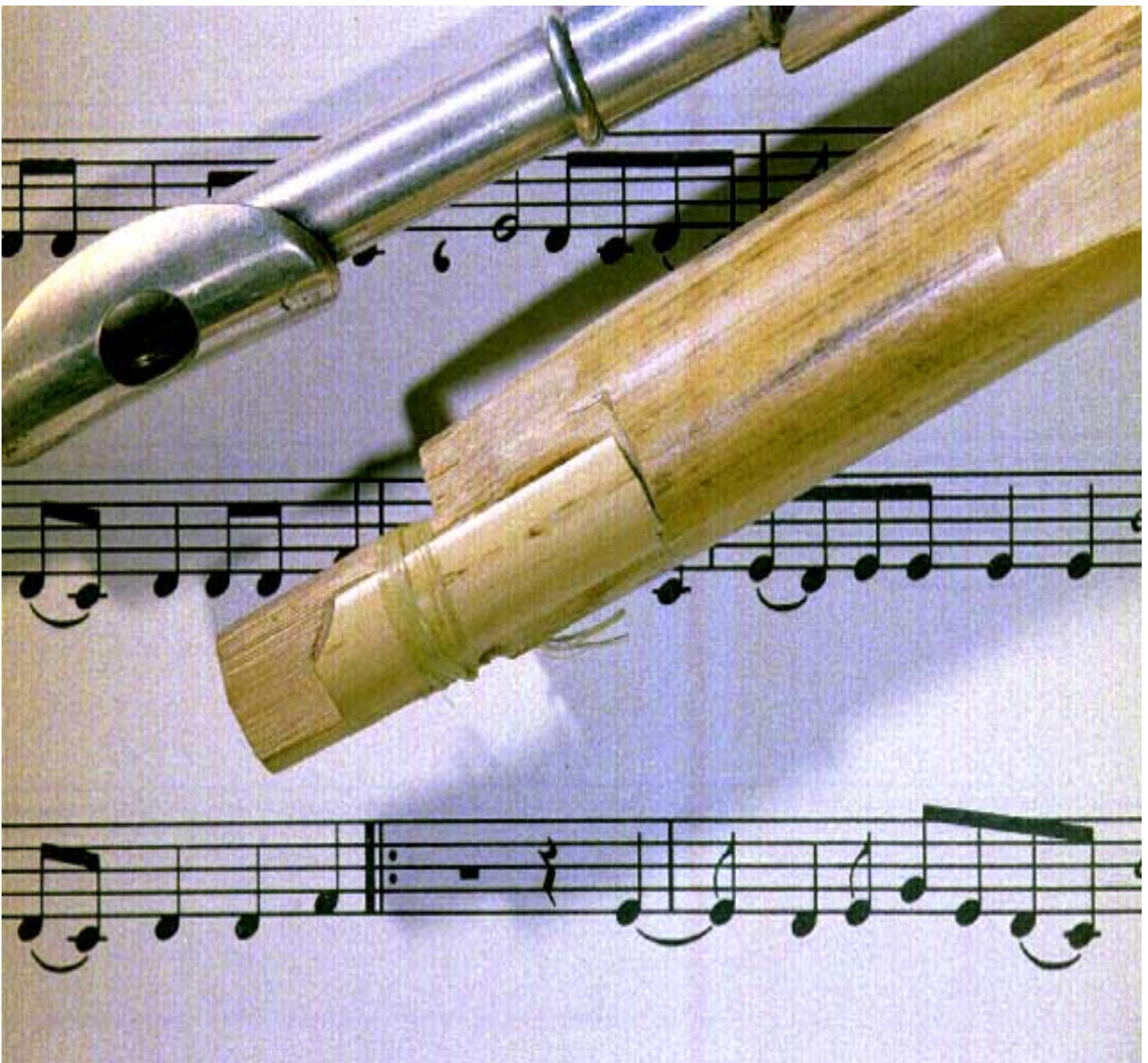
RADIO EAR NETWORK

November 2009

ELL
Encounter
Living & Leisure



The official digital magazine for the "We All Live Here" Global Community



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Welcome

Thanksgiving is almost here and this is a great year to give thanks for what you still have.

We all have felt the impact of poor management from what some of us grew up thinking that most banks and financial institutions would bring us our future.

Well we saw how that all worked, so besides giving thanks for your health, family, and friends give yourself a great big hug that you are still here.

Oh Yes here is where I plug my soapbox... Don't you think it is about time for you to think for yourself?

Have a safe holiday and 2010 is going to be the new beginning.

Don't forget to visit our sister medias **Radio Ear Network** and **Amanatee Internet Radio**.

Thank you for being part of our global community. We welcome your input.

Joseph Dobzynski

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I'm 1 of 4,000 New
teens every day who
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towards suffering A
heart attack
or stroke.
I smoked
my first
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Pass the Family Smoking Prevention and Tobacco Control Act.



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Legend of the Phoenix

By: Silvio Ibanez

This magical, mythical bird has long been a part of legends and lore, dating back to the ancient civilizations. In today's culture, the phoenix's legend is still going strong, with a major city in the United States named after the resurrecting beast and popular books and movies, including the phenomenally successful "Harry Potter" series encompassing the bird into characters and plots.

Since the story has come down to us through the oral tradition, there is no single version of it. It varies from teller to teller – each adding something of their own and changing tiny aspects of it. How the story originated in the first place is also widely debated. It's impossible to put down a specific place or time to its origin. Over the centuries not only the story has changed, but also the origination of the story.

Nonetheless, the main facts of the legend of the Phoenix remain intact, even though the myth has been adulterated. According to the legend, the Phoenix is a supernatural creature that has an incredibly long life span, stretching to at least a thousand years. It cannot fall sick or get injured at any point in its lifetime. However, some believe that it does get affected by disease or drought, which leads it to prematurely enter the next phase of its life.

The phoenix continues to live for a hundred years, or could succumb to an injury or disease. At this juncture in its life-span, it gathers twigs, braches and woods not to create a nest, but an ancient funeral pyre. This pyre was used in ancient cultures to dispose of the dead, and some cultures continue the practice even today. In some cultures, personal artifacts are also burned with the dead body and some require that the spouses burn themselves at the pyre of their mate.

After the pyre has been built, the phoenix ignites and begins to burn. This part of the story has changed and some believe the bird does not need to gather items to create a pyre, but rather self ignites and the flames burn without any fuel. The alteration to the story is not the only one, as there is great debate what happens after the bird is burned.

The traditional story goes that the phoenix ignites himself, burns to ash, and then rises again from the ashes to live another thousand years. This triumph over adversity has caused to bird to become the mascot or symbol of many groups and organizations. Once the bird is born from ashes, the cycle begins anew.

Another version of the story is that before the fire consumes the bird, it lays an egg, which hatches a new phoenix. This phoenix will live to be a thousand years old before having an offspring in the same method, thus continuing the life cycle of the bird. There is no way of ascertaining which version of the story is true, but all of them express the same theme: the triumph over adversity.

No one knows how this story began in the first place. Some believe that a story was created around a fire-colored bird that was captured long ago, while others say the phoenix was actually a raven that used to dance in the embers of a dying fire.

About the Author : Silvio Ibanez is the owner and operator of F phoenix, the web's premier resource for information about phoenix, For questions or comments about this article visit: www.findnphoenix.com/articles
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Alpha Meditation - Why It Is Good For You

By: Amanda Isbitt

The art of Meditation has been around for over 5,000 years. Learning to meditate properly takes some time; however, anyone can grasp the basic concepts in just a very short time span. You would begin with the basic form and learn how to relax; wipe everything out of your mind and turning your attention to only one single thought. The word Meditation is a means to refer to many spiritual practices.

Meditation gives a person a better focus on self-awareness, a higher state of consciousness, and the ability to achieve a more creative aspect. It has been practiced by all sorts of religions and cultures from every country in the world, including the western world.

It has suffered much criticism from many doctors, because there was no proof that it worked. However, there have many studies done on Meditation and the findings were phenomenal. Doctors and people everywhere found that it does help a person relieve stress and pain as well as it helps the person to have a much better life.

Many people suffer from stress from their jobs, stress of a situation they may be in, or from an illness. Meditation helps relieve this stress, and pain from some form of illness by focusing your thoughts away from your troubles. Hospitals and clinics have used this technique more in the western world since the 1960's, and it has become so popular that it is being offered by many businesses, as an out-of-office class.

Most of the participants are taught to sit cross-legged, however, not all types of Meditation are taught this; many different traditions may have other ways to Meditate. Some may want you to sit on a stool. Some basic concepts in all the traditions prefer that you keep your back totally straight, and use an ommmm sound focus.

One way to practice a form of Meditation is to lie down and clear your mind by imagining a shiny sparkling cloud out in space traveling towards earth. As it reaches earth, it stops and the glittering sparkles form a beam of light right over your country, then the beam of light moves downward toward your city to you and as it gets to you, it begins to enter the top of your head. Suddenly, you can feel a tingling feeling traveling down your body from your head. As this tingling feeling moves down, you will begin to feel a warm feeling where the beam of light is passing through your body. You will feel the tingling travel on down warming your body in every part until it directs itself out through your toes. Your body will feel as though it is still pulsing a stream of particle light, and you will feel relaxed and full of energy.

This method is one that I have personally used for many years. It has changed my life for the better. I learned to dismiss

About the Author: Amanda Is A Work From Home Mum of 3, Mainly Researching Unique Products to write about. For all of the latest products, news, and case studies please visit [Learn The Art Of Alpha Meditation](#)



Global Cooling deniers!

By: Stew Mayers

The eco-cult of the Globaloney-warming true-believers ignores reality. If the earth is warming than why are winters in various parts of the globe becoming colder, more violent and more prone to defy weekly forecasts let alone millennium forecasts? To deny Global Cooling is criminal. Where are the experts to demand [like they did in 1975] that we only have 5 years to solve this Global Cooling crisis! Global Cooling deniers are worse than holocaust deniers. By denying the cooling trends they will cause the next ice age which will kill our children; destroy the earth goddess Gaia; and make the UN and Al Gore look like idiots [easy enough to do however]. Where is the outrage!

This year from Kansas, to British Columbia, to New York State to parts of Europe, the winter of 2007 is the worst in a long while. Backtrack a few years ago and cold records were set in Russia, Eastern Europe, and North Africa. If Global warming is supposed to have us all cooking in a human created microwave why is this happening? Why is the earth's average mean temperature still around 14C today – the same as it was 120 years ago and why are winters literally all over the map and in many places getting colder and worse, not warmer and brighter?

The reality which deeply disturbs the chattering eco-fascists and mindless Marxist engineers who want to control and regulate, is that the earth has climate cycles and there is not a damn thing we can do about it. In what passes for UN and Al Gorean 'science' [ie. look outside and see if it is hot today], Global Cooling has more of a claim for our collective attention than Global Warming. In the vote between cooling and warming, the natural climate cycle seems to be voting for the deep freeze. My guess is that we will all be running for the equator in front of fast moving ice-sheets long before we are dropping dead from heat exhaustion.

Remember London in 1975? It snowed. How about Moscow in June 2003? I was there – it also snowed. Detroit in the first week of October 2006? Earliest recorded snowfall in the car-city. In Jerusalem during December 2006? Largest recorded snow-fall in the city of contemplation. Global warming? You don't say.

How about in Europe that great bastion of eco fascist Global Warming baloney?

“The winter of 2003 in the Northern Hemisphere broke all records in freezing temperatures, and the ice in Finland came 15 days earlier than usual....Astrophysicists predict a new Double Minimum (Gleissberg) for the year 2030, a solar condition that will have a freezing influence on Earth, taking temperatures down to the same as those of the Little Ice Age of 1610 onwards, when the Double Maunder and Spörer Minima occurred.”

The winter of 2003 throughout Russia and Eastern Europe was the worst on record. Power grids failed; power outages were constant and literally hundreds of people died in the cruelest winter ever recorded. Worst is to come in 2030 when a mini ice age should start. Nice. From my recollection ice ages are not good for civilization and usually result in little events like extinctions, collapsing societies and mass migrations. Will Al Gore send me the 'how to survive the coming ice age' video?

Global Warming? Interesting. Then why is the Antarctic increasing in size; snow falls setting records in Texas and Kansas, and why are people wearing ski jackets in Miami in January? If Global Warming is so real and deadly why does Israel have snow and why is Mexican fruit so much more expensive?

Some other cold weather news for the Global Cooling deniers.

2007:

-New York state; “Oswego County, a rustic string of towns and villages on the southeastern rim of Lake Ontario, received 5 to 10 feet of snow over eight days. In one town, Redfield, the National Weather Service reported an unofficial total of 11 feet 8 inches (3.56 meters).”

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-“Tuesday [Feb 6 2007] brought the coldest readings across West Virginia since Feb. 5, 1996, when several all-time records were set or tied for February, the weather service said. The mountain city of Elkins fell to 16 below zero Tuesday, tying its record for Feb. 6 set in 1979, the weather service said.”

-“Severe crop damage from record cold was reported in the normally temperate farms and orchards of California, prompting the Gov. Arnold Schwarzenegger to request emergency assistance from the federal government.”

-“Record freezing temperatures also damaged crops in the key agricultural growing areas of Mexico's Sinaloa and Sonora states — areas that produce much of the winter produce consumed in the United States and Canada.”

-“CNN -- More than 20 inches of snow blanketed some spots from Maryland to New England. In Central Park in New York, a record 26.9 inches of snow piled up Sunday, breaking the mark of 26.4 inches in December 1947, the National Weather Service said.”

-MiamiHerald.com; “Temperatures could fall to the mid-40s by early Tuesday [mid-Jan] in Miami and Fort Lauderdale...Wind chill readings could dip into the 30s.”

-2006: “The following list shows the 10 longest streaks with consecutive days of snow cover in Denver, and where the current season ranks.

63 days -- Nov. 26, 1983 -- Jan. 27, 1984 60 days -- Dec. 1, 1913 -- Jan. 29, 1914 55 days -- Dec. 21, 2006 -- (present and counting and certain to set the record)

2005-2006 European winter “Eastern Europe and Russia saw a very cold winter. [in some areas the] coldest on record or since the 1970s. Snow was in abundance in unusual places, such as in southern Spain and Northern Africa. All the winter months that season were well below average.”

2004-2005 Southern Europe cold snap “All areas of Southern Europe saw an unusually hard winter. This area saw an ice storm which have a 1 in 1000 chance of happening. This cold front caused snow in Algeria, which is extremely unusual.”

2004 January cold outbreak New England “New England was near a record month when frequent arctic fronts caused unusually cold weather. ...One area of New York saw 150 inches of snow in a month.”

-2003: “the 2003 storm went into Washington weather history books as the sixth largest snow total since records have been kept, and virtually paralyzed most of the major travel corridors along the East Coast...”

-2001: CBC News: “...worst winter on record – and they've been keeping records for 60 years. The Newfoundland Weather Centre says 300 centimeters of snow have fallen on St. John's since December, and none of it has melted.”

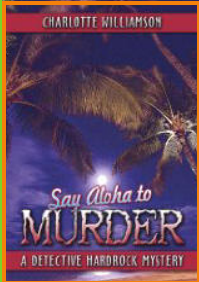
And on it goes. According to the Global Warming holocaust cult the earth is warming up because the UN and Al Gore say so based on computer models that have been ridiculed; data that is either false or misleading; and a non-scientific review of non-scientific samples using non-disclosed variables and assumptions. According to the eco-cult the earth is getting warmer because they pop their heads outside in June and comment on how damn dry and hot it is. Case closed, science solved. Unless of course you are in London or Moscow at inconvenient times when it happens to snow in June. The data is pretty clear – the earth goddess is angry. We have upset our dear Gaia. She is making it colder and nastier. Global Cooling deniers be aware!

Denying the existence of extreme winter weather is akin to denying the holocaust. Denying that Global Cooling exists means you are fascist. Denying that Global Cooling will destroy our world means you don't love our children and care for the environment. Shame on you Global Cooling deniers.

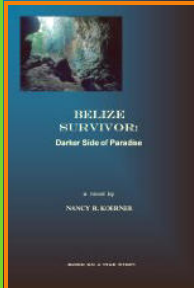
About the Author After working for a few large IT firms Read born in 1966, is currently an entrepreneur and Venture Capital Advisor and Managing Consultant for Wireless and Mobile technologies [including the internet] and in particular, in software applications for the Wireless or Mobile Industry.



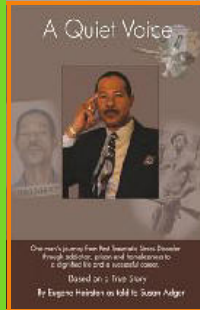
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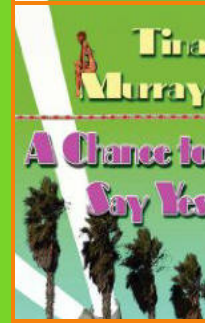
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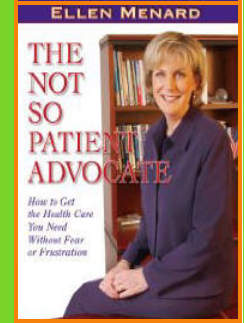
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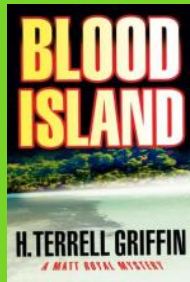
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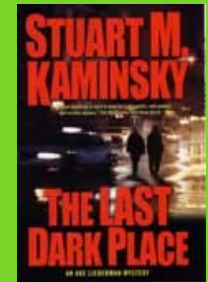
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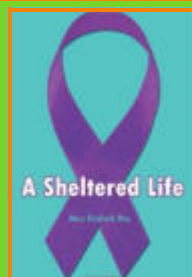
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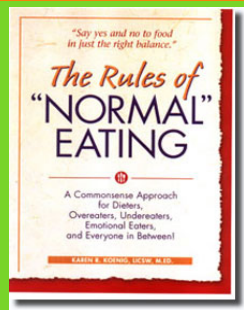
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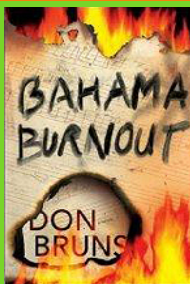
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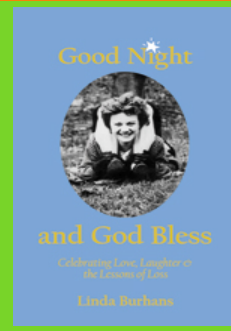
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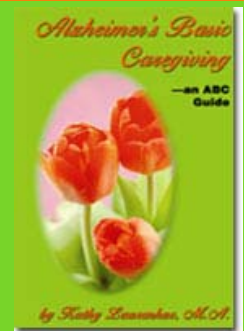
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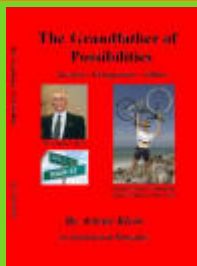
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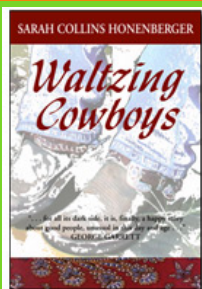
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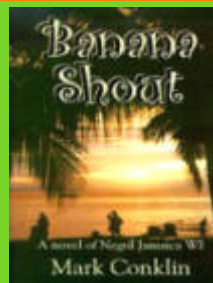
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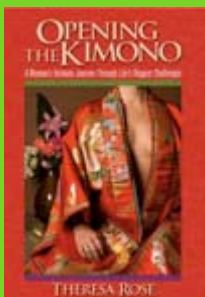
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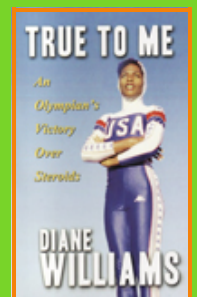
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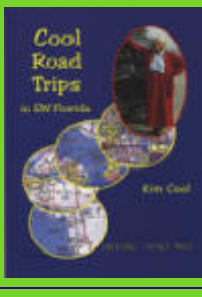
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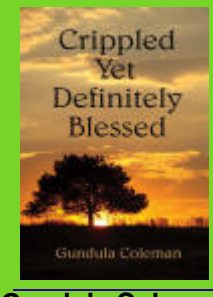
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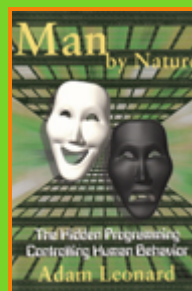
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Adam Leonard

Is There A Breakthrough In Positive Parenting?

Lisa Hein

Today I heard something amazing about a particular family that made a decision to 'get back to the basics' in their family life. What exactly does that look like? Does it mean mother will start wearing a pleated dress with pearls, or will dad walk in the front door with a huge smile on his face with all of his children lined up by height? NOT!

All I am saying is that some parents are reaching the point where they are tired and completely overwhelmed by how all this technology is interfering in their lives, bad attitudes, disrespect, how there is a lack of desire to be involved with the immediate family and how this has affected everyone in the family. They want their family back! They want to be able to sit down and speak politely to each other. They don't want to look at one another with such hatred. It is time.

To get back to the basics all it would take is learning how to say "No." The world is full of subliminal messages to all ages. Children as young as 3 are being told that they need to wear a certain name brand of clothing. As all of us know, from that point on, the television shows, commercials, and just looking around shove everything down our throat. You have to look this way or that; you must have this season's purse or shoes. It's not only awful that we fall into this, but now our children are.

When we decide that we have burned out and know that we are allowing too much 'stuff' into our home and in our children's head, then and only then are we ready to take a stand. I understand that too much 'technology' time is very detrimental to our young children's brain, especially children who have been labeled ADD or adults ADHD. I have also read that brain cancer is up. This comes as no surprise as we are holding these cell phones to our head on a day-to-day basis.

It's exciting to hear that parents are pulling back and standing up to all the negativity that surrounds us constantly. I am proud that we have decided that it is more important to stare directly into our children's eyes when we are speaking than hearing a beep on the phone indicating there is a message from them. It is terrific that we are beginning to see the outcome of better communication and honesty. When we talk with an open mind to our children and we allow them to explore their emotions towards their brother or sister, or even how they feel about you, it clears the air and allows room for peace and calmness. When we do not allow each person in the family to open up and 'share' their feelings without them being laughed at or squashed, we are bonding rather than fighting.

There is a new television show called "World's Strictest Parents!" Are you kidding me? This program should have been named "Parents Acting Like Parents!" The gist of the show is a couple of very disrespectful kids come to visit this very clean-cut, calm, respectful family that has a mother, father and some children. The house is clean, the parents speak nice to one another and all of the children know what their position is in the family. They talk politely to one another and the PARENTS make the rules. There are no negotiations and everyone does what they are asked to do.

Simple. That's it! No screaming, yelling, calling each other names, no cussing, dirty looks or slamming of doors. When the children first arrive to the 'Strict House,' they immediately laugh at the house rules and joke around because they are definitely out of their comfort zone. It's so obvious that their minds are racing, thinking how they intend to break every rule!

Some left the show early, because they were NOT going to be told what to do, while others are transformed into 'one of those good children.' It makes you realize that children really do want to have peace in the family over chaos. Today's child is strong and determined. If they are not raised with boundaries and direction, they will become their own decision maker. I don't know about you, but it kind of scares me seeing the decisions that are being made!

When the children's parents arrive to pick them up, they see the transformation in their child. The child very calmly explains to them that they have learned so much in such a short period and that these people don't scream and yell at each other, but they ask kindly and respond kindly. The parents are overwhelmed at the end result.

Can you please tell me how hard this is? Can you explain to me how parenting became so difficult? All I know is that when I speak to parents at conferences or even at their school meetings, the bottom line is they all want calmness. They want the chaos out of their home and their relationships.

So, how do we do it? By talking, talking, talking!!!! Being calm and in a good state of mind when we decide to talk about important issues. Respecting one another's opinion, and most of all allowing them to have an opinion that counts. I am so excited when I see families that have decided they are not going to keep repeating bad behavior, both theirs and their children. It is time to change and you have the opportunity to turn the family unit around. One day at a time, one conversation at a time and most of all one "I love you" at a time.

Parenting is becoming more and more positive and it's so awesome to know that it doesn't have to be a power struggle, it just has to be full of love, kindness, respect, positive and most of all connections.

If we could respect each other in the family like we do strangers or co-workers, then I believe we can have that amazing family we had hoped for. Just remember the feeling you had when that newborn baby looked you right in your eyes. Do you remember your thought? I do. I remember realizing that "Now I know why I am alive." I was complete. My little mini-me was here and through my mistakes I've learned that at the end of the day, all we have is each other.

In fact, all that really matters, is that we recognize how blessed we are coming and going with the wonderful family that has been put into our life?

Lisa Hein



About the Author: Lisa Hein, Radio Show Talk Host/Speaker/Parenting Author of *THE BOOK "I'm Doing The Best I Can!"* (They won't always be cute and adorable) is one of the most down to earth parents you will ever meet. To learn more visit her web site at <http://www.lisarhein.com/>

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News Briefs and Press Releases for the Global Community



Minnesota Author and Life Success Coach Offers Tools to Help Achieve Goals

Minnesota author and life success coach, Dr. Tory Robson will be teaching his OrangeCard goal-setting workshop Saturday, October 24, 2009. Using proven techniques and innovative methods, the OrangeCard helps those who want to achieve higher levels of personal and professional success set and reach their life goals



Knott's Annual Celebration Honors Veterans & Active Military With Free Admission November 1-26, 2009

Over a million honored with free admission since program's inception.



66th Annual Holiday Folk Fair International Scheduled

The 66th annual Holiday Folk Fair International, America's premiere multi-cultural festival, will be held Fri., Nov. 20 – Sun., Nov. 22, 2009, at the Wisconsin Exposition Center at State Fair Park in West Allis, Wis. The three-day event features an assortment of ethnic foods, music and dance performances, ethnic cultural displays, arts and crafts displays, and educational exhibits and demonstrations.



National Diabetes Awareness Month: The Impact of Generation X&Y on Diabetes Prevention

In honor of National Diabetes Awareness Month, the Skinny Gene Project launches a 12-month campaign that challenges others to rethink the way they perceive and approach diabetes prevention. The objective of the campaign is to empower Generation (Gen) X&Y to play an active role in preventing the onset of type 2 diabetes.



Wiley Announces New Motivational Business Book with Celebrity Fitness Guru Tony Little

Famed fitness guru, Tony Little, renowned throughout the world for his trademark ponytail and shouts of "You can do it!" is tackling the literary world with his new book "There's Always a Way."



The Jumpitz - Hollywood's Favorite Children's Entertainment Group - Releases Two New DVDs Sure to be Fan Favorites

The Jumpitz - Hollywood's Favorite Children's Entertainment Group - Releases Two New DVDs Sure to be Fan Favorites; Hot on the Heels of a Fun Filled Fall Tour, The Jumpitz Release "Finding Fun!" and "Jump To It!" Just In Time for the Holidays



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Better Health for Florida's Animals



From dogs, cats and horses to sea turtles and tortoises, sea horses, iguanas, giraffes, hippos and seabirds, **Morris Animal Foundation** improves the lives of animals worldwide.

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- A Potential Contraceptive Vaccine to Curb Overpopulation of Feral Cats
- Better Treatment for Marine Life Suffering from Red Tide Exposure
- A Better Method to Anesthetize Giraffes
- Aquarium Guidelines for Limiting Stress in Sea Horses and Fish
- Insight into a Deadly Bacteria that Sickens Foals
- A Test to Diagnose a Virus Killing Turtles and Tortoises

Support health research to protect, treat and cure Florida's animals

Visit www.MorrisAnimalFoundation.org Today!



The Global Community of Hugs

1. "A hug overcomes all boundaries. It speaks words within the mind that cannot be spoken." - Source Unknown
 2. "A hug is like a boomerang - you get it back right away. ~Bil Keane, "Family Circus"
 3. "Hugging is rejuvenating" - Hugs Are A Girl's Best Friend, Carole
 4. "Hugs grease the wheels of the world." ~Author Unknown
 5. "There's nothing like a mama-hug." ~Adabella Radici
 6. "Hugging has no unpleasant side effects" - Hugs Are A Girl's Best Friend, Carole
 7. "A hug is worth a thousand words." ~Author Unknown
 8. ""Your hugs and kisses are like the stars that light up my life when things get dark." - Source Unknown
 9. "A kiss without a hug is like a flower without the fragrance." ~Proverb
 10. "We greet and separate from each other with a hug." - The Power in a Hug
 11. ""Hugging is the ideal gift. Great for any occasion, fun to give and receive, shows you care, comes with its own wrapping and, of course, is fully returnable. Hugging is practically perfect. No batteries to wear out, inflation-proof, nonfattening, no monthly payments, theft-proof and nontaxable." - Source Unknown
 12. "Hugging is nothing less than a miracle drug." - Hugs Are A Girl's Best Friend, Carole
 13. "Hugging is all natural." - Hugs Are A Girl's Best Friend, Carole
 14. "Hugs are great, but when they are from the people you care most about, it makes you feel warm and fuzzy inside!" - Source Unknown
 15. "Never wait until tomorrow to hug someone you could hug today, because when you give one, you get one right back your way." ~Author Unknown
 16. "If you're angry at a loved one, hug that person. And mean it. You may not want to hug - which is all the more reason to do so. It's hard to stay angry when someone shows they love you, and that's precisely what happens when we hug each other." ~Walter Anderson, The Confidence Course, 1997
 17. "Hugging is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100 percent wholesome." - Hugs Are A Girl's Best Friend, Carole
 18. Hugging is practically perfect. There are no movable parts, no batteries to wear out, no periodic check-ups, low energy consumption, high energy yield, inflation proof, nonfattening, no monthly payments, no insurance requirements, theft-proof, nontaxable, nonpolluting and, of course, fully returnable." - Hugs Are A Girl's Best Friend, Carole
 19. "A hug is two hearts wrapped in arms." ~Author Unknown
- "There are moments in life when you miss someone so much that you just want to pick them from your dreams and hug them for real!" - Source Unknown

FORGIVENESS to FREEDOM

Cindy Falco-Di Corrado

HOW MANY STEPS DOES IT TAKE TO GET THERE ? WELL, I AM GLAD YOU ASKED THAT QUESTION!

What does forgiveness mean:

Forgiveness is the mental and/or spiritual process of ceasing to feel resentment, indignation, or anger against another person for a perceived offense, difference or mistake or ceasing to demand punishment or restitution. To pardon

Here is a realism: Forgiveness releases you from the hold that the offense has on you. You see the other party might probably forgot what they did to you., yet you are held captive by it. Forgiveness is relinquishing the offense and being freed.

To forgive is to set aside the rage that comes by being wounded by another. It requires that I forgo vengeance and that I stop wishing ill will on the person that hurt me. Yes, easier said than done that is why sometimes its a journey.

Most people think that forgiveness is for the other person but in actuality it is for you to be free.

When you forgive you are taking the power away of that offense/person to control your thought process, your life and the decisions that you will make from that point on.

There are little offenses that are easier to let go of. We can say well maybe they had a bad day, or show grace due to maybe what is going on in their life, but then we have those offenses that are just so hard and so cruel to have to overcome. Divorce, Rape, Murder, Betrayal, Death, Abuses, etc.

Man! are those the hard ones.

Here are some steps and Reasons why we must forgive:

1. Forgiveness is for you.

Key: Start by making the decision to choose to forgive. Yes, it is a choice.

IF you forgive others their trespasses, wrongs, your Heavenly Father will also forgive you.

2.. It has been proven that un-forgiveness releases poisons/toxins in your body which causes all kinds of illnesses and most common cancer.

Key: Take it before God every time that it comes up in your mind, every time your body starts to contort due to the thought of the offense, tell your mind NO I have chosen to forgive.

Ask God to help you. Remember; you made the decision to forgive and don't let your emotions tell you different.

How many times must one forgive 70 x 7

Testimonial: I am not saying that this will be easy, you will struggle at times but keep pushing through. Keep choosing to forgive. I had a personal situation happen to me at Christmas time several years ago. Due to jealousies, back biting and misunderstandings my sister in-law kicked me out of her home and told me not to come back (I have never encountered such a situation) in a snow blizzard at midnight in New York, mind you I am from Miami, Florida and I don't do cold. I really believed that I was going to freeze to death and die that night. I wasn't dressed for a snow blizzard, my cell phone battery was dying, I called a taxi before it died but he couldn't find me for 45 minutes.

He said that he normally wouldn't be out there due to the blizzard but when he heard I kicked out in the blizzard he wasn't going to give up on finding me and wanted to have them arrested. This was also the Holiday Season and I had lost my son a few years back and so the holidays are sometimes a hard place for me. There were other variables as well, for one there were two sister -in -laws and henceforth the jealousies, back biting and cruelties.

It took me three years to come through to a total forgiveness. I struggled and turmoil over the evilness that was done to me. I am usually a very forgiving person and this really perplexed me and hurt me so deeply. Night and day and day and Night I wrestled with this to come to a place of forgiveness. I 'cried out to God for help, I would get reprieves but not a total forgiveness as the memory re-lived the pain, and fear that I experienced. Also, because my husband wanted to remind me of it as they were his family. I had to come to a place of forgiveness because I was so screwed up. I couldn't love freely, I couldn't live with me. Where I went I followed..

It was painful to my heart and I had to get to the place of forgiveness for me. I finally after three years of working through it, crying out, choosing to choose to forgive came to a place where I could say Father forgive them for they know not what they do. I was able to pray for them and ask God to bless them. That is when I knew I forgave them. It just one day was gone. Now at times I still have to choose because it tries to creep back in.

Is forgiveness the same as Reconciliation? I don't think so. I can stop hating someone and pray for their good without re- establishing a relationship with them. This is especially true with abuse and ongoing oppression. The person/ persons I am forgiving may be too dangerous to allow back into my life. Under these circumstances I can forgive them from afar while being realistic about the on going threat.

See that is why it is written that you prosper as your soul prospers. Soul means your emotions, your mind, intellect, this is what affects your body one way or another.

I would like to address one more thing to help in understanding forgiveness.

Forgiving and Forgetting are two different things, and the first doesn't necessarily entail the second. I can see the person for who they are and forgive and not have anger towards them but hold them at bay till there is a real change in their heart and it might never be. I must accept that, yet not put myself in their harms way. That is why I must rely on God. It is written to Guard your heart.

I truly believe this: I can be forthright and honest about the limits that need to be set in any relationship.

Words of wisdom to you...Go where you are celebrated and appreciated.

If a thief is a thief and you put him in charge of your things and he steals them then what did you expect. You can forgive them because that is what a thief does,

but you don't have to let them have access to it.

Be encouraged and Be Wise...Forgiveness is for you to stay free to LOVE.

About the Author: Cindy Falco-Di Corrado is the director of Open Arms and Open Hearts Ministry and host of the Getting Real “ radio show heard international Every Thursday Morning 8:00 a.m. Eastern Standard Time www.radioearnetwork.com More Information or Contributions to Cindy's Vision can be made at:

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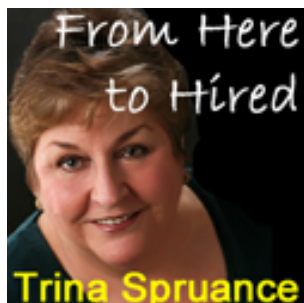
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The Best of From Here to Hired... Questions about Employment.

Trina Spruance.



If you are tired of waiting for the future and are willing to ask questions then the future to your employment is here now. Each month Trina will provide her best advice to your questions on employment and career change.

It is time to prepare for your future not your past? Email Trina your questions at trina@yourhirepower.org

Q: I've sent out over 50 resumes to jobs I found on the internet – and I have not had a SINGLE response. Why is that?

A: Statistically, we know that only 20% of jobseekers find their jobs through internet postings. In today's job market, there are many candidates looking due to the recent layoffs. In addition, many companies have reduced their HR staff – because their hiring has been reduced. What is happening is that when a company has an opening and posts a job listing, a BLIZ-ZARD of resumes is flooding into the HR department. Also, since there are fewer jobs posted, many people are forwarding their resumes even though they do not meet the qualifications. It's VERY easy for your resume to get lost in the shuffle. This is why responding to job postings is not the most effective job search technique.

Q: Then what IS the best way to look for a job in this job market?

A: Here is another statistic – 80% of jobseekers get their jobs through networking. Networking is ALWAYS the most effective way to look for a job. In today's economy it's a great idea to increase your network of contacts using the Internet and Social Networking sites like LinkedIn and Twitter.

Q: I keep hearing that I should keep my resume to one page? Is that true?

A: It's a good idea to keep your resume to a FEW pages – but more importantly it is CRITICAL that your resume be tailored to present the specific skills you have that are required by the position for which you are applying. When I write resumes for my clients – AND when I write my own resume – I start with the job description. I pull out all the experience that relates to the job requirement and lead the resume – NOT with an 'Objective', but with a short list of bullet points that state those skills using strong action words (Led, Managed, Designed...etc) and giving the RESULTS you achieved: as in: Led reorganization of the Customer Service department resulting in a 30% decrease in open Service items and increasing Customer Satisfaction.

Q: There are not a lot of positions open in my area. What should I do?

A: Here is the GOOD news: 90% of the workforce is employed and people ARE getting hired. In an 'employer's market' – which is what we have now – many candidates and fewer jobs – it becomes important to be PROACTIVE in your job search. Waiting to find postings and advertisements is a REACTIVE way of looking for a job. Instead make a list of companies who employ people with your skills and start networking within the list. Find out the name of the manager who could hire you and find a way to get in contact with him or her. Many jobs are simply NOT advertised AND many employers will CREATE a job for the right person. Who IS the right person? Well ONE THING employers ALWAYS look for is someone who REALLY WANTS the job and who FINDS A WAY to get things done.

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About The Author: Trina Spruance has been actively involved in the Employment Industry for over twenty years. A graduate of the University of Redlands in Business Administration, her high energy and people skills quickly drew her to Human Resources. After several years of increasingly responsible positions in Executive Search Firms and Contract placement firms, Trina started her own Staffing Consultant Business: Trina Spruance and Associates.

Trina worked as the lead staffing consultant and project manager for such companies as Teradata/AT&T/NCR, IBM/Tivoli (previously Candle Corp), The Walt Disney Company, MCI and Quantum/ATL.

As the job market became more challenging, Trina recognized that job seekers needed to know what she had learned over years in the trenches of the employment world and she started Your Hire Power, a company that offers job strategy coaching, resume writing, and teaches advanced networking and innovative, Proactive job search strategies to job-seekers all over America. An “out of the box” thinker, Trina is currently hosting a weekly radio show on employment “From Here to Hired” which airs Mondays from 11 am – 12 noon (eastern) on www.radioearnetwork.com. Trina can be contacted at trina@yourhirepower.org. or by calling 941 727 7669.



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Over the River and Through the Woods to Grandmother's House We Go...

Carole Kay Monaco

The weather is cooler, the leaves are turning colors and falling, and are thoughts of over the river and through the woods to grandmother's house we go. Yes, Thanksgiving, Christmas, Hanukkah and Kwanza are right around the corner. If you don't have your travel plans finalized you may still be able to find some good bargains if you are flexible with your travel dates. Plus, you get a bonus this year. Ticket prices are down about 9 percent less than last year's prices.

Whether you fly within the states or follow the new trend of booking trips to faraway destinations, booking early is the key to better prices. Holiday bookings for out of the country usually require advance planning. Many people plan 10 to 11 months out from Thanksgiving or Christmas for these distant destinations. Others plan when the desire hits them which could be only three to four weeks out.

The most popular places for Northerners to visit is anywhere warm. This year seats are at a premium since airlines have sliced prices. With determination, a real desire to travel and a little work, you can still get to where you want to go. Travelers need to keep a close eye on the fares which is so much easier to do these days with online travel bookings. Also, be aware of the airline fees for baggage charges plus the "first ever holiday surcharge" on certain flights.

The surcharge at the time of this writing is \$10 when flying on the popular days during the holiday travel season. For Thanksgiving that includes the day before and the Sunday after Thanksgiving. So to get more bang for your bucks and still enjoy the holiday travel you need to be flexible. This year, even Monday after the holiday is not a good price day since several airlines have added that \$10 "miscellaneous surcharge" to the ticket prices for travel on Nov. 29 and 30 so that they can make a few more bucks.

If possible, try to fly nonstop out of a popular airline hub because you will find more competition among the airlines which means better prices for you. Also, by flying nonstop you will not get stuck at your connection airport. A non stop flight also gives you a better chance of meeting your luggage at the same airport, on the same day, at the same time. It would be awful if you were in Florida and your Christmas gifts were at the Atlanta airport. If you do have to make a connection, try flying on the off-peak days of the holiday, and avoid hubs that get frequent winter weather delays.

If you have ever traveled during the holiday seasons you know that the airports are at capacity on the prime dates. Going on off days around prime dates will help keep you sane and avoid those thousands who act insane.

Don't forget to check out the amazing hotel rates during holiday weekends. Booking your hotel as a package with your airline ticket can save you lots of money. Since the business men and women travel home for the holidays, hundreds of empty hotels rooms are up for discounts to get your business. An empty hotel room can never recover that loss, so they want you to fill that room even if it is at a discount.

Happy Traveling during this Wonderful Time of the year!

About the Author: Carole Kay Monaco is a world traveler who has been in the travel business for 16 years. She is the owner of MonacoTravel.us and MonacoTravel.biz with Travel Weekly's 25th Power List Travel Host Agency, YTB. Carole helps travelers enjoy the world of travel and teaches how to travel as an insider with benefits and perks. MonacoTravel.us is the travel agency of the Amanatee Group, Inc and RadioEarNetwork.com Listen to Travelwise with Carole every Tuesday 4PM est. on the RadioEarNetwork.com

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More than One Way to Skin a Cat: Adventures in Creative Thinking

By: Roger Mitchell

How many times have you caught yourself saying that there could be no other solution to a problem ♦ and that that problem leads to a dead end? How many times have you felt stumped knowing that the problem laying before you is one you cannot solve. No leads. No options. No solutions.

Did it feel like you had exhausted all possible options and yet are still before the mountain ♦ large, unconquerable, and impregnable? When encountering such enormous problems, you may feel like you're hammering against a steel mountain. The pressure of having to solve such a problem may be overwhelming.

But rejoice! There might be some hope yet!

With some creative problem-solving techniques you may be able to look at your problem in a different light. And that light might just be the end of the tunnel that leads to possible solutions.

First of all, in the light of creative problem-solving, you must be open-minded to the fact that there may be more than just one solution to the problem. And, you must be open to the fact that there may be solutions to problems you thought were unsolvable.

Now, with this optimistic mindset, we can try to be a little bit more creative in solving our problems.

Number one; maybe the reason we cannot solve our problems is that we have not really taken a hard look at what the problem is. Here, trying to understanding the problem and having a concrete understanding of its workings is integral solving the problem. If you know how it works, what the problem is, then you have a better foundation towards solving the problem.

Not trying to make the simple statement of what problem is. Try to identify the participating entities and what their relationships with one another are. Take note of the things you stand to gain any stand to lose from the current problem. Now you have a simple statement of what the problem is.

Number two; try to take note of all of the constraints and assumptions you have the words of problem. Sometimes it is these assumptions that obstruct our view of possible solutions. You have to identify which assumptions are valid, in which assumptions need to be addressed.

Number three; try to solve the problem by parts. Solve it going from general view towards the more detailed parts of the problem. This is called the top-down approach. Write down the question, and then come up with a one-sentence solution to that from them. The solution should be a general statement of what will solve the problem. From here you can develop the solution further, and increase its complexity little by little.

Number four; although it helps to have critical thinking aboard as you solve a problem, you must also keep a creative, analytical voice at the back of your head. When someone comes up with a prospective solution, tried to think how you could make that solution work. Try to be creative. At the same time, look for chinks in the armor of that solution.

Number five; it pays to remember that there may be more than just one solution being developed at one time. Try to keep track of all the solutions and their developments. Remember, there may be more than just one solution to the problem.

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Number six; remember that old adage, "two heads are better than one." That one is truer than it sounds. Always be open to new ideas. You can only benefit from listening to all the ideas each person has. This is especially true when the person you're talking to has had experience solving problems similar to yours.

You don't have to be a gung-ho, solo hero to solve the problem. If you can organize collective thought on the subject, it would be much better.

Number seven; be patient. As long as you persevere, there is always a chance that a solution will present itself. Remember that no one was able to create an invention the first time around.

Creative thinking exercises can also help you in your quest to be a more creative problem solver.

Here is one example.

Take a piece of paper and write any word that comes to mind at the center. Now look at that word then write the first two words that come to your mind. This can go on until you can build a tree of related words. This helps you build analogical skills, and fortify your creative processes.

So, next time you see a problem you think you can not solve, think again. The solution might just be staring you right in the face. All it takes is just a little creative thinking, some planning, and a whole lot of work.

About the Author

Roger Mitchell has spent lots of years writing informative health articles on [self improvement](#) like [meditation 101](#). Other related subjects can also be found at www.MyHealthMagazine.com/sitemap/index.html.



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Role of Poetry in Love

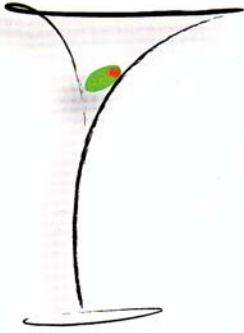
By: Kian Harley

Everything around you seems to blossom. Love brings meaning to ones life. It makes you feel special in its own way. You just can't stop thinking about your beloved. When you are in love you can never be lonely wherever you go. Love is when you want to be with your soul mate every time and everywhere. Love makes each day worth getting up for. Its a magic. It can do wonders. It is the feeling of heart not mind. Love quotes have become a necessity in today's life. One can send love quotes to his or her lover to make him or her special in your own way. This is the best way to convey your feelings to your sweetheart. Send these love quotes to your honey and let her know how much you love hers.

The language of love can be expressed in so many ways, through talking, through writing your feelings in words, with just a smile, with an understanding glance, with a warm touch and sometimes through a mere silence. Love doesn't have any age limits. Person of any age can fall in love. A teenager can fall in love as well as a adult above 40 can also fall in love. Love can happen in first sight and many a times it can take years to develop but a person having this immense feeling of love within him feel on the top of the world. Love doesn't have any boundaries and it is never planned. You will meet a person and your heart will start popping up and will say "yes she is the one".

When you are in love, you love talking to that person for hours, want to stay away from crowd in your own world, thinking about your lover always, dream to be with your love, laugh with her, cry with her, sharing your feeling with the one, feel good imaginations, lovely thoughts, these wonderful feelings are always there in your mind and heart and you love to be with these feelings. To make a relationship life long, one thing you should always keep in your mind that there should not be any conditions in love because conditions always ruin the relationship. There should be the feeling of trust, faith and respect and you will see, life is so smooth you can ever think of. Thus to carry a relationship you should nourish the relation with care and understanding and don't let ego come in between. Love is never destroyed, as it is a relation, which has been made forever.

Although poetry within ones heart is seeing and feeling another person what a special gift this is and only you can master. If you want to write poetry and do not know where to begin, create your own inspiration. Look around you. Take a little object or an action, let it guide you.



Pat Krohmer

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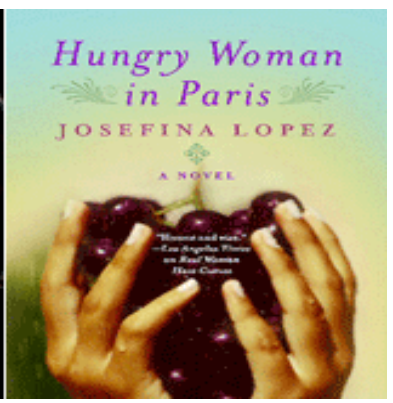
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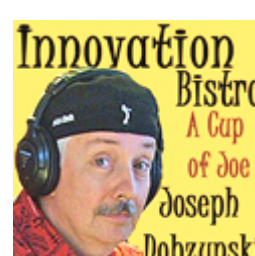
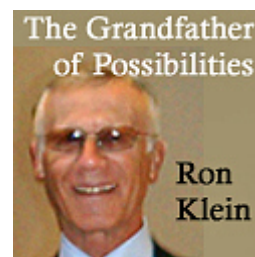
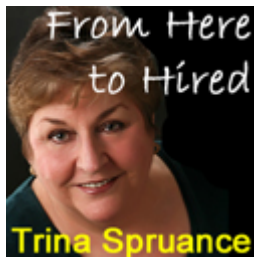
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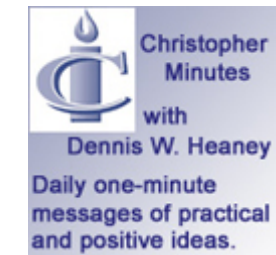
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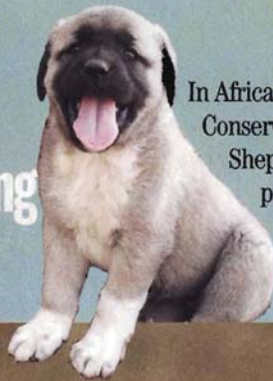
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What is your Definition of Success

By: Carter Scott

Success is many things. It is both a concept and an experience, a moment as well as an evolution. It is the merging of your aspirations with reality; the weaving of your hopes and dreams with your daily tasks. It is simultaneously tangible and ephemeral, and gives the illusion of being universally quantifiable. Success is externally evaluated, yet intrinsically experienced; it is both objective and subjective. The true essence of success, beneath the visible markers and goals, lies in your own personal sense of satisfaction and fulfillment.

What comes to mind for you when you think about “success?”

What are the images you see? What does it feel like in your bones to have succeeded?

Do you imagine reaching the apex of your profession? Or do you imagine amassing great wealth?

Does it mean seeing your face on the cover of national magazines or reading your name in “Who’s Who?”

For some people success may be any one or all of these. For others, it may be something entirely different, like perhaps earning enough money to retire at 50, or having their own art show in a gallery, or coaching their child’s little league team to victory.

To some, success looks like grand achievement, to others it resembles daily rewards, and still others measure it as the accomplishment of an underlying life mission. It may mean being a good friend, or raising socially responsible children, or being a loving grandparent. For some, the achievement looks like having lived ethically, honorably, or according to their values and conscience. For many, finding or sustaining a romantic relationship or marriage is a goal. Overcoming a disability, hardship, challenge or obstacle is the criteria for some, whereas breaking records - athletic, financial, historic or scientific - is where fulfillment lies for others.

Since each person is an individual, comprised of their own visions and standards, each one defines success in their own way. My definition is probably not the same as yours, nor is yours exactly the same as that of other people you know. We are a constellation of individuals, each holding our own place in the cosmos and twinkling from within as a result of whatever gives us our own individual glow. The first basic rule of success, and perhaps the most important, is that there is no one universal definition of fulfillment. We each have our own, and every one is equally precious and worthy.

THE STANDARDS OF SUCCESS

The popular cultural definition of success in industrial nations is based primarily on three elements: power, money, and fame. It is assumed that if you are in possession of great abundance, have status or power, or are recognized as a celebrity, then you are, by society’s definition, “successful.” If you have even one of those three requirements, you qualify. There is, however, one major problem with this definition: it is severely limited. It excludes a multitude of people who are successful in their own right, and who define success by an entirely different set of standards. These are the people whose bank balances may not be especially noteworthy, nor do they brandish significant authority, nor are they necessarily recognized when they walk down the street. Rather, these are the people who have realized goals and dreams that have been set from within, rather than those dictated by societal norms.

Consider the school principal who started a middle school that teaches children values and self-esteem and love of nature. Is creating an environment where children grow in healthy ways and develop awareness and values any less successful than the business tycoon who masterminds corporate buyouts?

Consider the person who volunteers at their local hospital to read to the elderly whose eyes can no longer perform the task. Is this person any less of a success than the professional ball player who scores the winning run as the most valuable player?

Think about the scientist who has dedicated her life to finding a cure for cancer. Is she only considered a success if she actually finds the cure? Do the hours and dedication she has put forth only count if the result is achieved? Is the success measured only in the culmination or is the commitment, the perseverance, and the pursuit valued as well?

What about the middle-aged man who leaves his law practice to pursue his dream of carving and selling canoes? If his delight is in doing what makes him happy, is he any less prosperous than the celebrity who grosses \$10 million per movie? Success is amorphous, and like the other vast intangible - love - there is no universal means by which we can measure it. What it means for one person may not resonate for another. It may be the collective goal of many, but it ultimately has only one true judge. You, and only you, can assess your success, for it is you alone who determine what it really means for you.

THE DIFFERENT MODELS OF SUCCESS

“Make sure you have - and preserve - your own set of eyes.”- Laurie Beth Jones

Dana was in her thirties when she came to my workshop because she was experiencing what she called a “free-floating sense of dissatisfaction” with her job. She enjoyed the high-level position she held at a large computer company, but a small voice in her heart whispered to her that there was more. She had achieved each and every goal she had set before her, including promotions, raises, and even a much-coveted window office, yet she was not fulfilled.

As Dana talked, I picked up on phrases like “I should feel happy,” and “I look successful but I feel like a failure.” So I asked Dana point blank what would make her feel like a success. She paused for less than fifteen seconds before blurt-ing out “being able to bring my dog to work.”

It seems that Dana had always had a vision in her mind of being able to bring her beloved dog Bodhi with her to work. She had once visited a friend at her friend’s small boutique advertising agency and was delighted to see the agency’s owner’s Schnauzer greeting clients at the door. To Dana, being able to bring her dog to work signified autonomy; it meant one of two things: either she had climbed high enough on the corporate ladder that she was beyond policies, or that she was running her own company where she could establish her own rules. Deciding between the two was not difficult for her, and Dana is now happily running her own web design business, with Bodhi snoozing contentedly under her desk.

For some people, like Dana, success is synonymous with autonomy. For others it looks like financial freedom. Troy, for example, had a desire to earn enough money so that he could retire at age 50 and spend his days traveling around the world with his wife. To him, success meant being able to afford to do the things he wanted to do and to enjoy himself. To Jeff, a stock broker in his forties, success was also measurable in financial terms. His, however, were different than Troy’s. His vision was to be able to make enough money to buy a home for his aging parents in Las Vegas for their retirement. Jeff was enormously grateful to his parents for all they had done for him, including both of them working two jobs to put him through college; taking care of them in their later years for Jeff would be his ultimate joy and satisfaction.

Nina, an interior decorator who traveled extensively, did not relish dealing with logistics. When she dreamed of prosperity, it was with the vision of being able to hire people to help her with things like repairing her computer when it crashed, installing shelves in her closets, cleaning her apartment when she couldn’t find the time, arranging her travel plans, and so on. To Nina, fulfillment came in the form of making enough money to hire people to support her with her busy life.

For some, success is defined as emotional fulfillment and stability. Sondra came from a difficult and tumultuous childhood, and set a goal to create a happy, harmonious home for her children and her. Every night, when she sits down to dinner with her husband and three children, she is flooded with a sense of fulfillment. To Sondra, success is achieved each moment she experiences the joy of being together with her family.

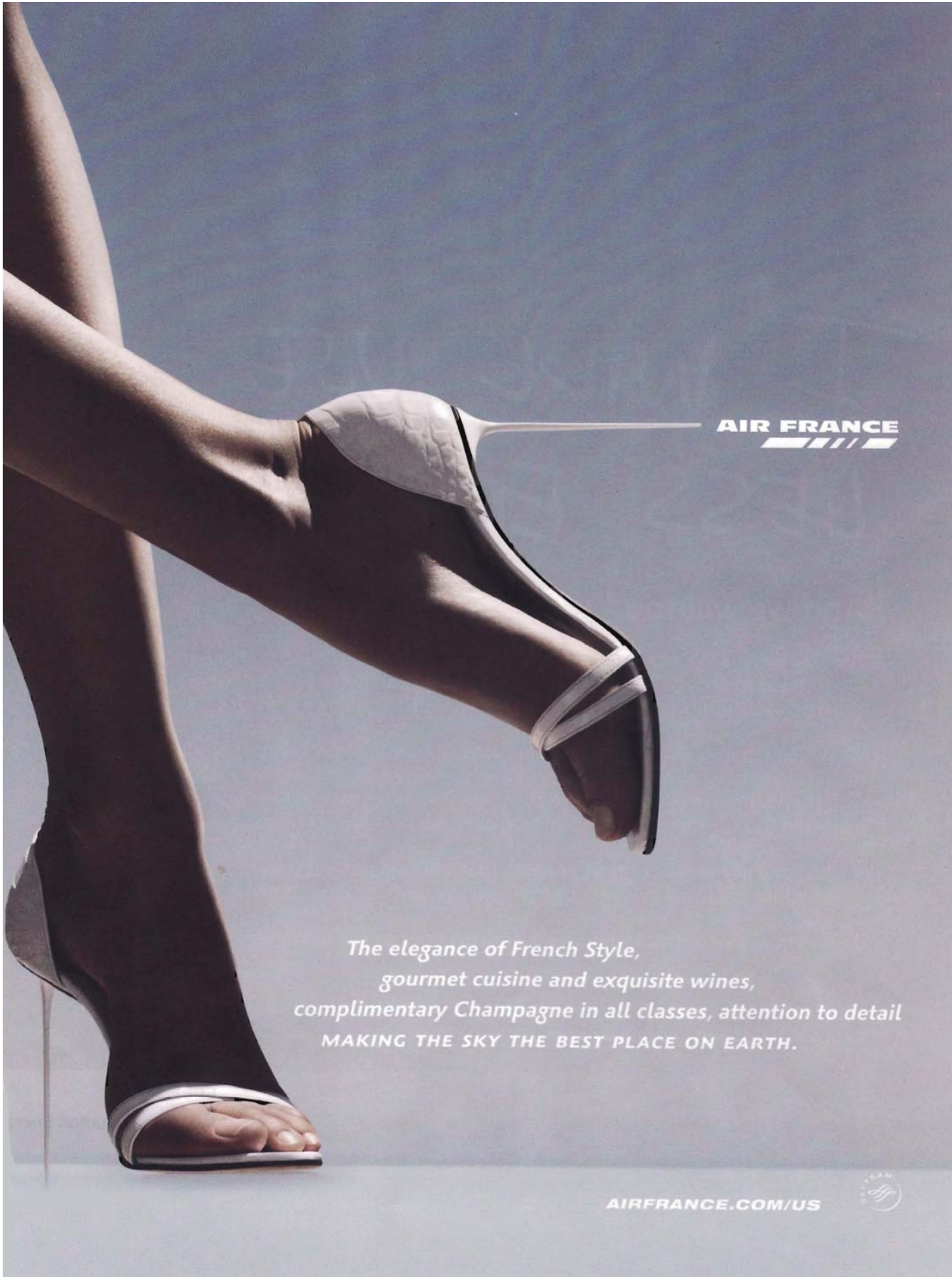
Many - dare I hope most - parents deem raising their children well as a sign of success. Though Jacqueline Kennedy Onassis was an internationally known personality who enjoyed a prosperous lifestyle and had many glamorous and exciting experiences, she held her job as a parent as singularly most important. “If you bungle raising your kids,” she is quoted as saying, “I don’t think whatever else you do well matters very much.”

Success can be defined as glory, as it is for the athlete who wins a race or a mountain climber who scales Mt. Everest. Those in the armed services who serve their country might define success in these terms, as well.

Courage can be the model for success, as it is for those who must reach inside themselves for the stamina to overcome a serious illness or those who must face tragedies in life. Helen Keller is perhaps the most famous name symbolizing courage, as her triumph in life from within her sightless, soundless world stands as a symbol of what the human spirit is capable of. Her legacy includes one of my favorite quotes

About the Author

Dr. Cherie Carter-Scott is an International Author, Motivational Speaker, Management Consultant and Original Coach Trainer since 1974. She is the Founder and Chair of [The Motivation Management Service Institute Inc.](http://www.mmsvt.com) To know about Dr. Cherie, please visit her website www.DrCherie.com. You can access her Online Virtual Training programs by visiting www.mmsvt.com.



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