

A PLAN IS A BEGINNING!

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

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By Rhoberta Shaler

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To accomplish something, you must plan to accomplish something. That seems so very obvious, however, most folks in this world get only so far as to plan to plan something! There is even a saying about a road to an unpleasant destination being paved with good intentions". People intend to sit down, think their lives through, set goals and create action plans. For most, it just never happens. Do not let that depress you. Better yet, do not let that BE you!

Desire, when harnessed, is power. Failure to follow desire, to do what you most want to do, paves the way to mediocrity. Success requires heart and soul effort, and it takes desire. The only way to use your power is to go right ahead and do what you say you want to do.

When you surrender yourself to your worthwhile goals, your clear focus brings with it physical power, energy and enthusiasm. Your subconscious mind continuously works on the goal. When you spend a few minutes each day or week reviewing your goals, the subconscious mind is reinforced. When you affirm your willingness to bring your goals into your reality, you strengthen the subconscious mind, too. That's why affirmations work.

Goals, intense goals, can keep a person alive when nothing else will. You've all heard of people who lived beyond expectation because they wanted to see a child graduate from college, a wedding, or other important occasion. The mind is VERY powerful. Goals can help you to live longer. No medicine in the world is

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as powerful in bringing about long life, as is the desire to accomplish something.

Rhoberta Shaler, PhD Keynotes, Seminars & Coaching for entrepreneurs & professionals who want the motivation & strategies to achieve, to lead and to live richly. Creator of the Living Richly™ Program Host of Living Richly™ on www.wsRadio.ws. Author of OPTIMIZE Your Day! Practical Wisdom for Optimal Living Optimize Life Now! San Diego, CA www.OptimizeLifeNow.com

THE WILDCAT'S BEGINNING

By Irvin L. Rozier

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The Wildcat's Beginning

In the beginning when all things were nice
There were no wildcats, there were no mice
And then one day the old man came out
And said, "Let there be wildcats!"
This he did shout.
Then low and behold, a furry wildcat was born
Meowing about on my Cwanga's farm.
He said, "I'll do you no harm"
With a sly little smile and plenty of charm.
Oh how that wildcat could lie
With a smug look and a twinkle in his eye.
The struggle between the two lasted for years
Sometimes with laughter and a few tears.
Why o why couldn't they be friends?
Love each other and make amends.
The wildcat had a beginning and has an end.
His death could come around the next bend.
Victory over the wildcat will certainly come
Give me a piece of strawberry bubble gum.

Irvin L. Rozier

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author, preacher, retired US Army

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