

Vol. 1 Issue 5

# FUSEing Families



**A Family Focused Magazine**



## Table of Contents

Message From the Editors	4	Helping Teens Find Their Own Solutions	54
<b>Health, Wellness and Nutrition</b>		Are The Most Important Things On The Top	
7 Essential Steps to Straw Bale Success Step		Or Bottom Of Your List?	58
3 - Choosing the Best Bales for the Job	8	Sleeping Angels	62
Coconut nectar, coconut liquid aminos,		Strategies to Get Moms through the	
coconut vinegar and coconut flour all come		Holidays Feeling Great!	65
from coconut trees	12	Could your Child be a Bully?	69
<b>Recipes</b>	19	Ten ways to help children grow to	
<b>Children's Voices</b>		potential	74
OMG Kids Making a Difference	21	A Matter of Balance	80
Thoughts from Logan Roberts	26	What Does Your Family Look Like?	
Printables for Kids	28	Step 2	85
<b>Education</b> .....	33	The Toughest Thing You will Ever Do For	
Bullies Follow Children into Adulthood	37	You	89
Whose Job Is It?	40	The Miracle of Listening With an	
<b>Partnering &amp; Parenting</b>		Open Heart	93
Stop crying or I'll give you something to cry		The Clowns Way of Being: Models for	
about!	47	Parenting	97
		<b>FYI</b>	101

Cover Photo: Stuart Mueller Photography.



## Finances

Financial Focus	103
From Idea to Business	109

## Good Things to Share

Mike Berry	119
Neale Donald Walsh	120
Sarah Stuart	122
Stay Out of Places that Steal Your Happiness	123
Living Intentionally	127

'Our Gifts to You'	133
Affirmations	134

## Parent Voices

Mom's Words of Love for the Day	136
Thank You!!	139

When they were  
young  
6, 5, 3, and  
almost 2

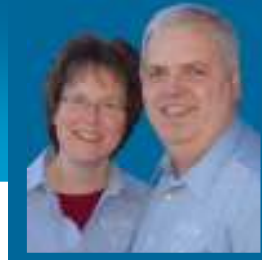


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<http://tinyurl.com/FUSEingFamiliesMagazine>



## Message From the Editors

Rick and Leisa Olson  
F.U.S.E. Family Coaches



### Gratitude and Remembrance

At the time of writing this Issue the world is moving into a time of Gratitude and Remembrance. There is always something that we can find to be grateful for even if it is an uncomfortable life experience we are facing at the moment. Even what appears to be our darkest moment can in fact, bring us great rewards and incredible life experience that we find days, months and sometimes years down the road were in fact for our own good.

Remember the good and the not so good and what you can learn from all that comes into your life. Remember the people who bless your life. The person who smiled at

you in the grocery store and made you feel happier, and the mechanic who knew how to fix your car because you could not.

In this Issue of FUSEing Families you will find many new contributors again as well as many of our regular contributors. Bill Corbett always has some golden nuggets of inspiration to share. Two authors have dealt with the topic of bullying and since we had several articles that were targeted at relationships between husbands and wives I added Partnering to our Parenting section. To be effective parents you first need to be effective partners.



Last month we volunteered to help out at an event here in Red Deer and met up with some entertainers Rick had met a few years ago. One was very enthusiastic to contribute an article, it's not everyday a clown is offering parenting advice 😊

Over a month ago I put out the intention to find more amazing children and I received an email from a dad who wanted to share with me the great things his two children were doing. It always amazes me how many people, young and old are busy doing so much good in the world. I love it!!

Rick and I have moved on to round two of THE BEST BRILLANT IDEA FOR HUMANITY, and we want to say thank you to everyone who voted fur us to move us through round one. In the next three weeks we will complete a Business Plan as part of round two.

There is much to read ahead in Issue 5, and as you read think of how you can encourage, and inspire other parents and send us an email with your ideas or article. We would love to hear from you and how FUSEing Families has provided important information for you and your family.

Until next issue

*Leisa and Rick Olson*

**FUSEing Families Every where!!**

[admin@fusefamilyfocus.com](mailto:admin@fusefamilyfocus.com)



Leisa & Rick Olson and Author, Gerry Robert (holding the cover from our first book). You will find Gerry's article on page 109.



## Health

“is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” WHO

## Wellness

The condition of good physical and mental health, especially when maintained by proper diet, exercise, and habits.

## Nutrition

The process by which living organisms obtain food and use it for growth, metabolism, and repair.

## & the Sustainable Green Side of Life

We often hear the words HEALTH & WELLNESS together and it is interesting how they describe exactly the way we all want to be and feel, and the key to this ideal state of health and wellness is nutrition. Of course the Sustainable Green side of life only enhances our ability to achieve a balanced and complete state of physical, mental and social well-being.



MindBody FX Weight Loss Centre.

They offer free consultations so call today.

403 356 1100

When you visit their website you will discover why having a coach can make all the difference in successfully releasing excess weight.



**MindBody FX Weight Loss Centre  
#5 – 6782 50<sup>th</sup> ave  
Red Deer Alberta T4N 4E1**

<http://mindbodyfxalberta.com/>

[info@mindbodyfxalberta.com](mailto:info@mindbodyfxalberta.com)



## 7 Essential Steps To Straw Bale Success

By Andrew Morrison  
Professional Straw Bale Contractor



### Step 3 - Choosing the Best Bales for the Job

Now that you have an understanding of your land and a home design that fits that understanding, you need to know where your bales will come from. In fact, it is best to secure your bale source while you are designing so you know exactly what size the bales will be. This is important during the engineering and/or framing design. There are many farmers out there with available bales; however, don't buy from just anyone. Instead, know what to look for and buy the best bales you can find in your area. The price difference should not vary that much, so a little extra effort is worth it.

#### ***VISUAL INSPECTION***

Pay attention to the color of the bales. This simple detail is a tell tale for the history of the bales. Have they seen weather? Have they been stored properly with enough ventilation? The appearance of surface mold is a good indicator that the bales have been wet in the past or improperly stored. If there is a lot of white dust released from the bales when you hit them, they may have considerable interior mold; in other words, mold you cannot see on the surface of the bale. To be sure that the



dust released from the bales is mold and not dirt, use your nose. If it is mold, the smell is unmistakably musty. If you discover upon visual inspection that the bales are water damaged, moldy, or otherwise not in good condition, don't investigate any further as using these bales in construction will jeopardize the integrity of the house.

## **BALE DENSITY**

The density of the bales is another important factor to be aware of. In fact, most building codes that recognize straw bale construction call out a specific density requirement. For example, here in Oregon, the code says "Bales...shall have a minimum calculated dry density of 7.0 pounds per cubic foot (1.10 kN/m<sup>3</sup>)." If you do not know the density of the bales, you will not be able to guarantee the building inspector of the quality of the

bales. A simple field test of a bale's density can take the stress off the inspector and therefore off of you!

## **MOISTURE CONTENT**

Perhaps the most important factor when choosing bales is their moisture content. If a bale reaches a moisture content of over 20%, it has reached the level in which mold growth and decay can take place and can be sustained. Once that level is reached, it is difficult to reverse as the decay process produces the two things the bales need to rot: moisture and warmth. When measuring the moisture content of the bales, keep in mind that they will take on or lose moisture in response to ambient moisture in the atmosphere. It is important to get accurate readings of the bales, not the atmosphere. In other words, do not measure the bales in the early morning



when dew may affect the reading. Check the bales during the most neutral time of the day so that the reading is accurate and truly representative of the condition of the bales.

In all, there is much you can do to identify quality bales. Use your eyes, your nose, and your common sense along with whatever science your local codes require to make your decision. Use local bales if you can find them. The further away from the building site they are, the more impact on the environment they will have. They will also be more expensive if they are transported a long distance. After all, transportation is not as cheap and clean as it used to be! The bales should be of the best quality you can find; however, you could search for the perfect bale for the rest of your life. Therefore, once you find bales that meet your criterion and are within your price

range, buy them and move on to the next step of the design/construction process.

Happy Baling,

Andrew Morrison  
Professional Straw Bale Contractor

[Learn Straw Bale](#)

This article is the third lesson of an E-course called - **7 Essential Steps To Straw Bale Success**

You can find it here at

<http://www.strawbale.com/lesson1-af.html>

And sign up for the rest of the lessons. Or

visit <http://www.learnstrawbale.com/>



## About the Author

Andrew has a passion for straw bale construction that is matched only by his desire to teach his knowledge to others. He has a wealth of experience in designing and building both conventional and straw bale homes. After years of building, he has moved his practice entirely to consulting and teaching. He shares his knowledge with thousands of people via his DVD series and

this website and teaches roughly six hands on workshops each year. For more on his workshops, please visit

[www.StrawBaleWorkshops.com](http://www.StrawBaleWorkshops.com)



## Coconut nectar, coconut liquid aminos, coconut vinegar and coconut flour all come from coconut trees

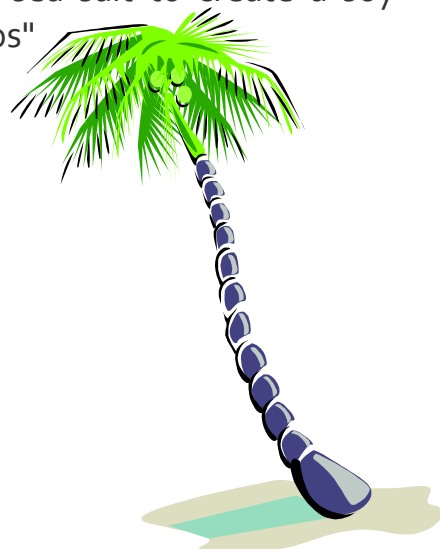
By Mike Adams the Health Ranger  
Editor of NaturalNews.com



I really find a lot of joy in bringing you some of the most unique and amazing natural food products from around the world, and this week I've got something so unusual and delightful that you'll be amazed it even exists. It turns out that **coconut trees** produce a lot more than just coconuts and coconut oil. A whole spectrum of surprising food ingredients are derived from coconut trees, and you've probably never heard of most of them.

For example, did you know that coconut trees produce their own **soy sauce**? It's not really made from soy, of course. It's called **Coconut Aminos**, and it's a dark,

amino acid liquid harvested directly from coconut tree sap. Containing 17 naturally-occurring amino acids, this sap is combined with mineral-rich sea salt to create a soy-sauce-like "aminos" liquid that can help flavor salads, raw vegan dishes, sauces or even Chinese stir-fried cuisine.





Think of it as a natural replacement for soy sauce, but with a deeper and more complex taste. You've got to try this to believe that it really comes from coconut trees!

And there's another huge benefit, too: This "liquid aminos" product has absolutely no reactive MSG-like effects. That's rare because even in the natural products industry, there are amino acid products that contain a small amount of naturally-occurring glutamic acid that can have an MSG-like effect on those who are sensitive to it (like me). But the aminos from this coconut sap are completely unadulterated and non-hydrolyzed, so they remain in their natural form and have no negative effects on people sensitive to MSG. You can read more about this here: <http://coconutsecret.com/Tappingthe...>

This coconut liquid amino product, by the way, is 100% certified organic, gluten-free, **soy-free**, dairy-free and vegan! [Click here to check it out.](#)

**Coconut nectar is naturally sweet and highly nutritious**

The next item you may not have known about that comes from coconut trees is **Coconut Nectar**. It's a very low glycemic liquid sweetener derived from the liquid sap of the coconut blossoms, and it naturally contains vitamins, minerals, amino acids and other nutrients (including vitamin C).





The manufacturer says the glycemic index of this liquid is 35, making it one of the lowest among any sweeteners. I haven't yet been able to independently verify that claim, but we are in the process of doing that through additional lab tests. In the mean time, the natural fructose content of this coconut nectar is so amazingly low that it becomes an instant no-brainer replacement for agave nectar. In fact, in my kitchen, I stopped using agave nectar quite a while ago and now use palm sugar crystals and coconut nectar.

Natural coconut blossom sap, by the way, is only **1.5% fructose** when collected from the blossoms. As this sap is dried and thickened, removing much of the water, the fructose content of the final liquid only reaches about 10% -- far lower than the 50% - 90% fructose found in agave nectar products.

This makes **coconut nectar** a really smart choice for a natural sweetener. You have to try this yourself to believe how good it is. [Click here to see more details at the NaturalNews Store.](#)

## Coconut crystals

If you take the coconut nectar described above and air dry it down to its crystalline form, you get coconut crystals! Think of it as "evaporated cane sugar" except it's not from cane sugar. It's from **coconut tree blossoms** and it has a far lower glycemic index than cane sugar.

These crystals are nutrient rich, loaded with vitamins and minerals, and they have a naturally brown or sandy color (indicating higher nutrition than white sugar). Although this product isn't yet certified organic, that certification is pending, and it's harvested from trees that are grown entirely without



pesticides or herbicides.

It is completely unrefined, unbleached, non-GMO, gluten-free, etc. Very good stuff!

[Get more details here about coconut crystals at the NaturalNews Store.](#)

## Coconut vinegar - better than apple cider vinegar?

There are some really great apple cider vinegar products on the market that are used by health food enthusiasts everywhere, and they're really good for you! But I think **coconut vinegar** may be even better because it comes from a source that's naturally higher in minerals and other phytonutrients.

It's high in potassium, for example, and also quite abundant in a naturally-occurring probiotic called FOS. Although vinegar is

chemically acidic, it is believed to create an alkalizing effect inside the body during digestion, probably due to its high content of **alkalizing minerals**.

This coconut vinegar is made by aging (fermenting) coconut sap from coconut tree blossoms. This is raw, certified organic coconut vinegar made **from the sap, not coconut water**. (There is a huge difference between "sap" vinegars and "water" vinegars in terms of nutritional density.)

[Click here to learn more about coconut vinegar.](#)

## Get all four at a special combo price

I know you'll want to try these unique, nutritionally abundant superfood products. Your friends and family will be totally intrigued by these, by the way, because few people have ever heard of these unique coconut food products (much less actually



tried them).

To help you try all these products at a great price, we've put together a **combo pack** containing:

- Coconut Aminos 8 fl. oz.
- Coconut Crystals 12 oz.
- Coconut Nectar 12 fl. oz.
- Coconut Vinegar 12.7 fl. oz.

You'll get one bottle of each (four products in total) at a special price for NaturalNews readers. [Click here to take advantage of the "coconut secret combo pack."](#)

## Coconut flour works in thousands of recipes

In addition to the rare and unique coconut products described above, we've also got **100%certified organic coconut flour**, made from non-heated, tumbler-dried coconut meat (with the oils already pressed out). It

contains **40% dietary fiber** and tastes absolutely delicious!

You can add coconut flour to smoothies, gravy recipes, breads and other baked goods. I like to blend it right into smoothies (when I can't get fresh coconut meat).

Coconut flour is a highly diverse superfood ingredient with all kinds of uses! [Click here to pick some up at the NaturalNews store.](#)

## Enjoy these unique foods!

I sincerely hope you enjoy these unique fine food ingredients derived from coconut trees. I'm always impressed to learn just how versatile coconut trees really are, and until recently I didn't even know about several of these products.



As you know, I'm extremely selective about the kinds of food products I publicize or promote because I want you to be really amazed when we find something good. These coconut tree derived products are truly unique, and if you're into healthy eating, you won't want to miss out on experiencing these for yourself.

Think about this, too: **Coconut trees grow near mineral-rich ocean waters**, so products derived from coconut trees are often very high in natural minerals (because the soils near the ocean are high in minerals themselves).

We all know that natural plant-based minerals offer supportive nutrition for human health, and these coconut tree products offer some of the best sources for

naturally-occurring minerals anywhere.

Enjoy these coconut tree foods!

[http://www.naturalnews.com/030110\\_coconut\\_nectar\\_vinegar.html](http://www.naturalnews.com/030110_coconut_nectar_vinegar.html)

**Mike Adams**  
**The Health Ranger**



## About the Author

Mike Adams is a natural health researcher, author and award-winning journalist with a mission to teach personal and planetary health to the public. He is a prolific writer and has published thousands of articles, interviews, reports and consumer guides, impacting the lives of millions of readers around the world who are experiencing phenomenal health benefits from reading his articles. Adams is an honest, independent journalist and accepts no money or commissions on the third-party products he writes about or the companies he promotes. In mid 2010, Adams produced NaturalNews.TV, a [natural health video sharing website](#) offering user-generated videos on nutrition, green living, fitness and more. He's also a successful software entrepreneur, having founded a well known [email marketing software](#)

[company](#) whose technology currently powers the NaturalNews email newsletters. Adams volunteers his time to serve as the executive director of the [Consumer Wellness Center](#), a 501(c)3 non-profit organization, and pursues hobbies such as martial arts, Capoeira, nature macrophotography and organic gardening. Known on the 'net as 'the Health Ranger,' Adams shares his ethics, mission statements and personal health statistics at [www.HealthRanger.org](http://www.HealthRanger.org)



## Recipes

### Green Smoothies



Adding more raw food into your diet each day is vital to your overall Health

This is how we make our Green Smoothies... have fun and experiment !!

To fill our Total Nutrition Centre

2 cups water  
1-2 frozen apples chopped  
8 frozen strawberries  
Several leaves of romain lettuce  
1-2 leaves of Kale  
Large handful of spinach leaves  
1-2 bananas, fresh or frozen  
A few sprigs of parsley

#### Other Additions

Nuts and Seeds  
Oranges (Yum) and Lemons  
Plain yogurt  
Quality protein powder, (do your research)  
Some like Cucumber (not me 😊)

Whiz this for 3 minutes or so and pour into glasses and enjoy. This can make up to 4 tall glasses.



## Children's Voices



Each month we feature children who want to share their passion and the way that they are making changes in the world. We want to hear their voices!!

We encourage you to fill up these pages.



## OMG Kids Making a Difference

Carter and Olivia Ries



**Carter (age 9.5) and his sister Olivia (age 8) are so passionate about wanting to make a difference that they started their own organization called One More Generation (OMG).**

The two students have been adopting Cheetah's in South Africa for years and as they started asking why some animals needed adopting, we told them that unless someone stepped in and helped, there might not be any Cheetah's left in the wild

by the time they had their own kids. Well that was all we had to say and these two sprang into action. (this is Olivia's Cheetah Tlala ;-)



Since starting OMG, Carter and Olivia have been involved in numerous initiatives both locally and globally to include;

They just recently returned from making a trip to the Gulf where they delivered badly needed Animal Rescue Supplies to the folks at the Marine Mammal & Sea Turtle Rescue Center in New Orleans.



You can read all about the trip and even watch a video on their website. [www.onemoregeneration.org](http://www.onemoregeneration.org)



Carter and Olivia recently won the Grand Prize in a Nestles Heroes Contest. The prize is essentially an ice cream party for them and up to 50 of their friends. They both decided to share the prize with their classmates at their school since the entire school has been so helpful with our

organization from the start. The ice-cream party was last Friday and was held at the Fayette Montessori School in Fayetteville GA. All the kids had a blast.



Working with our State Legislatures on proposing Legislative Language changes to the current laws written by the GA DNR (Georgia Department of Natural Resources) in an effort to help stop the Rattlesnake Roundups in our state. We have partnered with the folks from the Center of Biological Diversity out of AZ and their legal team has



helped us write the language changes we want to introduce in November. So far these two enterprising young students have collected over 1,100 signatures on a petition asking for change to the Roundups.

They are working to try and raise \$50,000.00 for a Cheetah Rescue program in South Africa. The Ann Van Dyke Cheetah Center runs the program and they are doing a tremendous job. The process is slow and funds are extremely hard to come-by but they just held a silent auction a couple of weeks ago where they auctioned off painting kids in the community did of their favorite endangered species.

They are working with various organizations in our immediate area on raising awareness to the plight of the many endangered species across the globe. We have an educational program that we present to the visitors of the Atlanta Zoo, The Fernbank



Museum in Atlanta, the Georgia Aquarium, The Atlanta Botanical Garden, and the Cochran Mill Nature Center.

We are in talks with the folks from The Art Miles Mural Project (<http://artmiles.eplanetsystems.com/>), which is an international organization that raises awareness to various initiatives globally through art. We recently proposed to them that we collaborate on such a project about endangered species. We are very excited



about the prospect of organizing such an event.

Carter and Olivia were just invited to be a guest speaker at the Caring for Creation 2011 Conference at Lake Junaluska, NC in March/April of 2011. They are preparing their presentation as we speak for what will definitely be their largest presentation to-date.



Thanks to a meeting these two kids had with our State Congressman Lynn Westmoreland, a further meeting has been

set up for us to meet with Deputy District Director Andy Bush so we can discuss the needed support for HR14 which covers Ocean Acidification. Carter and Olivia are very excited about this opportunity.

They just hosted a "Water Event" at the Fernbank Museum on Oct 10<sup>th</sup>, 2010 where they discussed the importance of water on all living things and also partnered with an organization called Ryan's Well which helps build water wells to poor villages around the world to ensure everyone has access to clean drinking water.

Also on that same day, they participated in a celebration at our State Capital building by being part of "Uniting Voices": An Interfaith Worship Service Calling for Climate Justice, which is an event that hopes to raise awareness to the problems with our climate do to pollution etc.



Both events were videoed for inclusion in the “One Day On Earth” organization that is hoping to document historical events from this special day and preserve them for future generations.

Finally, they are attempting to work on a joint project with Jungle Jack Hanna from the Columbus Zoo and or Jeff Corwin to help raise awareness of the issues regarding endangered species to kids nationwide. (This is one of the projects, which they really want to move forward with. Although we do not yet have confirmed date for meeting with either, we are still trying ;-)

During all speaking engagements, these two have a very clear and simple message for young and old alike.

**Please pay attention to what we are doing to our planet and to all of the animals, and “Anyone can Make A Difference, If We Can You Can Too”.**

**Please help us ensure all endangered species survive at least One More Generation... and beyond**

**<http://onemoregeneration.org/>**



## Thoughts from Logan Roberts

I have learned to **T.F.D.I.** meaning Trust Focus and Do It. I use these words Trusting that I can get somewhere in what I can do, Focusing on how I speak to others, and Do It! That's when I go out and do what needs to be done, what deserves to be done.

Some experiences I'm having lately is that it's now easy to go and find people that would be willing to write down or draw a picture for my book. It is still kinda hard when I see all of these little kids being hurt from their parents' divorce and that it was their parents' doing that hurt the children and they don't even know it 50 % of the time.

Ways I have learned to cope with it are forgiving my dad. That was a huge step for me.

Other ways I have coped was playing football or drawing a picture, but now if I have a problem I talk to a family member. I can get out my feelings, and then I am not holding it down and bursting with all the anger.



Logan on the left with his two older brothers



## Logan Roberts founder of **We Hurt Too**

"Yes it might or might not be hard  
but if you trust and love it will be  
over sooner than you think."

**<http://WeHurtToo.com>**

### **OUR MISSION:**

To give children of divorce a safe place to express their emotions and feelings, to be a resource of strength and support for children of divorce in working through the pain, and to show the very painful reality of divorce and what it does to our children so that it may be a deterrent to those considering divorce in a situation where it may be avoidable.



Thoughts about me

I am... amazing ...

StickFamily Printables





When I think about all  
the things I am I feel ...

I Feel... about me

Confident

StickFamily Printables





# FUSEing Families

Vol. 1 Issue 5



What I think and feel about me makes me do things.

When I feel Happy | Dance



When I feel \_\_\_\_\_ | \_\_\_\_\_

When I feel \_\_\_\_\_ | \_\_\_\_\_

When I feel \_\_\_\_\_ | \_\_\_\_\_

When I feel \_\_\_\_\_ | \_\_\_\_\_

When I feel \_\_\_\_\_ | \_\_\_\_\_

When I feel \_\_\_\_\_ | \_\_\_\_\_



When I feel \_\_\_\_\_ | \_\_\_\_\_

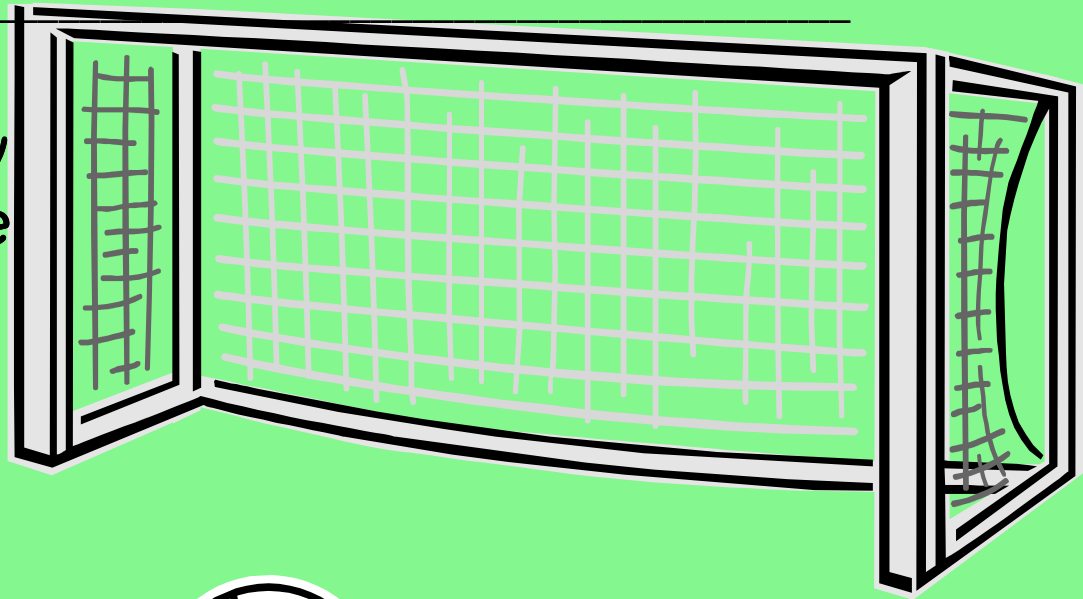
StickFamily Printables





One of my goals is to \_\_\_\_\_

Three things I  
can do each day  
to help move me  
closer to my  
goal are:



StickFamily Printables





The words I tell myself are very important.

What do I hear myself tell myself?

StickFamily Printables





Mary Margaret Founder of Kids are Heroes



Mackenzie Bearup has started a non-profit organization; Sheltering Books, Inc. With this she is working to open reading rooms for children in homeless shelters across the country.

For more information on Mackenzie and her non-profit Sheltering Books, Inc. or to make a donation, please visit [www.shelteringbooks.org](http://www.shelteringbooks.org).



Check out more amazing kids at  
[KidsAreHeroes.com](http://KidsAreHeroes.com)





**Whether a child is  
in public school  
or homeschool,  
educating  
children is the  
responsibility of  
parents.**

**Educating**





**Happier Kids**  
**NOW**  
ONLINE EXPO



**We have been chosen as one of several Coaches for parents who would like a free 30 minute coaching session with a Parent/Family Coach. Find out how you can take part in this offer.**

**On-Line Expo for Parents and Teachers**  
**The # 1 On-Line Parent and Teacher Event of 2010!**

**<http://tinyurl.com/35r9sts>**

**The series of over 20 interviews is also available for purchase to add your library of resources.**



## Bullies Follow Children into Adulthood

By Rebecca Sebek  
Parent and Teen Coach



**It's a tragic event that could have been prevented with the right course of action.**

On July 20, Kevin Morrissey 52-year-old managing editor of VQR (Virginia Quarterly Review) committed suicide near the University of Virginia campus because of alleged workplace bullying and possibly from depression. At least two of his co-workers warned their superiors about the bullying but they didn't do anything about it. What message does this send to children and teens who are bullied? It says that bullying can continue into adulthood, authority figures won't listen or pay attention to the warning signs of bullying, and that the only way to deal with bullying is

to commit suicide. These are not constructive messages to be sending to children.

Parents, have you ever been bullied or bullied someone? Are you being bullied at work? Do you continue with your bullying way? Remember that children learn from their parents and often mimic their actions. If you're being bullied and not doing anything about it, you're teaching your children that it's all right for someone to disrespect you. This isn't healthy. If you are doing the bullying, you're teaching your



children that it's all right to pick on people who may be different from you. You're also teaching them that you're an insecure adult who hasn't faced themselves in the mirror to get to the "root" of your bullying.

No one deserves to be bullied, especially children. Adults go to work where they have a Human Resources department that's supposed to help them but more often than not they look out for the company and not employees. This is the case at VQR. Employees allege that Human Resources didn't do anything to protect them and now one of their co-workers is dead from a gunshot wound to the head. It's a tragic event that could have been prevented with the right course of action.

Bullying obviously doesn't stop when children graduate from high school. It can happen at college and in the workplace. By teaching children how about self-confidence

and self-esteem, they'll be able to protect themselves from bullies. Some parents enroll their kids in martial arts classes because it teaches discipline, respect, strength, honor, integrity, and other valuable characteristics.



**More importantly, it teaches how you can stand in your power and not give it away to another.**



Parents, speak to your children about bullying at school and workplace bullying. If you have teens they probably have an after school job where workplace bullying may occur. They have the choice of walking out because they're 16-years-old. What happens when they become an adult? Will they be able to walk out in any type of economy? Teaching them about bullying and how to deal with bullies will serve them now and in the future. It could save their life.

Visit The Washington Post at <http://www.washingtonpost.com/wp-dyn/content/article/2010/09/07/AR2010090702510.html?sid%3DST2010090702532&sub=AR> to read the article about VQR and the suicide of Kevin Morrissey.

## About the Author

Teens often struggle with the teenage years. With Rebecca as their life coach, teens can learn the secret to transforming their life for the better. Being a teen today is not like it was back in the day! Teens need extra support to guide them through these years. Rebecca helps teenagers grow in mind, body, spirit and other areas. She provides them with the essential life skills and tools they can use for success.

Read **Our Mission** at

<http://www.deorconsulting.com/our-mission.html> for more information.

## Teen Life Coach ... Design. Empower. Own. Resolve



## Whose Job Is It?

By Rachel DeMille  
Mother & Author



**If a child is to fully achieve her potential, it will be because of a desire to pay the price, an allegiance to a cause greater than herself, and a will to consecrate herself to a life's mission.**

Among those who enshrine the family and parental roles, the assumption is that it is the role of the parent to see to the education of the child. This seems self-evident in theory; but in practice very, very few parents are involved in decision making about the particulars of their children's education. In short: In popular culture today, a fully engaged as parent-educators is defined as parents fulfilling their role by making sure that assignments about which they have little say are completed on time.

On further consideration, I would suggest

that there is another answer to this question that is less obvious on the surface, but more in line with the ideal. *Who should be my child's primary educator?* Or: *Whose responsibility is it to see to it that my child gets the education she needs?* If we are to look to the luminaries in history like Jefferson, Gandhi and Churchill, the answer goes beyond "the parent." Certainly the influence of an inspiration and committed parent is felt for generations—but only insofar as the child internalizes the proffered lessons.



So again: *Who should be the primary educator?* If educators, scientists and philosophers like Barzun, Erikson and Piaget are to be believed, the answer is: *The child*. If a child is to fully achieve her potential, it will be because of a desire to pay the price, an allegiance to a cause greater than herself, and a will to consecrate herself to a life's mission.



Sir Walter Scott said, "All men who turned out worth anything have had the chief hand in their own education." In this spirit, the purpose of Leadership Education, or TJEd, is to foster self-education in children—and in their parents.

*Leadership Education is self-education. It is personalized. It believes that every child has an inner genius, and that the purpose of true education is to help the child discover, develop and refine that genius. That's TJEd in a nutshell.*

So the role of the parent takes on a new dimension; not: *What do I need to teach my child?* Or: *How do I get my child to learn "x"?* But rather: *What is my role in helping my child become a successful self-educator? How do I help them discover their purpose in life and get the education they need to accomplish it?*



This is how we answer the *Who?*; and TJEd not only teaches the *Who*, but the *Where*, *When*, *How* and *Why*. More on these on another occasion.

By understanding the 4 Phases of Learning and applying the principles of the 7 Keys of Great Teaching (I will go into these in more detail in upcoming articles), parent-mentors are able to lead out as self-educators and facilitate their children's efforts as well. And while it may seem like a lot of work to tend to your own education, thousands of TJEd'ers can attest that it's actually less stressful than trying to copy the conveyor belt. It's like hitting the sweet spot on the bat or the tennis racquet—with no additional effort, your speed and accuracy are increased exponentially.

In the words of an old German auto commercial touting its state-of-the-art

engineering for power and fuel efficiency: *It is easier to pull a car than to push it.* In terms of human relations: *It is easier to **lead** a self-educator than to drive him.*

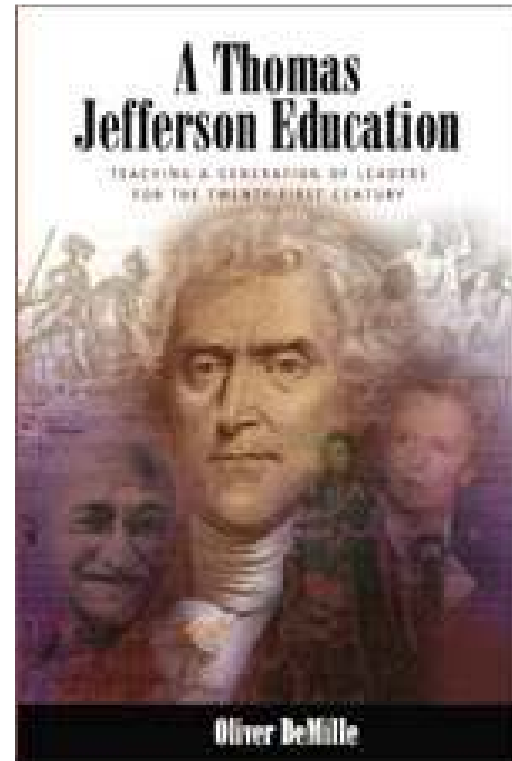


**And really,  
all  
education  
is ultimately  
self-  
education.**



## About the Author

Rachel DeMille is the editor of This Week in History [link to <http://tjedonline.com>], a daily offering for educators to correlate historical events with learning resources and activities in math, science, writing, geography and more. She is the author, with her husband Oliver DeMille, of the Thomas Jefferson Education educational resources [link to <http://tjed.org/purchase>]. They have eight children.



**For more about Thomas Jefferson Education visit <http://tjed.org>.**



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Kim and Mary Siever are the parents of four homeschooled children in Lethbridge, Alberta.

We created Southern Alberta Home Schooling Supplies out of a desire to help homeschoolers find curriculum and resources on a more local level. Having been involved in the homeschooling community in southern Alberta since 2004 has helped us understand what homeschoolers need and want in curriculum and supplies.

Mary has served on the parent/teacher council with our school board and as membership coordinator with CHESN.

If a man does not keep pace with his companions,  
perhaps it is because he hears a different  
drummer. Let him step to the music which he  
hears, however measured or far away.

- Thoreau





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# Partnering & Parenting



It is one thing to show your child the way, and a harder thing to then stand out of it. ~Robert Brault



**Stop crying or I'll give you something to cry about!**

**By Bill Corbett  
Parent Educator**



**Children have extended outbursts of emotional expression for a reason**

We are emotional creatures and so are our children. When they have an emotional outburst over something, it can drive us crazy. I am often asked "how long should I allow my child to express her emotions before I send her to her room to whine." My answer is, avoid stopping the expression. But even parents who do the right thing and support a child in expressing her emotions have this thought that there should be a limit to how long they can do the expressing.

Children have extended outbursts of

emotional expression for a reason and parents should avoid getting annoyed and angry with the child.

**The parent oftentimes even has the power to create them.**





I suggest that parents not limit the outbursts unless it is in public and is interfering with others. And only then, the child should be removed in a loving and peaceful manner to a place where they can continue the meltdown without disturbing others. The parent should not talk except to acknowledge what the child might be feeling by saying something like "you look frustrated," or "you look like your mad at mom." If the tantrum is happening at home the parent should leave the room as long as she has no safety issues leaving the child alone. If the parent feels that the emotional outbursts are lasting longer than they should, she should consult the child's pediatrician or a therapist for help.

Teaching a child to simply not dwell on things can also be beneficial and it is HOW you do it that is the key. Getting a child (or even an adult) to stop focusing on an emotion cannot be accomplished

successfully through force or control; there are far more effective and healthier ways of accomplishing this goal. Control might get a child to stop dwelling on it for the moment, but the result is that whatever it is they are feeling (and it might be a totally different emotion than what the caregiver actually sees) will get stuffed and attempt to resurface at a later time. Or the child will feel resentment toward the caregiver for forcing the stuffing, thereby creating a NEW emotion that didn't exist before. The most important question the caregiver should ask them self before attempting to stop the dwelling, is "why is it occurring."

**Sometimes young children appear to be dwelling on something familiar to them, such as a boo-boo, when in fact, the emotion is completely different and one the parent had no clue about.**



. While waiting to begin a training session with preschool teachers late one afternoon, I watched a mother enter the school and interact with her preschooler as she was picking her up to take her home. The little girl rushed to her mother almost in tears and exclaimed, "Mommy, I have a boo-boo." Having been through my parenting class (and feeling under the pressure to do it right with me standing nearby), the mother got down to her little girl's eye level, acknowledged her feelings and said, "It looks like your finger might hurt." The little girl put her hand down and then seemed to be searching the room. She focused on a set of toys in the corner of the room and then said, "No... they wouldn't let me play with those toys today!" The mother then looked over at the toys and said, "You look disappointed that you couldn't play with your favorite toys." The little girl was silent for just a moment and then began to cry as she said, "No... I wanted daddy to pick me

up today." Mom then said, "You look like you miss daddy." The little girl nodded and fell into her mother's embrace. I later learned that daddy had made a promise to his daughter that morning that he would pick up the little girl on this one particular day, but a long meeting forced him to call his wife to pick up the child. The little girl's feeling of disappointment started with a boo-boo and then jumped to the toys, both with histories of emotion for her that were familiar. It may have been difficult for her to get her arms around the missing daddy feeling.





Identifying and handling emotions can be difficult for children. They feel this thing inside of them and it can be frightening. That's why I always coach parents into helping their child identify the problem by simply telling them what the parent sees from their perspective. They should not assume they know what it is, just tell them what they see. This acknowledgment should also include mirroring back the expression that the parent sees. The parent can say things like, "you look like you miss your brother," or "you look like you're mad at mommy." A parent (or teacher) can also get a child to stop dwelling on it by not dwelling on it themselves. The child looks to the parent's balanced reaction as a way of helping them with self-regulation of their emotional state.

Parents can teach their children how to self-regulate themselves so that when the emotion rises up in the future, they will be

more prepared to deal with it. When they sense the arousal from the emotion, they will be motivated to reach for their blanket to comfort them. If they sense the arousal of fear over seeing a frightening image or interaction in front of them, they will be able to manage themselves by averting their eyes or moving to another location.



In the end, experts state that people who are taught as children to self-regulate their emotions when they sense the awareness of distressing arousal, are more likely to have healthier social relationships, act out appropriately, and demonstrate less aggression.

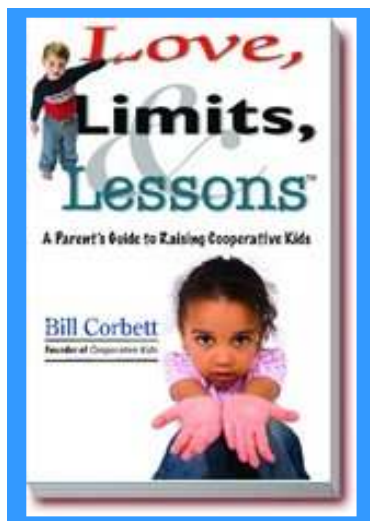


## About the Author

Bill Corbett is the author of the book "Love, Limits, & Lessons: A Parent's Guide to Raising Cooperative Kids" in English and in

Spanish, and the founder and president of Cooperative Kids. He has three grown children, two grandchildren, and lives with his wife, Elizabeth, near Hartford, Connecticut. You can visit his Web site [www.CooperativeKids.com](http://www.CooperativeKids.com) for further information and parenting advice.

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**An Award  
Winning Book  
for Parents**

## Cooperative Kids

Raising Children with Love, Limits, & Lessons





## The Love, Limits, & Lessons® Course

**The Love, Limits, & Lessons®** 9-hour parenting class is designed to help adults understand why children from 18 months to 18 years of age, misbehave and act out. Developed in 2006 by Cooperative Kids founder, [Bill Corbett](#), the course first creates a foundation of understanding on this behavior. It then provides a solid, step-by-step discipline plan that includes reactive steps when misbehavior occurs and proactive techniques to use when it's not. Come and learn how a different approach on discipline can change your life, your children, and your family. Discipline shouldn't just be about getting the kids to behave, it should also include implementing a plan to build your child's internal compass that will guide them to true north for their moral values, self-control, and the ability to hear the calling within.

For more information about the course, times and places

<http://billcorbett.vpweb.com/Take-the-Class.html>



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## Helping Teens Find Their Own Solutions

By Fern Weis  
Parent Coach



**It is in your power to be the initiator of positive change!**

Do you find yourself resisting the urge to say to your teen, "Been there, done that. Let me show you how it's done"? Me, too... although looking back to my younger days, I can honestly say that I learned the most when I had to solve things myself.

(On a personal note, my children were amazed to hear that when I studied abroad during my junior year of college, I was only able to call home three times. There were no cell phones, no computers or email, and it cost \$40 for a 20-minute phone call, which I

had to make from the post office. Even though the program was well-supervised, I had lots of decisions to make and challenges to meet. No mom or dad to rely on, no instant feedback... and it was the most amazing and growth-filled year of my life!)

It takes so much time to explain and guide and teach. You may feel it's faster and more efficient to take care of it yourself. In the short-term interests of time and convenience, you want to step in and do it yourself; however, if you do, you will be



raising a child who

- doesn't know how to problem-solve.
- runs to you to fix everything.
- cannot function independently.
- cannot be depended upon to accomplish tasks.
- has low self-esteem.



do you see fifteen years down the road?

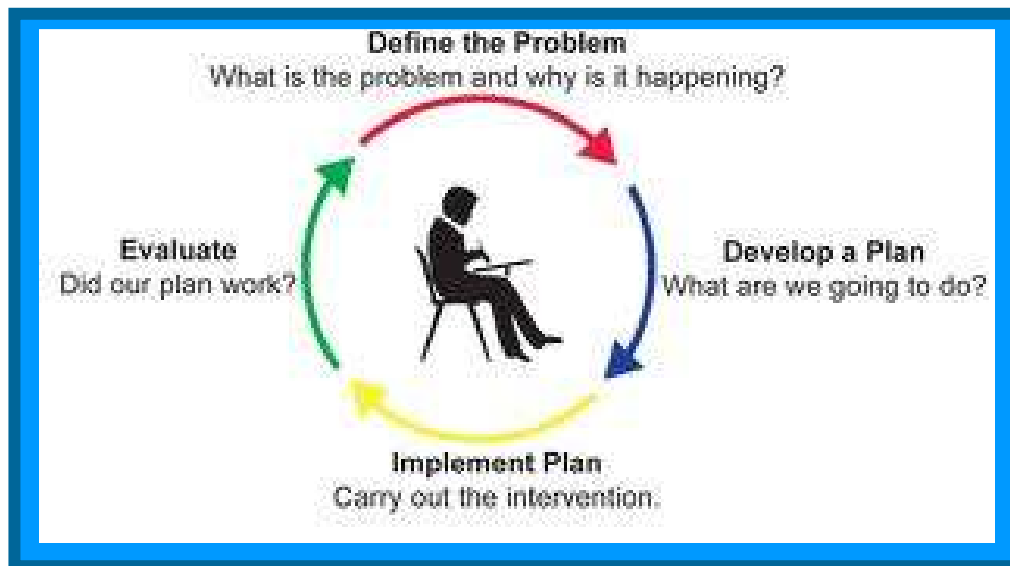
Most parents I talk to say they want their children to be confident, self-sufficient, happy and successful. For that to happen, they need the opportunity to grow. This requires parents who are able to step back and let their children experience life. Here are some tips to help you on this path.

Now consider the long-term picture. What

- **As always, take a breath and think – Who's problem is it? If it's not an issue of health or safety, consider whether you need to be part of it.**
- **Your child will make mistakes. Most mistakes are not fatal, but they are necessary to become confident and competent.**
- **Express confidence that your teen can come up with a solution.**
- **Offer to be available to help (not to do it for them).**



- **Teach him/her how to problem-solve. Some first steps are:**
  - **Brainstorm and narrow down possible action steps.**
  - **Evaluate how realistic the possibilities are.**
  - **Set a time frame for action.**
- **Be an empathetic listener. Accept and acknowledge feelings.**





It is said that we are born with all the abilities, wisdom and potential we need to take us through life. Trust that this is true for your child, too. You've been responsible for a long time for all aspects of his wellbeing. Help him to tap into his innate potential to care for himself and find his own solutions.

## About the Author

Fern Weis is a certified coach specializing in supporting parents of teens and young adults. This partnership helps parents lead by example, so they can raise their children to confident, self-sufficient, happy adulthood. Parents also work on re-discovering their own dreams and identity as they transition to being 'empty-nesters.'

Sign up for your free copy of "Ten Success Tips for Parenting Your Teen" at [http://www.familymatterscoach.com/contact\\_us](http://www.familymatterscoach.com/contact_us). For more information on parent education programs and coaching, contact Fern at [fgweis@gmail.com](mailto:fgweis@gmail.com),

Fern also helps make affordable coaching a reality for anyone who wants it through her practice at My Life Compass. Go to [www.mylifecompass.com/ferngweis](http://www.mylifecompass.com/ferngweis) for a free introductory membership and a taste of how coaching can help you live the life you dream of.



## Are The Most Important Things On The Top Or Bottom Of Your List?

By Kirsten Nelson  
Professional Mother, Founder & CEO of Magnifying  
Minds, LLC



In today's world the days we spend as parents are busy, chaotic, and sometimes overwhelming. We have so many things to do, so many places to go, so many obligations to fulfill that it's frighteningly easy to lose sight of the things that really matter in life.

### When Reality Comes Knocking

Last month our family experienced quite the reality check that has helped us get our perspective back in line. My 2-year-old son got sick. Hospital sick. It's every parent's

worst nightmare to hear a doctor utter a foreign sounding diagnosis and inform you that your child is going to have to be



hospitalized to save his life.



It was an excruciating, heart-wrenching experience to hold my small child's aching, fevered body in my arms and to feel completely powerless to ease his suffering. Suddenly all the hubbub of our daily lives came to a screeching halt. We had to get back to the basics and focus on what mattered.

## What If Tomorrow Doesn't Come?

There is nothing like the prospect of your child not living into adulthood to help you really examine your priorities in life. If today was the last day with your child, what would you do? What wouldn't you do?

The truth of the matter is that you simply don't know if today is the last day you will spend with your child in this life. When you tuck your babies in at night, there is no guarantee that they will be there to greet you in the morning with their smiles and

sweetness. All you will ever have is this moment, right now...now...now.

## 3 Ways To Cherish Your Children

Here are 3 things I want you to do everyday to cherish your children:

1. **Minimize or get rid of distractions.**  
Turn off the TV for a bit, turn off your cell phone for the evening, put your iPod away and spend some time with your child and be really present without all the distractions of our modern conveniences.





2. **Take a deep breath.** In this hurried world, we get often get so busy that we forget to breathe. Okay, we don't stop all breathing completely, but when we get stressed out or super busy, we breathe in shallow manner that barely fills our lungs. So take a deep breath and really look at the world around you. Soak it all in and appreciate the beauty, wonder and miracle of each moment you get to spend with your kids.
3. **Hug your child, often.** Make sure your kids know how much you love them and make sure they know it everyday! Tell them the things you would want them to know if this was your last day on earth together.

Don't take a single day for granted. Savor it. Cherish the tantrums, the outbursts, the messes just as much as the grins, hugs, and

kisses. You know deep down that if your child weren't there tomorrow to test your limits and fill your heart, you would miss the good, the bad, and the ugly. So remember these three steps. Do them every day. It will only take a minute of your time and the rewards will last the rest of your life.



Photo belongs to Gideon Tsang via Flickr  
If you want to learn how to find more joy in parenting and create more meaningful moments with your kids, check out this new parenting program *"The Top 10 Parenting Mistakes ... And What To Do About It!"* We



will be sharing real-world, practical tips to take parenthood by the horns and create a more peaceful, loving home. Go to [www.Top10ParentingMistakes.com](http://www.Top10ParentingMistakes.com).

And if you are looking for a humorous and informative parenting insights on raising children in a new millennium, be sure to visit [www.KnAChatCafe.com](http://www.KnAChatCafe.com) to listen to a new podcasting series, get a good laugh, and learn some helpful parenting tidbits.

## About the Author

Renowned author and international speaker, Kirsten Nelson has dedicated her life to helping children unleash their potential. With two children and B.A. in Business Finance from Boise State, she has combined her knowledge from the

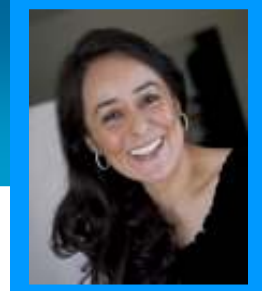
corporate environment with that of parenting to create Magnifying Minds; LLC to help other parents create an environment that will nurture and awaken the genius within themselves and their children. Her expertise has given hundreds of people the tools to find the life they want as well as teach their children to follow their dreams.

Author and speaker Kirsten Nelson's groundbreaking *Parenting By The Minute* program gives parents the tools raise remarkable children. To learn more, visit [www.ParentingByTheMinute.com](http://www.ParentingByTheMinute.com)



## Sleeping Angels

Lisette Palencia



### Introducing the Baby Sleeping Consultant

When Lisette Palencia came to America from her native Barcelona, she was 12 years old and immediately learned the importance of good language skills in relationships with others. Traveling extensively and interacting with various cultures, Lisette arrived in Los Angeles in 1989 with the realization that her one life goal was to teach others how to facilitate healthy and loving relationships through good communication. From this basic idea her highly successful childcare agency, Sleeping Angels Co., was born.

"I made up my mind to work with young children," says Lisette, "not only to teach

the elements of good communication between parent and child, but also to improve the sleeping habits of those children who find long and peaceful sleep an issue."

While caring for her own two children and working as a nanny herself, Lisette obtained a college degree in accounting and gained business experience as a real estate manager and personal assistant to other entrepreneurs. Ten years ago she began her training as a professional sleeping consultant, also studying child psychology and child development.



"At Sleeping Angels we practice the RIE principles developed by infant specialist Magda Gerber and pediatric neurologist Tom Forrest, M.D.," says Lissette. "We are dedicated to improving the quality of infant care and education through teaching, supporting, and mentoring both our parent clients and our nannies and caregivers."

Although she plans to expand her domestic agency both nationally and internationally, Lissette chose Los Angeles' Westside as the perfect place to start her business and maintain her base of operations. "While composed of a number of charming and unique cities," she says, "the Westside still has the feeling of a close-knit and family-oriented community. The people here really care about their children and their children's safety and development."

Sleeping Angels Co. provides superior Nannies, Caregivers, and Housekeepers.

When it comes to cleaning, safety, supervising, bathing, meal preparation, play, laundry, and reading/tutoring, their training will surpass all of your expectations.

"Our Nannies, Caregivers, and Housekeepers have been informed, educated, trained, investigated, CPR certified, Live Scan fingerprinted, and profiled to match each and every client's particular needs," says Lissette.

The list of satisfied customers is endless:

*Susan – Sleeping Angels provided us with a wonderful caregiver. My little son loves her and waits by the window every morning until she arrives.*

*Mara – Finding the perfect Nanny was a big challenge for us until we found Sleeping Angels. Their nannies are so loving and caring. We highly recommend them.*



*Sherilyn – Lissette helped us more than words can say. At four months my daughter started waking up two or three times a night and would only fall back to sleep if I rocked or nursed her. I was suffering from exhaustion and the pediatrician was not much help; however, Lissette Palencia showed us the necessary steps to create a "rhythm" that worked instantly. That first night my daughter slept for ten hours and is still doing great!*

For recreation, Lissette enjoys walking, yoga, meditation, and movies. She also loves spending time with her two sons, a twenty year-old college student and a fourteen year-old middle school soccer player. "They are the pride of my life," she says, "and also my biggest fans, as I am theirs." As for travel, Lissette prefers Europe – London, Paris, and Rome – where she plans to open childcare agencies someday.

So if you're in the market for full- or part-time childcare, housekeeping, or sitting services, including governesses, tutors, drivers, weekend help, temporary help, or on-call help, why not baby yourself and contact Sleeping Angels Co.? "Whatever your size, we're all babies at heart," says Lissette Palencia, "so give us a call and let us take care of you, as well as your children."

For more information,  
call 310-478-2827 or e-mail  
[info@sleepingangelsco.com](mailto:info@sleepingangelsco.com).



## Strategies to Get Moms through the Holidays Feeling Great!

**Julie Novalinski**  
Life Coach and Author



**We are the parents or the CEO's of our family company and we drive the culture in our family.**

Welcome to November! We are in store for a very busy holiday season again. Many of us



begin even crazier schedules to meet all the demands the holidays bring along with them – especially Moms!

We think it is just part of the normal expected process right? My goal is to teach you a few strategies to not only get through the holidays but also **ENJOY THE HOLIDAYS!**

The first strategy is to get organized. Create

a holiday calendar through the end of the year and fill in all the known things; for example, work, church, parties, and etc...



**This will help you to see them all in one location**

and helps to eliminate the double scheduling we sometimes do.

**It also helps to plan for the next strategy.**



The second strategy is to create your shopping lists for all of the events written on your calendar. This includes your grocery list for baking items needed for cookie making



to your gifts lists and also any clothing you need to buy to wear to these parties.

Once the lists are completed, schedule time to shop for them.

Now, you need some energy to get your through all of these events. Schedule one thing a week (if that is all you can do) that is just for you. Get a pedicure, read a book whatever you define appropriate "me" time as will qualify. Write these things on the calendar right now! Go on write them down.

The last strategy is to stick to all of the above strategies. Already (if you have

completed the above steps) you feel lighter, less stressed, more organized and great about what is going to take place. You will also have a feeling of accomplishment and importance. You didn't have to neglect yourself in order to do all that needs to be done during this holiday season. Guess what?



That sense of importance is going to be felt by all of those that are around you including your kids. When **YOU** feel important then you help your kids feel more important too! Congratulations



## About the Author

Julie Novalinski is working on her first book "Build Your You" and the president of Crazy Amazing, Inc. She has three children and lives with her husband David in Huntley, Illinois. You can visit her website at [www.julienovalinski.com](http://www.julienovalinski.com) Or [www.ourfamilymind.com](http://www.ourfamilymind.com) for further information.



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This month's creation



## Could your Child be a Bully?

By Keyuri Joshi RN, MSN, &  
Certified Parenting and Emotional Intelligence Coach



**Where do mean children come from? Could one be growing in my household? How about yours? Could your child be a bully?**

Angry, sad, and frustrated are the emotions that have disturbed me thrice in recent weeks. The first experience came when I learned of 7<sup>th</sup> grade boys who harassed a girl on a Florida school bus. The story might not have made the news had it not been for the girl's father, who boarded the school bus to verbally confront the perpetrators. He felt this was his only option after school administrators opted not to respond to his pleas for help. I'm not condoning his vigilante type behavior but I honestly can't blame him for wanting to protect his daughter when others refused to. The girl, who has cerebral palsy, endured a group of

bullies who placed an open condom on her head, smacked her on the back of her head, twisted her ear, and shouted rude comments at her.

The second incident came as I heard the media report that two Georgia teens were arrested for beating up an autistic boy. Again the incident occurred on a school bus and thankfully, the boys have been arrested. Lastly, I saw a news clip of two teenage girls fighting on school grounds only to be encouraged by peers to "punch harder". Not one student stepped in to break up the violence.



**Where do mean children come from? Could one be growing in my household? How about yours? Could your child be a bully?**

Now I suspect most parents would never consider their own child as a mildly mean spirited or downright vicious bully. After all, or intuitive focus is on our kid's strengths and good character. But as I heard about the disturbing stories outlined above, I asked myself "where were these kid's parents?" "Why weren't they doing anything to stop the bullying?" Then it hit me! Perhaps they didn't know.

I started to wonder about the parents of the teens currently under prosecution for bullying Phoebe Prince to the breaking point when she committing suicide. Did these parents know their kids were bullies? Now that their kids risk juvenile court for "criminal" activity, I bet these parents would

give anything for a chance to go back in time and be better aware. I for one never want to be in their shoes. I want to take steps to make sure my child doesn't come close to being a bully.

When we think of bully, we usually think of the extreme type. Sometimes, however children can be a mild version of a bully without even knowing it. For example, name calling, spreading rumors, and hiding another child's belongings are types of bullying. Racial, religious, and cultural mocking even if done innocently are qualifiers as well. A child, who does this anonymously, behind the security blanket of computer screens or phone text messages, might be guilty of cyber bullying. And "guilty by association" bullying is easy to do by laughing along with a crowd that is poking fun at someone. The list of minor or extreme offenses can go on and on.



Parents who play the role of detective by asking open ended questions are able to find out more about their children's level of involvement in potential bullying. Here are some questions that help to get dialogue started.

- What happens on a typical school bus ride to school and from school?
- Who are the kids that got in trouble on the bus or at school this week? Why did they get in trouble? What kind of association, if any, do you have with these kids?
- How can you avoid "guilty by association" bullying?
- How do you feel when you see someone bullied? This is an important question in which parents can assess the level of empathy in their child. Most researchers

believe that empathy can be cultivated. For an excellent poem that can help to do this, refer to "[How Parenting With Emotional Intelligence can Weaken Bullying](#)".

- What do you do when bullying occurs? Why?
- What's your definition of bullying? Here, parents have an opportunity to educate their child on types of bullying that the child may not be aware of.
- If you were a Superhero, what would you do to stop bullying? How can you implement some of those ideas as just a "regular" kid?

Parents can also help to monitor their child's behavior by conversing with other parents and being aware of social circles and trends. Remember the saying "It takes a village".



Lastly, I believe it is a parent's responsibility to peruse the social media activity of their children. It is an excellent way to assess thoughts, language, and behavior patterns of your child and those that he /she interacts with.

Though these questions or ideas may seem basic, they have the potential to save an innocent victim from emotional or physical trauma. They also have the potential to keep your child from partaking in hurtful behavior and the risk of getting into trouble. Ultimately, constant vigilance from parents in the form of monitoring children, and creating dialogue help.





## About the Author

Keyuri Joshi RN, MSN, is a Certified Parenting and Emotional Intelligence Coach. A "personal trainer" for parents, Keyuri assists moms or dads build and use a toolbox to achieve the goals they desire. She also teaches parents to build emotional and social intelligence skills in children. These are research proven "must have" skills which schools do not teach. Keyuri offers all parents a complimentary consultation and can be reached through her website, [www.ontheballparent.com](http://www.ontheballparent.com)



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## Ten ways to help children grow to potential

By Michael Ballard  
from Resiliency for Life



**Resiliency is all about helping people learn how too more successfully deal with and learn from adversity.**

Helping ourselves and our children develop and deepen their resiliency can be a challenge. This article highlights 10 very powerful skills that can assist us as parents or caregivers help our children reduce negative behaviours and increase their positive outcomes.

Resiliency is all about helping people learn how too more successfully deal with and learn from adversity. Resiliency impacts our health, success in school, relationships, happiness and income. Here are ten skills that can help you build your resiliency and that of your children.

**These skills will help your children to increase their capacity to be more successful in life despite the adversity they face.**





**Breath** – Before any activity, remember to take slow, deep breaths. It helps us relax and focus on the task at hand. During a task a slow deep breath can help us get focused and centered to ensure we perform to potential, or put a mistake behind us and refocus on the moment.

**Relax** – Progressive relaxation exercises can be used to ease tension and get our minds and bodies ready for performance. Progressive relaxation simply involves contracting and then relaxing each muscle group from the toes, feet, ankles, calves, hamstrings, quadriceps, stomach, lower back, upper back, chest, fingers, hands, wrists, arms, shoulders, and neck and face. These exercises can be done before practicing, taking a test, or before going for an interview for that first job.

**Visualize** – Research has shown that we can all benefit from visualizing ourselves

successfully completing things in advance. Often visualization is easier after we have done our breathing and relaxation exercises. The mental pictures should be detailed, and always result in successful completion of the event. A key role we can play as a parent or teacher is to act as a “visualization coach,” suggesting things to focus on. Writing it out, step-by-step in advance helps us “see” the process in advance and can increase our comfort zones





**Eliminate or lower distractions** – Some of us can be easily distracted by uncontrollable factors such as strange noises, unfamiliar locations, or other factors such as unique hair colours, styles or fashion. It can be very helpful to name these distractions in advance. Then, label them as distractions so we can recognize them lowering their ability to pull us off track, and then lower their ability to interfere with our performance.

**Focus on the process** – Some of us can become anxious by thinking too much about the outcome of our performance before an event. For example, instead of thinking about the implications of “I can’t sleep”, a parent can help the child think about keeping an eye on a positive outcome. The trick is to avoid seeing things in a state of either working or not working. The seeker should focus on achieving an outcome that “feels right” rather than a sequence of perfect moments. In other words, focus on

“being in the moment” rather than going to bed and falling asleep perfectly.

**Rehearse Physically and Mentally** – For most of us it is helpful to rehearse before going into performance mode. This can be done before we study, write the test, or go to the sports competition. High performance individuals do this quite often. This type of rehearsal reminds us to complete the skill properly. Plus, assures us that we are ready to perform. Then we can relax and “be in the groove.”

**Practice Mindfulness** – One of the most common mistakes many of us make is to focus on our past worst performances rather than our next one. We worry about and judge our past performances instead of making the next interaction, and this can lower our confidence. As parents we can assist our children in overcoming this mistake by reminding them to “stay in the



moment." The last event is gone; what now matters is the next one. Remember Mindfulness is staying in the moment with out judgment. Researchers have proven that it is a very powerful skill for our children to use. It helps them better manage their behaviour and assists them to be less able for adults to manipulate.

**Practice your Positive Self-talk** – self-defeating self-talk— has been the downfall of many a potential high performer. We can combat this tendency by actively replacing negative self-talk with positive self-talk. This means replacing "I can't believe how badly I messed up on that last test" with "I've practiced and answered hundred's of questions like this before this, and I will nail the next one." It does help make a difference.

**Positive body language** – In addition to managing our self-talk, doing something

physical like clapping our hands rapidly, taking three deep breathes (i.e. breath in on four and out on 2 ~ Not while operating a vehicle) can help restore positive emotions. One of the most powerful forms of positive body language is to simply stand up as tall as possible with our shoulders back, chin up, and hands on our hips. Practice this pose with your child. Remind that if they find themselves struggling to practice it. Notice the positive difference it can make in your mind and body.

**"Feel the force Luke "**– During our lives the key to developing positive outcomes is trusting in our own competence. If we do our homework, know the process, practice the task, understand the outcomes and ask for help many things are possible. Developing a life based upon mastery will help our children know they can move forward resiliently. We need to get engaged and involved in the flow of the process. Let



our mind and body do the rest without over practicing. This is how the best deliver day after day. We can assist ourselves to “Feel the force” and let it happen. Teach your children through example.

## About the Author

Michael is the Founder of Resiliency for Life. His Imagine Yourself programs help children and parents learn how to develop their ability to reduce their negative behaviour and increase their positive outcomes despite the issues they face. He has coached and trained thousands of people of all ages on how to use key resiliency skills to more effectively deal with life's toughest challenges. His resiliency programming has

licensing agreements and extensive use with groups that include: foster parents and kinship groups, and recently a leading child and family group who assist those injured during domestic crime. Other clients include Police, Fire, Ambulance, EMS, Coast Guard professionals, a Fortune 100 company for their top 10,000 technical professionals, health care, and educators have been using Michael's programming.



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Michael and his programs at:

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## A Matter of Balance

By Rick Olson  
Parent/Family & Step Parent Coach & Author



**As the roles of step parent and parent blur and begin to merge into one, you find it is all worth it.**

As step parents we come into an established family. Fitting in and becoming part of this family is the challenge of step parenting. For me it was coming into a close knit family of 4 girls and their mother. As the only male, bringing two more daughters with me, I really felt that I had jumped into a situation with which I had little experience.

From the outside looking in, here was this family that knew each other as only family members can, the good and the bad, all linked together by a common history. They share common values and traditions

different from mine, sometimes much different.

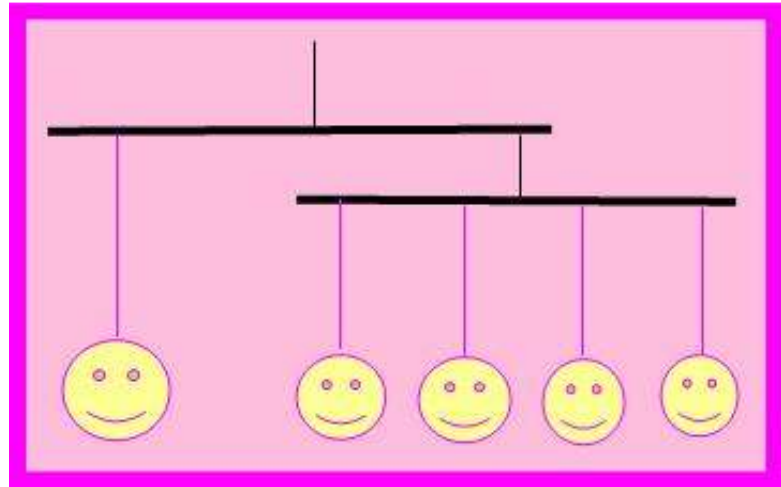
My earliest thoughts were, here is this swarm of girls all wanting to show off for me and to get my attention, and a proud mom who also wanted to show her abilities as a mom and get my attention. And I loved it. I still can see them all lined up on the sofa, singing their songs and then spontaneously jumping down and dancing around, being the bright lively girls they were. The youngest, only two at the time would say "Wick, Wick, look at me" as she attempted to copy her oldest sister's dance moves.



It was a time of feeling the happiness of being included into this family - this group of people who are extending all of this wonderful feeling of “being part of” a family experience. The differences were often ignored or easily overlooked.

As with all relationships those blissful first few months do change and you become the parent figure, not just a friend of the family anymore. The differences start to become important and who changes? Who’s values, who’s traditions and who’s way of doing things are used. As a step parent do you give up your values or traditions to blend in with the family, or do they give up some of theirs?

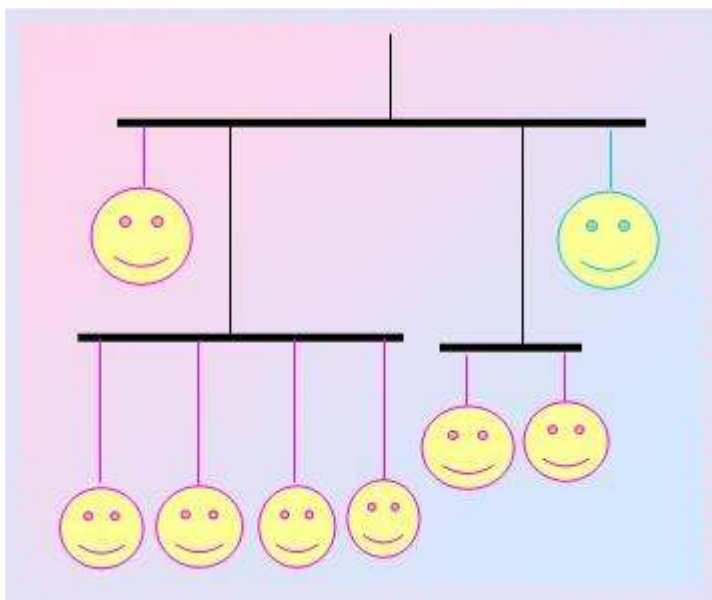
As family coaches we call this time in the relationship rebalancing. We use a family mobile to demonstrate this.



Before we “stepped” into the picture, the family had gained a balance. Often a child would need to take on more responsibility to attempt to fill in for the missing parent. Imagine a mobile with two parents and the children, all in balance. What would happen if one parent suddenly is gone from that mobile – a major disruption in the balance. It affects everyone. Gradually they gain balance as a one parent family.



As a step parent you come into the picture and you become part of that mobile. Again things are thrown off balance and a new time of rebalancing begins



All of this balancing and rebalancing is stressful on everyone. Once you are part of this new family, and you are working towards a new balance, the differences

begin to create a disharmony.

The challenge of step parenting is getting through this period of rebalancing. From my experience I found that being a step parent was very different from being a parent. At first I found myself stepping back from leading the family, and that I was deferring to their mother for most decisions. They had very strong religious values and a set of behavior around those. I wanted to fit in and be part of this existing family, I had become a parental figure and wanted to be a parent to these children. In a previous article I had talk about how children control the pace of your acceptance as a step parent and that until that time the best practice is to defer discipline and parental decisions to the biological parent. This keeps you in the children's good books until you can establish a history and rapport with them. It also reduces the friction between you and your spouse.



Biological parents can be very protective of someone else disciplining their children. I know that many of our arguments were over how harshly I was dealing with one of my step daughters.

Over time though your role of parent figure is gradually accepted, and you can then be more involved in the decision making and discipline of the family.

For example, when the children were disruptive, my wife would send them to their room with instructions to not come out for a specified time, or when she decided it was time.

With some rapport with the children and trust from my wife, I was able to show her a different way that helped the children learn to control their behavior and to have the power to decide when they were ready to rejoin the family. I would say "Please go to

your room and you may come out when you are ready to behave in a more acceptable way."

Our youngest daughter would stomp down the hallway muttering and fuming, and once inside her room she would literally turn around and come back out smiling and happy and rejoin us.

Over time as you do things together as a family, as you gain the trust and respect of the children and your spouse, you become a new family. One where you have melded your values, have established a blended set of traditions, and you have established a pattern of interaction with each other.

**As the roles of step parent and parent blur and begin to merge into one, you find it is all worth it.**



## About the Author

Rick Olson is father to 2 daughters, 4 step daughters, and step grandpa. As certified life coaches Rick and his wife Leisa, have written two books for parents and created an online membership community for families called F.U.S.E. at Home. You can also find Rick at All Experts where he is a Step Parent Coach. If you found his message helpful, download the first lesson of his coaching program and discover more great ideas.

<http://www.fusefamilyfocus.com/>



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## What Does Your Family Look Like? Step 2

By Leisa Olson  
Wife, Mother, Author, Parent/Family Coach



**The most important part of all of this is to create a safe environment to express ideas, and feel valued as a unique member of the family.**

Now that your family has answered the question 'What do you want your family to be?' and you have a written description of your 'dream family life' up to this point, it is time to move on to step 2, 'What does your family want to do?'

Book a 'Date Night', and as a couple take some time to discuss, brainstorm and write down the things that the two of you would like to do in your life. There are no limits when you brainstorm ideas and of course it is important to be respectful of whatever idea that happens to come out of your

spouse's mind. Brainstorming is a way of getting out all those ideas that have been hanging around tucked inside your mind for years. Sometimes they seem so important inside there, but when they are presented on a piece of paper or computer screen you begin to wonder how you thought they were ever that important. Then again, you may feel even more enthusiastic once you have expressed your desires. This can make for some interesting conversations together, and you may find out things about your spouse that you did not know before 😊.



Using the ideas from the completed step 1 activity as your guide, create another short paragraph summarizing the things you choose to do together that are in harmony with and will help you achieve 'being' that couple you have both decided you choose to be.



Once you have your 'together' list of things you want and choose to do as a couple, what are the things you want to do as a family? This list will help you to be prepared ahead of time

before you meet together with your children. Create another paragraph that reflects your family life, this will be a rough draft or outline since you will be completing this with your children.

Now get out your calendar and schedule in the day and time that your family will

gather together  
for another  
brainstorming  
session.



The most important part of all of this is to create a safe environment to express ideas, and feel valued as a unique member of the family. If there is sometimes a problem in this area of your family life, then maybe ground rules are set down before going into your meeting. As each person walks into the room all teasing, mocking, put downs, laughing at, are left outside the doorway of the room. In our F.U.S.E. at Home program we have created an agenda to help parents lead a Weekly **F.U.S.E. Family Focused Activity©** and you can download it free at <http://FUSEFamilyFocus.com>



Enjoy the time you spend with your children discussing, and brainstorming all the ideas that come to mind of all that you want and choose to do as a family. Reviewing your written vision of the family you want and choose to be will be a great guide in helping your children decide which activities will help you fulfill your vision of your 'dream family life'.

## About the Author

Leisa Olson is a wife, mother, grandmother, author and Family Coach and is the editor of her own free downloadable magazine for families.  
<http://tinyurl.com/FUSEingFamiliesMagazine>.

For more ways to FUSE your family download the first lesson of her coaching program.  
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## The Toughest Thing You will Ever Do For You

By Ed Severance  
Transformational Speaker



**What we are as an individual is what we reproduce in our own lives.**

Will not be an event. Most of us reading this article have unfortunately encountered very difficult and emotionally traumatic experiences. I unexpectedly lost my father to a massive heart attack when he was only sixty years of age. Countless individuals are far to acquainted with the emotional roller coaster of a divorce. At this writing, over nineteen million Americans have been led to their human resources department over the last three years and informed that they were being laid off, downsized, etc. Yet these activities are events and not the focus for this piece.

### **So What is the Toughest thing?**

**The most difficult thing you will ever do for you is to decide to work on you. It is also the most rewarding thing you can choose to do!**

What we are as an individual is what we reproduce in our own lives. The previous sentence is really what the tipping point mega trend, The Law of Attraction is truly all about. You and I attract into our lives those people, events, resources based on who we are and what we have become.



There is no magic genie waiting for us to visualize what we want and poof, presto, there it is. The Law of Attraction comes into each of our lives based on what choices and actions we make. If we are not happy with our results, simply visualizing what we truly desire will never, ever bring our dreams and goals to pass.

**The late Jim Rohn said, "Success is not to be pursued. It will be attracted by the person you become."**

## **So Why is Change so difficult?**

Because most people would rather remain the same than experience the internal

struggles that accompany moving into personal transformation. The older someone gets, the more negative habits and traits have taken shape in the form of neuro networks within each of our brains. Like an old weeping willow tree with deep roots into the ground, our negative habits have become powerful paradigms and behaviors that have years of being implanted into our subconscious.

We wonder why in the world we constantly struggle with maintaining a budget? **Because our habitual choices have not been tracked** and we continue to live by impaired programs which we have developed to buy impulsively and spontaneously. Our pleasure to purchase something right now is greater than our pain for advancing deeper into debt. We do not even think about our buying choices. We just do it. Out goes more of our savings, up goes the amount on our credit cards.



. Losing weight is so difficult. There it is, a fast food restaurant, calling me like an



ocean beacon, 'Ed, you are hungry. Turn left now and get your hunger satisfied now with a quarter pounder with cheese, french fries and a diet

coke, (diet of course and chosen for health reasons). We eat, enjoy, savor the moment and once finished, we realize we acted spontaneously and blew the robust food choices we wanted to make for the benefit of living a long and healthy lifestyle

We love our family and friends. This is a given! Yet we have situations where we suddenly, immediately become upset and angry and then lash out with words that

breaks down a child's self-confidence, a husband or wife's dreams, a friend's decision. Our choice to move from calm to anger happens in a nano second! So very fast, the damage is done and we wonder why we did not control our emotions and words.

Why? Because we are indeed creatures of habit. **As Aristotle stated, "We are what we repeatedly do."** According to Websters Dictionary, the word habit means,

*'An acquired mode of Behavior that has become almost nearly or completely Involuntary.'*

We all have positive and negative programs which like software, interact within a computer, (our brain) to direct our behaviors. So what we are is what we will consistently reproduce in our lives.



## About the Author

Ed Severance is a transformational speaker, a change agent who gets stoked helping people move beyond their self-limiting beliefs. Through his speaking and writing, Ed encourages people to seek out their passion. He guides them into the understanding that what they become in the process of pursuing their dreams is more important than the goal itself. Ed has been married for 21 years. His wife and him have three teen-agers, (pray for them!) two dogs, one cat, and an adopted bird. They have lived in the Phoenix, Arizona area for over six years.



## The Miracle of Listening With an Open Heart

By Douglas Welpton  
Psychiatrist, Psychoanalyst and  
Author



**Our minds open and we can admit and take responsibility in a totally new way.**

When we hear from our spouses the painful episodes of their childhoods we often feel angry with the parent or caretaker who hurt them. Our love for our partners makes us wish we could have protected them from the pain they suffered. In loving our spouses and siding with them against those who have wounded them we rarely think of ourselves as offenders inflicting pain on the spouse we love.

I encouraged John to ask Laura about her childhood. She shared about how lonely she had felt growing up, how no one had been

there for her. Most painful of all was that no one ever comforted her. She was the youngest of four children and by the time she arrived her mother had already run out of gas. Even with Laura's older brother and sisters her mother was not known for being nurturing.

Laura's father was downright hurtful. Laura depicted him as taking pleasure in belittling her the days she brought home her report card. He called her stupid and shamed her for doing so much less well than her brother and sisters did. Sarcastically he would ask



her: "Are you lazy or stupid?" Eventually he would wind himself into a long diatribe at Laura, as though his haranguing her was going to shape her up into a star pupil. What moved me was what happened with John. The previous week Laura had told him how his tone, when he spoke with her about letting go of her childhood pain, made her feel like he was her father lecturing her again. John rebuffed the idea, clearly not liking to think of himself doing anything but loving and trying to help his wife.

In this meeting a week later something clicked. John suddenly saw how he could sound like Laura's father!

**There's no predicting when something like this will happen. It is like a miracle. Our minds open and we can admit and take responsibility in a totally new way.**

That is what John did. Laura witnessed the miracle. She was surprised and dumbstruck. They left our meeting in a new state of mind. What a difference a miracle can make!

John and Laura ascended to a new level, to a new state of awareness. Will they lapse back in the future? Of course. We all do at times. But they will never lose the awareness of what they attained: how the past colors the present and the present touches the past. John has seen how he can sound like Laura's father and reopen old wounds for her. Laura has seen in John something she never saw in her father: a man who appreciates how he can hurt the wife he loves and take responsibility for it—already he is changed.



## About the Author

I am Doug Welpton. I am a Board certified psychiatrist and psychoanalyst. For more than forty years I have focused on helping individuals and couples with relationship issues both through counseling and leading workshops.

I graduated from Stanford University, Harvard Medical School, and the Boston Psychoanalytic Institute. I began to develop my expertise in family therapy starting with a two year Clinical Fellowship at the National Institute of Mental Health in Bethesda, MD following my residency training in psychiatry at Harvard, where I was a Teaching Fellow in Psychiatry. I

joined the faculty at Tufts University School of Medicine where I headed the training program to work with the families of hospitalized patients and I became an Associate Clinical Professor of Psychiatry.

I began a private practice in 1968. I have counseled people from all walks of life with problems that effected their ability to create the relationships they wanted in their lives. Each of them, while suffering their own personal issues, had one thing in common: negative paradigms. They were holding onto belief patterns that kept them from achieving what they wanted. We hold strong beliefs about how much money we can make, sex we should have, and love we should feel.

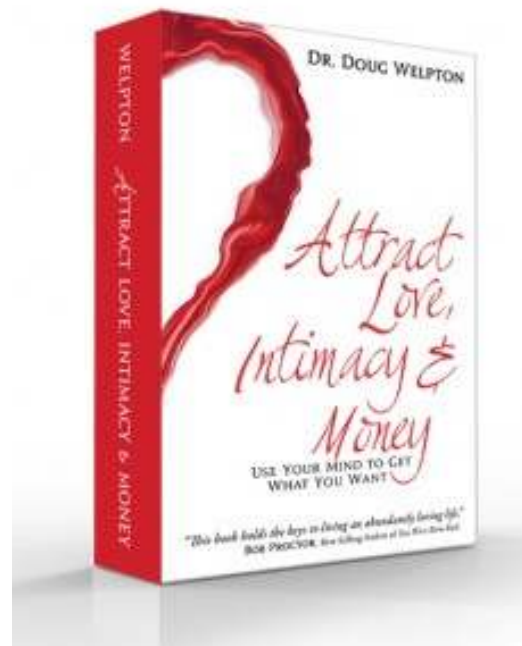


If those beliefs work against us, we wind up creating a life we don't want. We attract what we are afraid of, instead of our bliss. We create lives of quiet desperation, rather than abundant, prosperous, pleasurable lives that are deeply fulfilling.

I have written a book called "Attract Love, Sex and Money. Use Your Mind To Get What You Want." It is based on years of experience helping individuals and couples change what they had to what they wanted. The book shows you a system so easy, you can't fail. You can find and keep the passion in your life. You can create connection, have the intimacy, and live your bliss.

I have created a website [www.how-to-have-all-the-love.com](http://www.how-to-have-all-the-love.com) to support the

community of individuals who are making a commitment to attracting the life they want. You can discuss and connect about the book and the issues it raises. Join us.





## The Clowns Way of Being: Models for Parenting

By Stuart Nemtin  
AKA Major Conrad Flapps



**We all worry that we aren't effective, powerful, parents...**

Having made a career over the last 25 years of performing for kids and their families, I've realized basic qualities in my work which have helped me through the challenges of parenting.

- 1) **Clowns love to play with others** AND kids love to see adults being playful! Kids find adults too serious, uptight, controlling and authoritarian. . Being playful shows your kids a more human, approachable, vulnerable, imaginative part of you. Now I know it can be scary for you to get down (on the floor) and play as we are taught that growing up, getting a job, etc is serious stuff and

being playful doesn't fit with that task. Plus, you may think that you might lose the respect of your family if you get "silly". I believe the opposite is true; the ability to give up looking good and being silly requires courage, confidence and a strong sense of self. Clowns are powerful: they combine the playful openness of the child with the wisdom of the adult. Kids **love** to see their parents play with me on stage. They are proud of you and want you to have fun-which is the opposite of what you think. Once you let go of your old judgments of looking bad in front of



others, a power is released and you are free to be a more joyful, spontaneous self. I'm telling you, your kids will adore you for it.



**2) Clowns accept resistance from the audience through humour.** When I accept an audience's negative response, I can make fun of it and thus transform it into something positive. ("You're so quiet, you must be in awe of my star power.") When you accept your kids "No" or variations of it: disdain, petulance, anger, criticism, you have a

similar opportunity. By accepting, I mean, not getting angry or defensive. There is nothing to defend when you are a clown! You already love yourself and so are invincible to rejection!!! What a powerful place to operate from. You can make fun of yourself by exaggerating your responses to their disdain. I have found this especially effective with my teenage kids who think I am so uncool, unhip or not knowledgeable about their culture, fashion, music, . So, what's the point in defending? I just exaggerate how uncool I am and they crack up and we re-create our bond of intimacy. Now of course, I am not always this together, but enough of the time to diffuse the heaviness of this constant dynamic. I also find this helpful in the mornings with my daughter who has a tendency to not be a morning person and act "sullen". I just accept her, good naturedly (most of the time).



- 4) **Clowns exaggerate their character traits.** Do the same! Share with your families by exaggerating your uptightness, worry warts, controlling natures; vanity; it shows you have some distance or freedom from that automatic reactivity nature of your roles through the humour of exaggeration. You can make fun of yourself and not lose respect.

We all worry that we aren't effective, powerful, parents if our kids don't follow this fantasy we have of how they should behave.

- 3) **Clowns never see themselves as failing.** There is just another way of solving a problem they haven't yet found on stage. They don't give up. They are flexible.



<http://www.majorconradflapps.com/>



## About the Author

Stu is a graduate in theatre from University of British Columbia and the professional teaching programme of Simon Fraser University. Stuart Nemtin was the first clown in the history of BC Cultural Services to be funded through their artist-in-the-schools programme.

Stuart has been performing his clown character, Major Conrad Flapps since his first appearance in 1978 at the Vancouver International Children's Festival. He has delighted audiences of all ages in seven countries at a variety of festivals including, Wellington, (New Zealand) Universal CityWalk (Los Angeles), Bumbershoot (Seattle), Edinburgh Fringe, Winnipeg Folk Festival,, Ottawa-Canada Day, International Health Race (Scotland), Canada Winter Games (Jasper, BC) and Expo 86.

As an actor he has performed on film,

television and with theatre companies across Canada, including Green Thumb, Kaleidoscope, Carousel, Belfry and Neptune. On television Major Flapps has appeared with Paul Hann, The Elephant Show, and Take Off.

As a recording artist, he has released the CD "World in a Flapp" for young audiences.

He has directed for Trickster Company of Calgary and taught professional development workshops in clown, drama and comedy in B.C., Alberta, Nova Scotia and Switzerland.

"This talented actor, musician and clown has captured kids' attention as a guest performer on TV programs such as The Elephant Show and star of the award-winning Take Off" (The Vancouver Sun)

Internationally acclaimed, providing "splendid family entertainment" (The CBC)



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# Finances



## Financial Focus

By Kim Stedman  
Author and Founder of Economic Vision



**Have you considered what your current lifestyle is costing you in real terms?**

There has been a huge shift in financial thinking in the last five years. For many it was the thought that the good times would never end. We could borrow for the things we wanted and pay it off over time.

This is one of the greatest traps to fall into. Our personal net worth is not made up of the “real” value of “real” assets more importantly it is made up of the surplus we can generate in our cashflow.

A prime example of this is farming where family may be asset rich, but for whatever reason, income poor. Don’t be deceived by the big equipment they have or the vehicle

they may drive. It is all essential. Believe me living in the country you do need reliability.

So what does this mean to you. It means doing a checklist of what is essential to you and what is something you have because it feels or looks nice.

Back to the borrowed money and farming. The annual cost on a medium farm ranges upwards of a quarter of a million dollars, yet a single frost can wipe that amount off the annual income. And remember the big machinery, that is not factored into the annual expenditure.



So let's look at your situation. Have you considered what your current lifestyle is costing you in real terms? Particularly if that lifestyle is funded by the borrowed money we spoke of earlier.

The reason for this is in how the repayments are structured.

Too many small loans generally means a large amount going out each month (most lending institutions work on a monthly basis.) Then along comes your friendly finance person who says "we'll simply absorb that into your home loan that way the interest rate will be lower and you won't be paying as much."

Actually you will be paying a lot more because even though the interest rate is lower it is being paid over a much longer period. Lending institutions love this one because interest paid on loans means long

term income for them. Do they really care about you and your personal situation? Only insofar as your ability to give them the income/interest that you have gladly agreed to pay them.

**There is a hard and fast rule to apply if you want financial freedom. Never, ever, ever assume anything. Sure there is acting on faith, but that alone isn't enough without proper action.**

So what can be done about overcoming the debt cycle. Step one is to "learn" from reputable sources what you need to know and do. One thing I found useful many years ago was a book that a highly successful business colleague gave me. That book was "The Richest Man In Babylon" and I still take it off the shelf often to help keep my focus on track.



Even though it was written almost a hundred years ago the epic tale of one Babylonian's rise from broke and indebted poverty as a slave to become financially secure, then financially free. It's all spelled out in very simple steps that are as relevant today as they have been since the days of the fabulously wealthy Babylon, which existed over six thousand years ago.

Slave customs in ancient Babylon were strictly regulated by law. For example, a slave could own property even other slaves which his master had no claim over. Slaves married non-slaves. Children of free mothers were free. Most Babylonian merchants were slaves. Many were in partnership with their masters and wealthy in their own right.

But debt and having to work long hours for low wages that fail to meet our cost of living is in itself a form of slavery. Financial

freedom, when spoken of by those who have achieved it, is something that adds real quality and meaning to our lives.

**Money is how success is measured, it can't buy health but it's interesting to note how the affluent of today are the lean trim and healthy ones.**

We feel more secure with money than without, as I've said on many occasions, money is not important, it just ranks second to oxygen in our existence.

**Learning how to control how you generate your money, cashflow is better, by being taught by those who already have achieved success removes a lot of stress and thereby adds to the enjoyment of life.**



The principles and processes are simple. While you have debt you are controlled by those you have borrowed from.

Start by seeing yourself debt free. This can be a bit of a stretch of the imagination, but over time you'll come to realise and work out how important being debt free can be in all areas of your life.

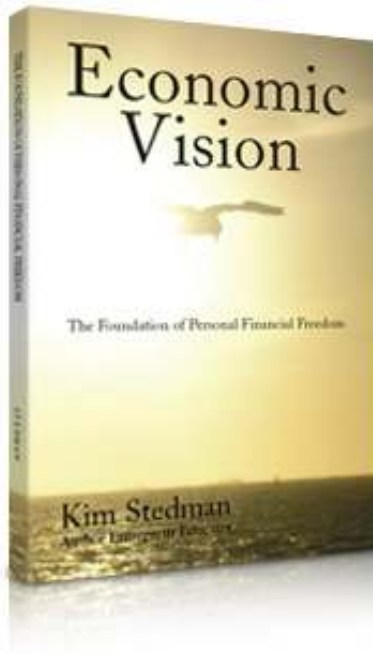
Even in the process of actively pursuing the dream of financial freedom you will find yourself feeling much happier about the potential future. Dreams do come true so pursue financial freedom, then you can become a force for good in your family, your community and who knows, the world?

## About the Author

Kim Stedman from Perth Australia is sixty with one son in his thirties and four grand

children ranging from thirteen down to four. His background is diverse, from farming in his teens, serving in the Australian Regular Army in his early twenties, a radio career that spanned fourteen years before entering the financial services industry in his late thirties.

Currently he is working on three business projects including audio visual preservation of Australian history, wholesale and retail marketing via the internet, writing and the ongoing development of Economic Vision.



## Economic Vision

*creating financial freedom*

The Foundation of Personal Financial Freedom  
**Kim Stedman**  
Author Entrepreneur Educator

**Economic Vision defines a structured approach to the shift in mindset and necessary actions to create financial freedom.**

**<http://www.economicvision.org/index.htm>**



# FUSEing Families

Vol. 1 Issue 5



**At UCLA  
with  
Bob Proctor,  
Holli Walker  
and  
Mark Moffitt**



While in LA January of 2009 we attended '*Beyond the Secret Live*', which took place at UCLA's Royce Hall with a panel of experts hosted by Leeza Gibbons. The movie '*Beyond the Secret*' was created by Holli and Rick Walker and co produced with Mark Moffitt.

<http://tinyurl.com/2cppwg5>



Once again we were able to meet up with Bob Proctor, and several of America's top motivational speakers and life coaches. The discussion focused on practical means of applying the Law of Attraction to everyday life

**HOW ARE YOU INVESTING  
IN YOURSELF?**

**HOW ARE YOU INVESTING  
IN YOUR FAMILY?**



## From Idea to Business

By Gerry Robert  
Author



**“I have an idea... how do I turn it into a business?”**

Many businesses start with a great idea. But a great idea isn't enough; you have to make it a great business. If you know business, that might be easy. But if not, here's an overview to find out what's involved in going from idea to business.

**Building a business takes four things:**

**A product or service, a business model, a team, and money.**

There is no standard order to gathering these, though they all affect each other. For instance, raising money first makes it easier to attract a top-notch team, but you will have to give up more of your equity to raise the money. Having a prototype first makes raising money easier, but without money, prototyping must be done on a shoestring. The tradeoffs will reflect your judgment, willingness to take risks, and the circumstances that come your way.

One word of advice: beware “equity paralysis.” I've seen entrepreneurs stall their business to keep as much equity as possible



It is better to own  
**10% of a  
\$10,000,000  
company than  
80% of a  
\$1,000,000  
company.**



And if your idea needs to come to market quickly, **giving up equity may make sense** if it will buy speed.

## You need a product or service

Most entrepreneurs start with a product or service idea. Make sure that your idea fills a real market need. **Better technology rarely wins** in the marketplace. It must meet a real need, and must be marketed in a way that the customers are willing to buy it.

In fact, **you don't always need a new product category.** Microsoft was a late

entrant in window systems, spreadsheets, word processors, and presentation software. Yet they virtually own those product categories.

Without a product or service, it is harder to raise money or a team. But even so, **some entrepreneurs raise money for a "search fund,"** where they take a year to find a business to buy or a product idea to develop from scratch.



If you plan on raising venture capital funding, you will find that products/services that alleviate customers' pain are easier to fund than products/services that simply make life nicer. In general, people buy



immediately to eliminate pain, while they are less urgent and motivated to make things better. A leaky roof gets patched before a homeowner adds ornamental trim.

## You need a business model

A business model describes how your business makes money. It summarizes what you sell, how you get paid, who pays you, how much, and how often. It also includes your major costs. **The same product or service can have several business models.**

For example, a diet program could make its money by charging members for individual consultations with nutrition specialists. Or it could offer free consultations, and make its money by charging for special foods and diet products. The business model it chooses will affect what capabilities it has to develop, where it has to concentrate its service, and where it has to cut its costs.

The **most fundable businesses** have business models which include **recurring purchases** from a customer. For years, Xerox rented their copiers, thus guaranteeing regular income in perpetuity. When Canon entered the copier market selling low-price copiers, Xerox had to change their model to include selling machines (and they now enjoy recurring revenues in the form of service contracts).

## You need a team

Teams are great for moral support. And competent teams provide great credibility when raising money.





Choose your team by identifying your business's needs and finding the best people you can to fill those needs. Consider many different skill sets and when/whether they are necessary.

**Financial skills**—including knowledge of budgeting, cash flow management, income and balance sheet preparation, use of financials in day-to-day management, and fundraising.

**Project management skills**—including how to identify, marshal, and coordinate people, partners, and resources to complete a project on time and under budget.

**Marketing skills**—including an understanding of customers, competitors, alternative products available in the marketplace, distribution channels, advertising, and public relations. I believe (despite 17 years as an engineer) **marketing**

is the most important skill set in business.

**Production, manufacturing, logistics skills**—including an understanding of the specific technology needed to make your business succeed. For a restaurant, a chef would bring the necessary skills. For a manufacturing company, design and production engineers would bring the skills.

**Some tempting strategies for choosing a team bear hidden pitfalls.**

**Beware choosing friends.** Especially in business schools, groups of friends will form start-up teams without regard to whether they bring strong, complementary skills to the team. The team then finds it **hard to define clear roles** for all members as the company grows. And if more experienced people need to be brought in to replace a founder, the stress can tear the team apart.



Have clear roles, accountability, and reporting relationships if you start a business with friends.

**Beware choosing financiers.** Having a team member bankroll the company is easy, but it muddles accountability. If that team member doesn't perform, coping can sap morale. **Keep the money relationship separate from operational relationships,** and make sure everyone understands that an investor has limited operational power, and an operational role carries certain responsibilities, even if that person is an investor.

## You need money

Most companies use money before they make it. Stores buy inventory before they can sell it. Manufacturers buy parts before shipping their final product. And even solo entrepreneurs need to buy food while they

create the business.

Having an experienced team, a well-thought-out product, and a solid business model will make it easier to raise money. Though venture capital is all the rage today (early 2000), **there are many sources of capital:**

- [The Small Business Administration](#)
- Banks and bank loans
- Trade credit (credit from your suppliers)
- Rich private investors, often called "angels"
- Funds that target certain ethnic groups, socio-economic classes, etc.
- Venture capital firms
- ... and others

When you approach funding sources, **be prepared: be able to explain your idea and business model quickly.**



Prepare sample financial statements, showing how your company will operate. And find out as much as you can about each source, what their needs are, and how you might satisfy those needs. A written business plan can help your credibility.



Your **investors are partners**, through good times and bad. Choose them as carefully as you choose your team. If an investor doesn't have the patience to weather a bad spell in business, or if they decide they need their

money back, it can drain your time and attention exactly when you most need it for the business.

The best **investors bring more than just money**. They can bring guidance, industry connections, and contacts, which may prove more valuable than mere money. They also bring a relationship, and sometimes the most important differences between investors may be trust levels, time horizons, and personalities—not just valuation.

## Your Single **BIGGEST NEED**

You need the right mindset in order to succeed. More than anything you need to have the right attitude and the right mindset because I have barely scratched the surface in this article. You will revisit your idea, your business model, and your team many times as you start your venture.



Get a **FREE Copy of my bestselling book, *The Millionaire Mindset***. As a SPECIAL BONUS, for readers of FUSEing Families, I will **also give you a FREE copy of my *Millionaire Mindset Home Study Course*** where you will create a blueprint for your life and how to put it into action.

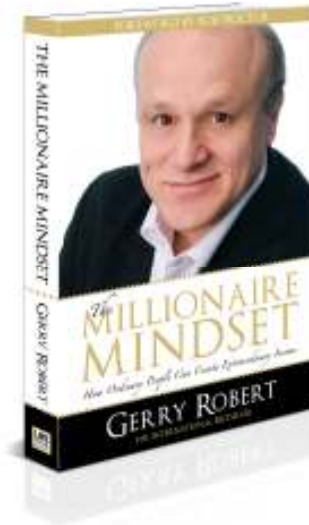
Go now to [www.GerryRobert.com](http://www.GerryRobert.com) to collect your FREE gifts.

Enjoy!

Gerry Robert  
Bestselling Author, *The Millionaire Mindset*

## About the Author

Gerry Robert brought himself out of poverty to earning over \$1Million in a single year. Now he's a mentor to some of the highest



income earners in numerous industries. He cares about people and is great at what he does. He is the father of three boys and married for over 20 years to Anne, his teenage sweetheart. He is also a former minister.

He is a bestselling author, columnist, speaker and consultant operating throughout North America and Asia. Gerry



has spoken to over 1 Million people from around the world. People from IBM, Shell, Air Canada, MacDonalds, Royal LePage, The Royal Bank of Canada, Nesbitt-Thompson, Scotia Bank, GM, Canada Dry, John Deere, CIBC, Prudential, ReMax, Malaysia Airlines, John Hancock, Bank of Montreal, Trimark, Hewlett Packard, Boeing, Texas Instruments have attended Gerry's power-packed seminars. Last year, he traveled over 250,000 air miles giving lectures and seminars.

He has written several best selling books Including *Conquering Life's Obstacles*, *The Magic of Real Estate* and *The Tale of Two Website: A Conversation About Boosting Sales On The Internet*, *The Millionaire Mindset: How Ordinary People Can Create Extraordinary Income*.

His books are endorsed by Dr. Norman Vincent Peale (Power of Positive Thinking),

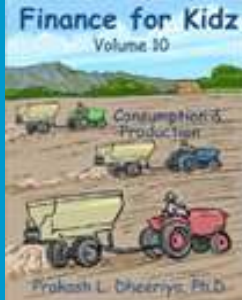
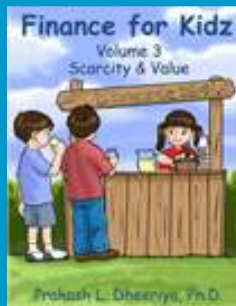
Ken Blanchard (One Minute Manager), Zig Ziglar (See You At The Top), Robert Schuller (Possibility Thinking), Mark Victor Hansen (Chicken Soup For The Soul) and others. He is a regular columnist for numerous prestigious publications and newspaper the world over. His weekly column provides practical, humorous and innovative ideas on sales and marketing.

His ideas are not conventional. He is provocative and innovative. He gives practical ideas and strategies to build almost any business. He is not part of the "motivational hype" crowd many people associate him with, given his line of work in. He can be reached in Toronto at 1-(800) 473-7134 or e-mail: [gerry@gerryrobert.com](mailto:gerry@gerryrobert.com)



# FUSEing Families

Vol. 1 Issue 5



<http://finance4kidz.com>



## Good Things to Share



## Gratitude & Inspiration

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**Mike Berry (dynamicmike)**

"My mission is to unleash effortless abundance worldwide, by helping people realise that abundance is their natural state, and that their "limitations" are only in their mind."

*We ask ourselves,  
who am I to be brilliant,  
gorgeous, talented, and fabulous?  
Actually, who are you not to be?  
You are a child of God.  
— Marianne Williamson*

www.Gratitude-Rocks.com





On this day of your  
life, dear friend, I believe  
God wants you to know...



.that you are a pure child of God, beautiful in your innocence – and that this is true no matter what  
you may have done.

There is no offense you could ever commit that can rob you of your magnificence, or of the wonder of who you are. Gosh, Eliot Spitzer's drama has brought up a lot of stuff for all of us, hasn't it? Yet who among us hasn't fallen from the path, betrayed another, acted unwisely, fallen prey to temptation, given in to a craving or addiction?

All of us are human. And in God's eyes that makes us perfect. Really. Just the way we are. Like 3-year-olds, looking anxiously up at some elder, wondering with quivering lips whether we'll get a spanking for breaking the rules...

The 3-year-old is beautiful in her innocence. He is pure as snow, and there is simply something that has not been totally understood, or fully integrated into behavior yet. It's okay. We don't mean to be "bad." And in truth, we aren't. Not a one of us. We're simply, sometimes, mistaken. And God loves us anyway. Immensely. Completely. Eternally. Just as we are.

Love, Your Friend....

<http://www.nealedonaldwalsch.com/>



## Paths Less Taken

**<http://www.facebook.com/pages/Paths-Less-Taken/103675426339144>**

“This page is dedicated to people that want to bring attention to others around them that do great things for others without any personal gain!” Brad Burton

## What we focus on we get more of

We invite you to visit this Facebook page and share your experiences of when others have quietly served you in a time of need. It is time to shift our focus to the good that others do instead of the negative influences we allow

into our space each day. It takes a Conscious effort to refocus ourselves and when we do we find that we move into a more positive energy, creating the change we desire to see in the world



**I will not let anyone walk through my mind  
with their dirty feet. ~ Mahatma Gandhi**

there is a strength underneath it all  
that breathes and lives in your heart. it  
is strong, powerful, with purpose and  
direction. you know it, it is all your  
dreams are and many times in life,  
even when you want to ignore it, it  
remains there and miracles happen!  
follow it through! it will lead you  
wherever your wildest dreams are! in  
this strength, magic happens and the  
whole Universe lives within you!



Sarah Stuart dreamer, writer, poet,  
healer, scientist, philosopher, friend,  
intuitive and magical being

<http://sarahstuartt.wordpress.com/>



## Stay Out of Places that Steal Your Happiness

By Guy Findley  
Author



**Don't condemn yourself for these parts that belong to an aspect of a still unconscious nature.**

In the moment you find yourself stressed, tense, worried, irritable, or angry -- when you find yourself in a negative state, thinking about what to do about your negativity -- all you have to do to break free is realize that you're in *the wrong place*. Don't think about what to do with where you are. Admit to yourself you're in the wrong place, and then...*just don't go there*.

You may, at any moment that you wish, become aware of yourself sufficiently enough to know where you are inwardly.

When you find yourself living a resentment over again, all you have to do is see that you're surrounded by thoughts and feelings that were produced by your resistance to a remembered event. That's all you have to do. Who made you remember what you now wish hadn't happened to you? Who made you picture the person you resent? Who brought up the failure from your past? Who did any of that in the moment you're sitting by yourself, or driving in your car, or eating your croissant?

The answer is something inside of you that is always trying to drag you into a place



where it assumes power over you. *That's who!* And it's not a *who*, it's a *what*. It's not a *you*. Don't judge yourself! Don't condemn yourself for these parts that belong to an aspect of a still unconscious nature. Your aim is to make it conscious; to bring this light into yourself so thoroughly that what now acts upon you will be unable to produce the punishment it does because it gets you into the world where nothing good can happen because you have gone into the wrong place.



**Just  
don't go  
there.**

**Can  
you  
remember  
that?**

The problem is, when we get into pain, our pain immediately gives us the reasons why we're there. The reasons for being in pain are *the wrong place to be*. Thinking about our reasons for why we're unhappy is the wrong place to be. It's part of our unhappiness; it's not the solution to it.

We have the capacity to stop making ourselves powerless by waking up to having put ourselves where our powers are stolen from us. We each have ample opportunities every day to come wide-awake, fully back to ourselves, realize we're being dragged down, and say: "Hold on a moment. This isn't a good place for me to be." Then, we can step out of that world of time, which is what thought is. We can step out of that world of tribulation, into the now, because the *presence* moment is the essence of all that makes a human being whole, healthy, and happy. It is where love exists, and where fear cannot dwell. -- **Guy Finley**



I love his wisdom!!

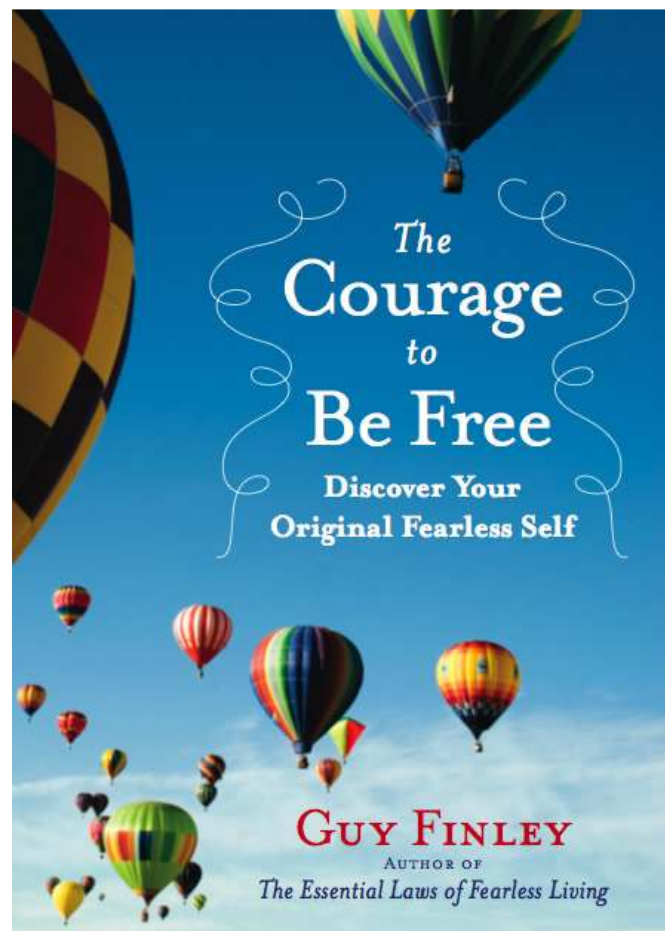
I have listened in on two interviews with Guy Findley and I have replayed them over and over again. It has taken me a few times through to wrap my mind around all that he says and then to be able to internalize it.

His calm, direct and to the point manner had me sitting up and listening carefully. So much of what he shares is common sense, but our society has really lost a lot of that.

What I have learned from Guy has helped me in my relationships and I decided that I would introduce you to him.

To order your copy of **The Courage to Be Free** with a free bonus CD

<http://www.guyfinley.com/Welcome/9/CD1873/451>





## About the Author

Guy Finley is the acclaimed author of [The Secret of Letting Go](#) and more than 35 other books and audio programs that have sold over a million copies in 18 languages worldwide. In addition, he has presented over 4,000 unique self-realization seminars to thousands of grateful students throughout North America and Europe over the past 25 years and has been a guest on over 600 television and radio shows, including national appearances on ABC, NBC, CBS, CNN, NPR, Wisdom Network, and many others. He is a faculty member at the Omega Institute, is featured in the new

hit film *Beyond the Law of Attraction*, and was recently the Keynote Speaker at the 10th International Conference of Science and Consciousness.

Finley is Director of Life of Learning Foundation, the renowned nonprofit Center for Self-Study in Merlin, Oregon, and over 200,000 people in 142 countries read his popular "Key Lesson" emails each week. His work is widely endorsed by doctors, business professionals, celebrities, and religious leaders of all denominations.



## Living Intentionally

By Barbara Chalker  
Author



**Take a minute and really look at what you are saying to yourself every day ...**

Is your life full of stress, anxiety, fear, hopelessness, anger, worry, and self-doubt? Join the club! So many of us are walking around living with these emotions these days and really don't know how to get out of this rut that we live in. We are constantly bombarded with negativity in our news and surroundings and it really wears on us all. In fact, it is altering our physical bodies at a very core level. It affects our DNA.

Recent studies show as we experience negative emotions, our DNA winds up tight and cannot 'code' as many instructions to our bodies as it would normally. You can



see the evidence of the effects of stress in some people who seem to age more rapidly, or may tend to have more medical problems than most. It all boils down to the

information that translates from our DNA into our cells. When that information is limited, your cells will not function as well.



The old paradigm that we are stuck with the genes that we inherited and little can be done to change that is being replaced with the new belief that our environment, and how we respond to it, can actually alter our genes. That puts the responsibility on each of us to stand guard and notice what we are exposing ourselves to on a daily basis and to become aware of how we respond to our outer world.

It is crucial for us to become aware of our consistent thoughts and feelings. What we focus on the most is what we attract into our lives. If you are focused on the things that you don't want, then you actually will see more of those things come into your life. Unfortunately, we have been taught at a very young age to 'think' these types of thoughts and experience the negative feelings that go along with them. Most of us live our lives unaware of the effect it can have on us.

Becoming more aware of what you are thinking or how you are feeling brings clarity to your life. Once you realize that you are usually focused on the things that you *don't* want, you find yourself awakening to the fact that all you have to do is use your ability to change your focus to things that you *do* want. It takes a little bit of work, but once you see how your current thinking has created your life today, you can begin to work on the life you choose tomorrow, a life of intention.

When you choose to live your life in love, happiness, caring, giving, creating, and gratitude, you will begin to "unwind" and your DNA will open itself up for more coding allowing your cells to function fully.





You will notice how different you feel and will also begin attracting things and people to you that reflect your new focus. It is truly an amazing experience and it can be felt by anyone who is willing to change his or her way of thinking, merely by becoming more aware.

Make a pledge to yourself today to notice the thoughts that are being played over and over again like a record in the back of your mind and also notice the emotions that play along with them. Take a minute and really look at what you are saying to yourself every day and decide if you want to continue to think that way. And at that moment when you choose to change your mind, immediately picture what you do want and feel the feelings that you want to experience. Put a big smile on your face



and really feel them. Stay with that thought for a minute or two and then become overwhelmingly

grateful for the experience. Your life will change.

By taking this simple step, all you are really doing is re-programming your subconscious mind. Most people think that the decisions they make in life are based upon logic and the result of thinking something through. The truth is that our subconscious mind directs us 95% of the time, and most of the information we base our decisions on every day, was programmed into our memories by the age of 5. Our memories are stored in our cells, and yes that means our DNA, and, some of our cellular memories were passed on to us from previous generations. So you see, you cannot be totally responsible for what was put in your subconscious mind at such an early age.

The greatest God given gift is that we have the ability to choose what we want to experience in our life. We can choose what

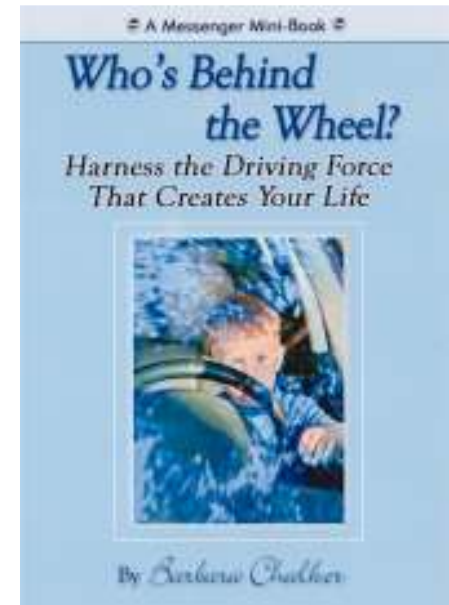


we focus on and re-program our 'recordings' if they do not serve us. You have the power to re-record over the old beliefs by simply intentionally redirecting your thoughts and feelings. No one else can or will do that for you. It's your choice. Choose wisely, and intentionally.

## About the Author

Barbara Chalker has personally experienced the power of living intentionally in her life over the past 30 years and has always been interested in personal growth and how people can direct their lives. It is her desire for people to increase their own awareness so that they may also use their personal power to create the life they desire. The launch of her recent book, "Who's Behind

the Wheel?" is the first step in reaching out to people. The creation of her website, [NewLifeMaker.com](http://NewLifeMaker.com) is an excellent resource for people who are serious about leading a life of intention through recorded meditations and affirmations.





# FUSEing Families

Vol. 1 Issue 5



**Artist is Rick Olson**

**This is his first drawing in pen and ink.**



Seedlings of Change are everyday people at the grassroots level helping people and community make a difference!

<http://seedlingsofchange.org>

Come join the community

*Seedling of Change*



**United We Stand:**

**December 18<sup>th</sup> 2010**

**Francis Amonde Foundation**  
shall be holding a fun day for orphans staying in orphanages based at Oyugis Town, in Kenya.



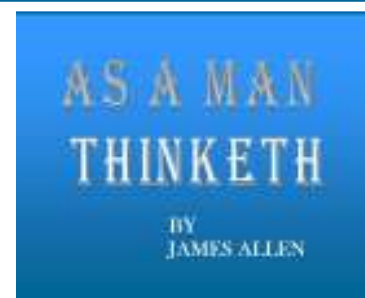
**Francis Otieno Amonde, Founder and Chairman,  
Francis Amonde Foundation,  
E-mail: [francisamonde@yahoo.com](mailto:francisamonde@yahoo.com),  
Cellphone: +254 772 661647/+254 736 954165**



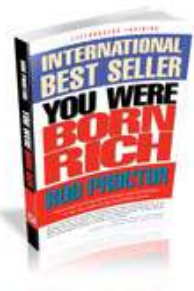
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of Raising Families

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This month's gift to thank you for subscribing  
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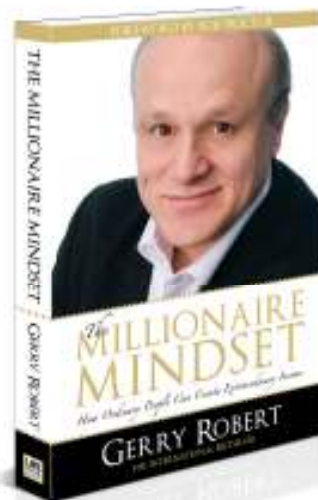
Issue 4 Gift



Issue 2 Gift



Issue 3 Gift



For a FREE copy of Gerry  
Robert's  
Millionaire Mindset Home  
Study Course

Go now to

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Access your copy of **Millionaire Mindset**

<http://www.fusefamilyfocus.com/fusemag/millionairemindset.php>



What if I AM right?

Everyday I feel joy and  
gratitude for the life I  
have chosen to live.

I believe in my self,  
in my ideas and my  
purpose.

I allow an abundance of love into my life

I am in control of the  
thoughts I think, the  
feelings I feel and the  
actions I take.

As I connect with  
God I connect  
with everything.

I am so happy and grateful  
now that I live my life with  
purpose.



When you teach your son,  
you teach your son's son.  
~The Talmud

## Parent Voices

Do you have comments or  
ideas you want to share?

Send us an email at:

[admin@fusefamilyfocus.com](mailto:admin@fusefamilyfocus.com)





## Mom's words of Love for the day

By Michelle Ledbetter



## Prayer

Prayer isn't just the words you say, it's the sentiment in your heart when you say it. It is an intensely personal form of expression. A real prayer is like an intimate letter, not a form letter, but something written in the present moment in your own words.

Prayer, for me, is about quality, truth, gratitude, and sincerity. It is about the intensity, genuineness, and authenticity of love that I have in that moment and that *I am* in that moment. It's not about the words I use or how long I pray. I've just got

*to feel it in my heart.* I pray to have the strength and vision and grace for whatever may come my way. I pray for help in setting the intention that is correct for my life, now. I pray for assistance in accepting that what comes my way, regardless of what it is, is exactly what I need. I pray for guidance in whatever stands before me in that moment. I pray for deeper understanding. I pray to be used as a power greater than my own, as an instrument of God's peace, and as a vessel of His word. I pray to ask where I where I can be of the most service.



When you are in a state of presence, stillness, and consciousness, prayer raises the vibrational frequency of the energy that you are emitting. Your requests and desires (for which you're praying) are therefore magnetized to you much more quickly. This is possible because you are already open,



receptive, available, and connected to a source far greater than your own.

A lot of people pray in fear. They're praying and praying and praying, but while they're praying, they're already afraid that the prayer isn't going to be answered. The energy of the prayer is coming from a fearful

place. They are closed and constricted. It's the equivalent of being shut down for business.

I think that you will find that when you can yield internally, surrender yourself while you're praying, and trust in a will greater than your own, that there's a greater sense of alignment and peace in your prayer.

It simply has more power, and we are able to feel that. It is vital that we remain open to life. In living openly, we are available to hear the guidance that will flow through us and direct any necessary or possible action. If no action is possible, then we get to rest in the peace and the inner stillness that come with surrender. We get to rest in God.



It's important to remember to adopt a **may thy will be done approach**, as this is based in faith and acceptance. With a **may thy will be done approach** or a **direct my footsteps approach**, you embody the surrender aspect that I spoke about above; where you appeal to a higher wisdom greater than your own.

It's not our place to tell the world what to do. Wouldn't you rather rely on a higher wisdom when you pray for people? I find it far more liberating, infinite, and peaceful to genuinely pray, **May the best outcome prevail in this situation; May thy will be done.** This is true faith, trust, acceptance, and surrender.

Love and Eternal Light,  
Michelle

## About the Author

Michelle Ledbetter is the Mother of two Beautiful Daughters; Oncology Nurse; Professional Performance/Life Coach, Owner/President of Life Line Connection. At [www.transitionguide.net](http://www.transitionguide.net) I promote Mind, Body, and Spiritual Wellness and Health Products. Avid traveler/explorer; Authentic; Peaceful; Adventurous; Athletic, and Spiritually Grounded.



**May the best outcome  
prevail in this situation;  
May thy will be done.**



**Thank you for allowing us to be a part of  
your family's journey**

**We hope you enjoy your free gifts  
and that the knowledge from our  
experts help to unify, strengthen  
and empower your family.**



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