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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Measure of a Man

By Lance E. Ong

Since the end of the Industrial Age, men have lacked proper male role models. Pampered by our

cushy white-collar jobs, our hands had become soft and our will has turned to mush. We have become the proverbial 'yes man' of the corporate world lacking a spine, slithering around with a knife behind our backs, looking for someone to stab so we can climb the snakes and ladders of financial success. Perhaps we think, Maybe the girls will like me now that I have my cool new car and luxurious bachelors pad. Where are the real men of yesterday? The ones who worked hard all day till their muscles burned; the ones with blisters on their hands and calluses on their feet, the man that women swoon for at first sight? The answer is, Theyre all dead, Jim. All thats left is us backstabbing, spineless, slithering yes-men. The real men may be dead, but their lessons from the past, live on. Let's learn from our forefathers, what it means to be a mans man.

#1 A Man Must Be Bold In Chinese philosophy, a man's body composes mainly of Yang chi the essence of male energy, representing vigour and vitality. Yang is forceful, the aggressor, and symbolised by fire and heat. Women on the other hand, compose of Yin chi, the cooling, receptive energy that surrounds everything. Yin is subtle, the receiver, and represented by flowing water. Being a man, it is your duty to represent the essence of Yang chi. There is no time for beating around the bush, being too shy to ask for what you want, and being unsure of yourself. You have to be bold; it is your duty to be bold. You are the Yang, the aggressor. If you want to know a woman, you have to make the approach. You cant possibly wait for her to make the approach, shes Yin. Shes the shy, receptive one who is waiting for you to approach her. Let her be the Yin, dont try to reverse roles and be the shy man who cant even say Hi. Ive never heard someone say, Hah, hes such a wuss for thinking she would even talk to him What you will usually hear is, Wow man, youve got guts! I wish I could do that. Women are attracted to men who can be their pillar of strength, someone they can lean on, a shoulder to cry on; boldness is a representation of that inner strength. You can define boldness as the courage to act, turning your fear into strength, accepting rejection and pain as a natural consequence for daring to achieve your dreams. Boldness also applies to business and life in general. The British Special Air Service (SAS) has a famous motto: Who Dares Wins. If youve got the brains, the guts and the tenacity, then chances are, success is yours. Listen to what German Philosopher, Johann Wolfgang von Goethe said, Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it.

The Measure of a Man

#2 A Man Must Live with Honour Honour is a virtue of the Gentleman. Having honour means that you commit yourself to following a specific set of moral guidelines. People trust an honourable persons word as a guarantee of future moral performance. Nowadays, we sometimes use the word Integrity to represent honour. Learning to live with honour will make you more of a man than ten years of corporate snakes and ladders can. Your promise must be a solemn commitment that you will keep to, no matter what. Your word must be as good as gold, if not better. Building an honourable reputation is no easy task. It means total commitment to upholding your integrity and living your life by defined moral principles. If you are successful, your good name will spread. People will recognize you as a trustworthy individual, whom they can count on to take care of the largest responsibilities, and entrust with the most confidential secrets. Taking on more responsibilities and secrets, can raise your life to new levels of prosperity and plenty. But be warned if you ever breach that trust by committing just one selfish or perverse act, what could take you a lifetime to establish, you can destroy overnight. In the present Communication Age, good news travels fast and bad news travels even faster. The

only way to stop the bad news is to never allow it to be created. So mind your actions because people listen to what you say, but they watch what you do. Place your hand over your heart and say Let my principles be my guiding light, distilled from my highest wisdom about what is right. Let my morals stand tall and true, let them choose what I do. Now touch your head and say So Be It!

Make a difference today, put your foot down and be bold about upholding your honour. Adhere to your principles. Never do anything that would compromise your integrity and the trust people have in you. In return for your efforts, you will create more flow in your life; opportunities will come faster and more abundantly. You will have the chance to live your life to its fullest potential and splendour. So be a man of honour, your life depends on it.

#3 A Man Must Be Magnanimous Magnanimous means to have a generous, forgiving and noble nature. Simply put, magnanimous people have a big heart. They are gracious and kind, philanthropic and benevolent. A magnanimous gentleman gives generously and expects nothing in return. He takes joy simply in seeing those around him happy. He is an intriguing conversationalist and tells jokes to make others laugh. A mans magnanimity does not allow him to easily take offence at the words and actions of others. Anything potentially offensive is simply seen for what it truly is wind passing through the trees. Like bamboo, he will never break, but only bend with the direction of the wind.

When you have mastered magnanimity, you will intuitively understand that there is a Law of Increasing Returns in the universe which states, Whatever you give out will come back to you ten times stronger. For example, if you look down on someone, ten more people will look down on you. If you cheat \$500 from an old woman, sometime down the road, you will lose \$5000. Likewise, if you contribute \$200 out of the goodness of your heart, \$2000 will be available for you to earn back. Perhaps through your business or in a sudden lottery windfall.

If you choose to let your greed get the better of you, manipulate others to your benefit, and refuse to help the needy, you can only expect poverty, hate and disappointment to head your way. You reap what you sow; you get whatever you give out. This is a universal law.

A magnanimous man knows that helping others does not exhaust his resources, but rather because of

The Measure of a Man

the Law of Increasing Returns, it increases his resources tenfold, allowing him to do more good for the world. He knows that in helping others, he is also helping himself.

Develop the habit of solving other peoples problems and you become a more generative person. You produce and contribute more than the average guy, and thus earn more because you deliver more value to others.

Take little steps starting today, to make these characteristics a part of your character. Help someone in need, keep a promise, dare to speak up. Challenge yourself to become a mans man: Be Bold, be Honourable, Be Magnanimous.

Lance Ong is a Licensed Trainer of Neuro–Linguistic Programming and Master Practitioner of Hypnotherapy and Timeline Therapy. He does life coaching to help clients gain clarity of purpose, while removing mental blocks to success. Learn Lance's philosophy for better living at his Internet Blog Site - "Wisdom to Create a Beautiful World" -

www.lancism.com

God, the Great Giver

By Joyce C. Lock

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Behold, that thus shall the man be blessed that feareth the Lord.

The blessing of the Lord, it maketh rich, and he addeth no sorrow with it.

Thus saith the Lord, thy Redeemer, the Holy One of Israel;
I am the Lord thy God which teacheth thee to profit,
which leadeth thee by the way that thou shouldest go.

Blessed are the poor in spirit: for theirs is the kingdom of heaven.

Blessed are they that mourn: for they shall be comforted.

Blessed are the meek: for they shall inherit the earth.

Blessed are they which do hunger
and thirst after righteousness:
for they shall be filled.

Blessed are the merciful: for they shall obtain mercy.

Blessed are the pure in heart: for they shall see God.

Blessed are the peacemakers:
for they shall be called the children of God.

Blessed are they which are persecuted for righteousness' sake:
for theirs is the kingdom of heaven.

But seek ye first the kingdom of God, and his righteousness;
and all these things shall be added unto you.

Ask, and it shall be given you; seek, and ye shall find;
knock, and it shall be opened unto you.

Then touched he their eyes, saying,
According to your faith be it unto you.

Jesus said unto him, If thou canst believe,
all things are possible to him that believeth.

Therefore I say unto you,
What things soever ye desire, when ye pray,
believe that ye receive them, and ye shall have them.

Give, and it shall be given unto you; good measure,
pressed down, and shaken together,
and running over, shall men give into your bosom.

For with the same measure that ye mete withal
it shall be measured to you again.

And he said, The things which are impossible with men
are possible with God.

Knowing that whatsoever good thing any man doeth,
the same shall he receive of the Lord,
whether he be bond or free.

Draw nigh to God, and he will draw nigh to you.
Cleanse your hands, ye sinners; and purify your hearts, ye double minded.

According as his divine power hath given unto us all things
that pertain unto life and godliness,
through the knowledge of him that hath called us to glory and virtue:

And whatsoever we ask, we receive of him,

because we keep his commandments,
and do those things that are pleasing in his sight.

Glimpses of God © by Joyce C. Lock

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Joyce C. Lock is a published author, poet, and columnist. In addition, she founded and maintains the e-mail ministries "Heavenly Inspirations" <http://groups.yahoo.com/group/HeavenlyInspirations/> and "Share a Smile" <http://groups.yahoo.com/group/smilesaring/>. Joyce's writings encourage us in our relationship with God and each other.



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