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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!

One Person's Perspective

By David Stoddard

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There has been this song, or at least a line of a song, rattling around in my mind this past week. I don't know for sure if it's from a Saturday morning cartoon, or Sesame Street or the Electric Company or where exactly I remember it from so many years ago.

The line is this: That's about the size, where you put your eyes... That's about the size of it. (It's a lot better sung than just reading it). If anyone knows where it is from, please let me know.

The song was about how we see things. About how differently objects appear depending on how close or how far away from them we are. It came to me Monday while I was out mowing the back yard. I started thinking about how small the yard seems today compared to when I was growing up.

Years ago, I would leap off the swing and begin running for the far end of the yard. Because it took so long to reach my destination, I would turn around half way and go back to the swing.

Today, there is almost nothing to it. Unless of course the temperature is 90 degrees, it has rained for a week straight, the grass is 2 feet tall, trees begin growing in the fences, the sun beats down brighter than ever before and the mower keeps clogging up because of it all. Then it is a huge yard.

It's all in how you look at it.

Speaking of how we see things, there is a danger in doing the same things the same way day after day. We become blinded to so much

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that is out there. Everything seems the same, looks the same, smells the same, goes by at the same pace, day—after day—after day.

We put ourselves into a sort of rut because we only see things in one way. While it makes us feel better to blame our job, our boss, our friends, our in-laws, the dog, telemarketers, co-workers, the weather, our pet rock or just because we were born under a bad sign for our life as it is, truth is, it has all been our choice.

Because in most cases, we have gotten ourselves into this, we can change it. To do it, we need to see things differently.

In *Dead Poets Society*, John Keating (played by Robin Williams) is an English teacher who wants to get his students to see life differently than they have.

To do so, he begins in a small way... by having them stand up on his desk in the classroom. It is just a classroom. The same classroom they have come to day after day. But seeing things from 29 inches off the ground can provide an entirely different view of the world.

Now I don't advise anyone to knock off everything from the dining room table and climb on top, just keep it simple. Take a different way to work, re-arrange furniture, change your routine a little bit. You'll be surprised at how different 1 hour can make things seem.

Finally, perception is something in which 650 words can not do justice. There is so much more to it than just seeing things differently, although that has a lot to do with it.

There are still our perceptions of ourselves, of our surroundings, of others, of what others think of us, of what we think others think of us and so many more combinations.

In a way, perception is who we are, who we can be, what we can do and where we can go. The best news? We have the power. We are in control. We can change it if we don't like what we see. As the song says, (and maybe a bit of a re-write can be used someday), that's about the size, where I put my eyes... that's about the size of that.

Pick up a copy of David's 12-page e-booklet "In Search Of Ourselves" when you subscribe to his free motivational newsletter "Que Sera Sera." Mail to: que_sera_sera-subscribe@topica.com. Or visit him online at <http://www.djstoddard.net>

The New Christian Belief Coaching

By Daryl Daughtry

Christian Belief or Life Coaching can be traced to both the Old and New Testaments of the Bible, that teach, "people do what they do because they believe what they believe," i.e., "As a man thinks in his heart so is he." (Proverbs 23:7)

This alternative to traditional Christian counseling is not built on personal therapeutic skills or abilities, but rather on the powerful truth of the Word of God that counters the lies people have unfortunately believed. If a hurting person does not choose to allow God's Word to speak into his or her life, nothing will change. However, when he or she does, God will renew their mind and bring life-changing healing. Rather than focusing on a person's bad behavior, this process focuses on problematic thinking errors that are rooted in a false belief system.

Belief Coaching suggests that life-controlling problems and distortions of reality, responsibility and accountability are based on lies people believe. These lies originated from dysfunctional learning during a person's cognitive development. The Belief Coach helps a Christian client to identify the lies buried in his/her belief system, replace them with the truth, and begin renewing the mind (Rom. 12:2). Appropriating the truth will begin to make the person free by changing the way they think about things. Truth replacement can have, and often has, an immediate effect on a person's actions or behavior, but the renewing of the mind is a process.

One central element of Belief Coaching is the development of a positive Christian self-concept grounded in God's unconditional, electing love in Jesus Christ. With a Biblical perspective of self-concept a person is released from the burden of having to generate feelings of self-worth based on performance. Since a Christian, i.e., a believer in Jesus Christ as Savior and Lord, need not be a slave to ego-enhancing behavior, he/she can be free to be unselfish and to manifest virtues such as faith, integrity, knowledge, patience, self-control, God-consciousness, kindness, love, sacrifice, obedience and humility. But without a healthy self-acceptance based on who we are "in Christ," the practice of these values can easily become a neurotic striving to gain God's approval.

Daryl Daughtry, CBT, CBC, is a certified Christian life coach specializing in renewed thinking. Visit his website



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