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Don't Put More Fingers On It

By Timeo Busyanya

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DON'T PUT MORE FINGERS ON IT....

Can you imagine.....I'm sitting here at the desk, tired, really tired.It is 3:30 p.m. I have two more hours to work. I'm wondering how I'm going to cook at home, how I'm going to use that stove.

You know when the stove is really hot, we let it cool down, right!.....before we put our fingers on it .

Even children once they learned that when they put their fingers on a hot stove, they get burned, they usually don't put more fingers on it. isn't it true?

I remember long time ago my mom told me that, "people who are paralyzed never feel when they touch a hot pot" (I was about four when she told me that....). I was surprised to hear that, because it is very unusual to touch a hot pot and still feel nothing.

well, most of us love to get burned and I don't mean one finger but all fingers. I will give you an example...

How many times have you seen people after ending up their bad relationship they go back to contact their Exes and after been hurt the first, the second and the third time they keep doing it...

Dear reader have you ever been hurt, I mean really bad and when I say really bad I mean to a point where your entire YOU suffer. I'm talking about a place in you which control everything .

It is not a good idea to hurt your feelings once, twice..... andth times.

If you've been hurt by your ex, you shouldn't let him/ her do it many times to you.

You are worthy, you deserve better. you don't want to keep digging in the hole you've been trapped,

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you need to get out.

Here are few suggestions on your journey of freedom.

1 **No contact rule.**

I know there is a soft voice telling you to pick up the phone and call your Ex saying....."may be he/ she will talk to me or I just wanna say hi or we just wanna be friends."

Think of calling your Ex as putting your fingers on a hot stove. You will always get burned.

2. **Do what you like**

It is very important to do things you like when you broke up, bored or lonely because if your mind does not have anything to do will go for the dominant state which is feeling bored this is when you will start to build bad negative thought about yourself.

On the other hand when you do what you like, you will feel good about your self, more valuable person and this will create a positive thought process in your mind.

3. **Volunteer**

There is a very powerful force in helping others or a community. Think about it...the universe we live supplies us with every thing ,air ,water, food,...how much more will it give to us if we give our time and energy to it. Besides the joy you get in return will make you feel important member in the society as you contribute something to it. And we all want to be important to our community....Hey while you are volunteering, somebody might smile at you and the rest will be history....

4 *

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Sincerely,

Timeo Busyanya,
Helping individuals, improve their self image
"**lonely.com**" .

PS Don't put more fingers on it

This article is written by Timeo Busyanya.The author is committed to help individuals, improve their self image. He provides a FREE e course at: *

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Your Free Acoustic Guitar Lesson

By Anna Rowe

Here is a free acoustic guitar lesson to help you improve your guitar playing skills quickly.

This guitar learning technique will teach you how to fingerpick folk–style, but in a Latin rhythm in the key of A. This Latin rhythm has eight quick beats to the measure, and is accented on the first, the fourth, and the seventh beats.

This guitar lesson will focus on using your right hand, and your thumb will play the accented beats. Your fingers will follow. Finger number one, the index finger, is to pluck the third string on beats two, five, and eight, and fingers two and three will pluck the second and first strings together on beats three and six.

In the following acoustic guitar lesson, you will chord an A for the first sample. To keep it simple, let's take the beats one at a time...

Acoustic Guitar Lesson – 7 Steps to Chord an A:

- 1) First, the thumb plucks the open A string for a bass note.
- 2) Next, finger one plucks the third string, which is sounding an A.
- 3) Then fingers two and three pluck strings two and one together. These two notes will be a C–sharp and the open top E string.
- 4) Now the thumb immediately plucks string four, which is an E and works as an alternate bass string. That's beat 4.
- 5) Now beat five is just like beat two, with finger one plucking string three.
- 6) Beat six is just like beat three, with fingers two and three plucking the top two strings.
- 7) On beat seven, use the thumb to pluck the third string, then finish up with fingers two and three plucking the top two strings again.

When you've practiced the acoustic guitar lesson above a few times, it will become second nature to you to pluck this Latin rhythm.

Your next part of this acoustic guitar lesson is to try the same finger picking pattern using an E chord. Since the open sixth string is your bass note, you'll pluck it on beat one. Follow through with the rest of the measure in the same pattern, except your thumb plucks the fifth string on beat four and the fourth string on beat seven. When you've mastered the E chord the acoustic guitar lesson moves on to the D chord. With D, you can just use the fourth string for your thumb–plucked bass note each time.

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Acoustic Guitar Lesson Tip:

Here's a fast acoustic guitar lesson secret for making the above finger-picking style of guitar playing a little fancier. Chord an A. Here's how...

When you pluck the fourth beat of the measure lift your chording finger – it's the ring finger on your left hand. Lift it and then press it while plucking. You'll get a little slur at the start of the note. This sounds great when you build speed up. Try the same little trick when playing the key of E, too. It will be finger two that you will be lifting.

Finally in this free acoustic guitar lesson for you, put everything together in a chord sequence. Play A for two measures, then D for two measures. Play E for two measures, then back to D for two measures, then A to finish up.

Article by Anna Rowe. Visit her

site to get guitar playing tips and

program reviews. Learn how to play guitar with amazing guitar playing solutions and free guitar lessons.

Your Free Acoustic Guitar Lesson

The Book – a short metaphorical tale on learning and learning to learn

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