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Impair Healthy Healing In People Over The Age Of 30!

Little Things

By Donald Schnell

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Little Things

By Donald Schnell

What a week this is going to be, right?

Opportunities, ideas, new ways of looking at things...

You create your Spiritual Success today!

Spiritual Success? This is the success you achieve from following spiritual principles to happiness that lead to your worldly and spiritual success.

Your success begins with LITTLE THINGS

Almost twenty years ago, I remember wanting some chicken. So I ordered a salad and some broiled chicken. When the salad came, I added the chicken to the salad creating my first main course salad. I learned this healthy idea from Marilyn Diamond's bestseller, Fit for Life. A thought occurred to me . . .

Most people don't do that.

The thought of adding "high water content foods" to their meals is ridiculous to most people...

So they buy all kinds of diet books and join a health club, hire a personal trainer but still don't drop any weight.

Before I go any further, this discussion isn't about weight loss or exercise...

.... It's about doing little things to reach your spiritual

success... your enlightenment.

Clients always want to know how they can be more effective. Well, once you're pointed in the right direction, it comes down to little tiny decisions that on their own don't seem like they make a bit of difference. Like putting your chicken in your salad and not having any bread or carbohydrates with the meal.

Does one main course salad make such a huge difference in your health?

Of course not.

But you've got to keep the big picture in mind & keep it BIG!

You know the old metaphor about the tree that took a thousand swipes with the ax to be felled? The big question is which blow knocked down the tree, the 1,000th or the 999 before it? Or the many before that? Which weakened it enough?

You can't get where you're going without taking each and every step. It's the little things you do each day that make a difference. That's why I call this Enlightenment 101. It's easy. Just take the little steps.

This is the key to Spiritual Enlightenment. What are the little things you can do today, or this week that will make your life richer? One thing is certain; you are going to arrive to the end of your week. It is up to you as to "who"

will be arriving.

What steps are you taking today to see that you will be more peaceful, more loving, more compassionate —in short, more enlightened by week's end?

Little Things.

Play a game. Smile and give every third person you meet today a BIG smile and some warm enthusiasm. Make their day. That's one of the secrets to spiritual success. Make someone else's day better.

Why every third person and why not everyone? Because we are playing a game. If you try this with everyone, you will soon go unconscious again. You will forget. So play the game. You are training your subconscious with a new little

habit of cheer.

Remember the lesson of Las Vegas? The slot machines are carefully designed by psychologists to pay out at the rates that make you most likely to continue. Not every time. A little win here, a little win there. It builds your confidence. The process is called fixed variable reinforcement and it is the most powerful behavioral change technique known.

So play a game. Do the little things. Give a smile...every third person...stay aware...don't forget!

Have some main course salads this week. Every fourth meal. Take whatever you are eating, your rice, vegetables, beans, chicken potatoes or fish, and cut them small, and put them into a nice green salad. You WILL lost weight, and you'll feel more spiritually fit.

Smile BIG at every third person... even if it is a phone contact. Smile through the phone.

FEEL THE SMILE IN YOUR SOUL.

Little things.

"The journey of a thousand miles begins with one step."

Lao Tzu—Chinese philosopher of Taoism

Donald Schnell is the author of *The Initiation*.

Free: Enlightenment 101 newsletter

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Donald Schnell is the author of "The Initiation". He has inspired thousands of individuals to awaken their inner power. Visit his site to subscribe to a free weekly newsletter on enlightened living.

Yes, You Can Say No

By Rachelle Disbennett—Lee

Yes, You Can Say No by Rachelle Disbennett—Lee

It is perfectly OK to say, "No." You have permission. Many people do not like to disappoint others by saying, "No." They will tend to acquiesce even when overloaded. Sometimes those with the need to please will agree to do something when it is not in their best interest just to be accommodating. Saying yes when we want or need to say no is a way to put others first. Indeed we don't want to hurt others' feelings, however we hurt our own when we overload ourselves and say yes to tasks that we don't want to or don't have time to do.

Saying "No" to things you do not want to do is a form of self-care. By saying "No" to the things that you do not want to do makes time for the things that you do want to do. Every time we say yes, we are saying no to something else. If we say yes to things we do not want to do, we are actually saying no to things that we do want to do. By saying yes to things we don't want to do we fill our lives with tasks that do not serve us, drain our energy, and are not supporting us in creating our best lives.

When we decline a request, we do not have to go into a long explanation. Just say, "No." Be direct, be polite and don't apologize. It is OK to say "No" and it is all right not to have a reason. You do not have to have an excuse, alibi or anything else. It is ok just to say no and leave it at that.

Just say, "No" so that you can say, "Yes" to the things you really want to do. For every "Yes" you say, you are saying "No" to something else. When you say, "Yes" to something you don't want to do, you actually say, "No" to what you do want to do. Remember, this is your life. Do you want to spend it doing things you don't want to do or by doing what brings you joy, happiness and contributes to your overall satisfaction?

Practice saying, "No" today. See how it feels not to commit to things you do not want to do and leave space for things you do want in your life.

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