

RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net

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#33



Dear Russell,

Thanks for all the interesting responses to the article last week on mirrors. If you missed it read it [Here](#).

Habits

what if we have the wrong habits?

Below this weeks article is one written by John Stevens called The Mirror of Death. Please take the time to read this positive article. You will find it well worth the time.

This week is habits. I was going to ask my wife Cathy to make a list of my bad habits. Then I thought better of the idea and decided I should just ask for the top 25 of my bad habits. How many can your spouse or significant other list?

Quotes

"We must be the change we invasion."

Gandhi

Next week the article is love, a habit we should all practice and enjoy.

"When I let go of what I am, I become what I might be."

Lao Tzu

Love yourself and you will also love others. If you love others you will find others love you. What is love? Perhaps the article next week will help to shed some light on the subject.

"We are what we

Yes. this is the last week to sign up for the tele class. See below and sign up!

repeatedly do; excellence,
then, is not an act but a
habit."

Aristotle

"You are what you believe"

unknown

Have you finished your plans for Valentines Day? Why not reach out to others also? How about calling someone that means a lot to you?

What do you think of The Secret? We will review it on the 21st of February. It will be interesting and informative.

Be *the* BEST You Can Be,



Russell R Shippee

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will be GLAD you did](#)

**Helping You, Motivating You,
Encouraging You, to Be the BEST You
Can Be**

Feedback

Thank you for helping me to make sense of something that happened to me yesterday, especially with the keeper phrase "Whatever has an emotional charge also bears a needed lesson."

Thanks for the message...I need to reexamine my goals

Russell, I just love the picture of *Christopher*. I wish everyone could feel the joy in that child's face...everyday. And, if we could always view others like we were looking in a mirror, we would be more tolerant. We would be more empathetic. We would feel a warmer reflection. You've given me a new perspective on mirrors. They used to imply vanity. Thanks, *(This was from someone who has know Chris all his life)*

Living My Life On Purpose Tele Seminar

LAST CHANCE TO SIGN UP -- SIGN UP TODAY

The workbook, living My Life on Purpose, will be given to those who sign up for the tele seminar. If you would like to:

explore where you are

reflect on your perceived value to date

focus on your life's purpose

determine a plan for your future

have a roadmap designed for you

have tools to assist you

have tools to guide you

to live a life of value

to truly live on purpose

to dare to Be the BEST You Can Be

If this interests you then sign up. The class will be on **Wednesday February 13th at 12:00 PM Eastern Standard Time**. To register just reply to this newsletter saying "sign me up."

Habits

Habits control our lives. We are a summary of our good as well as bad habits.

A habit is what we do almost, if not totally, subconsciously. We drive to

work each day and sometimes are not even aware of the route itself. The car just goes where it has gone all the days before. Did you ever catch yourself on a weekend going out in the car and ending up heading towards work? That is your habit.

The conscious mind handles 40 bits of information a second. The subconscious mind handles 40 million bits of information a second. Hence, the subconscious is 1,000 times more powerful than the conscious mind.

Our habits are part of our subconscious mind and are automatically programmed. To change them is to make a conscious decision and repeat that conscious decision for at least 30 days. Once an activity has been repeated for 30 days or more it becomes a habit. Being a habit it is in the subconscious mind and automatic.

The subconscious repeats what it knows automatically. It does not filter it nor does it judge it. It just does. The subconscious mind can be compared to a computer program. It does as the program indicates without any judgment or thought. The process is always the same.

We are born with a fully functioning and programmed subconscious. A baby knows how to suckle from birth. The flow of blood, breathing, digestion and all bodily functions are preprogrammed in the sub conscious mind before birth.

When we are struck with an emergency we find we have what appears to be super human strength and ability to just do something immediately without any apparent thought or decision process. Consider driving and avoiding an accident. Consider the woman that lifts a car off a baby.

Yes, the subconscious acts and acts far faster than the conscious mind. Without the subconscious we would not be here. Once we program something into the subconscious it is automatic and we can then use our conscious mind for something else. Our conscious mind is our creativity.

To form a new habit takes conscious effort. To maintain the conscious effort for the length of time needed for the subconscious to take over is the real problem.

January 1st we start off with resolutions. Sure, we can eat right for a few days. Then, we slip. We make an exception and then the exception become the norm as it is already our habit. How do we change that and create a new habit?

We have to do something repeatedly to make a habit. To do something repeatedly we have to focus on the benefit of it and not the lack or the negative side of it. When we want to eat healthy we need to do it daily until it becomes a habit seeing ourselves looking thinner and better looking. We have to see the benefits and the value. By focusing on the benefits it makes it easier to repeat the behavior until it becomes a habit.

Once we eliminate fatty foods from our diet for long enough when we taste them again we find they no longer taste good. The same thing, believe it or not, goes for sugar. Once exercise becomes a habit and we miss several days our body cries out for it.

So, we can make good habits and they will become automatic. The automatic feature makes it work and work well for us. Consciously repeat the new habit with positive reinforcement for at least 30 days. Thereafter, it will be automatic and you can then start on another good habit you want to form. A bad habit can only be eliminated by replacing it with a good habit.

Make your habits positive and healthy and your life will be positive and healthy.

The Mirror of Death

Although it is inevitable, losing a loved one is never easy. Suddenly a part of your life is gone and there is a gaping hole that was once filled with love. I, like everyone else, have had to cope with this emptiness, but it took the death of my dear friend, Sarah, a border collie who was my faithful companion for almost 16 years, to come upon a discovery that changed my life.

Sarah was an abused puppy we rescued when we lived in England. When we went looking for a dog, I was keen on another one that was in the foster home we visited, but she chose me. Her abuser had been a man and she feared all men, but for some reason she saw something in me, very much a man, that was different and boldly approached

me wagging her tail. In spite of my protests, it was a battle I could not win. She was the dog for me and that was it.

When we got home, we found that Sarah could not be left alone. She was completely terrified. We guessed that in her former life, she had been left alone, did something wrong, as puppies often do, and was beaten when the master returned. Not being a dog psychologist and living in a dog-friendly country, the easiest solution was to take her to work. Anyway, she responded well to the training. Most of the time, she hid quietly under my desk. The only hint of a dog in the office was a tail wagging when somebody walked by, especially a colleague, Ann, who doted on Sarah and often took her for walks in the park at noon.

In time, Sarah proved to be a wonderful friend. She led an interesting life. When we moved back to Canada, the option of leaving her in England, although there were a few offers to take her, was never considered. We had shared too many walks and talks to be separated. Anyway, she had chosen me. The choice was not mine.

After years of devotion on both of our parts, the time came when cancer took over and we had to put her down. In the cool shade of our front lawn, we stared into each other's eyes, trying to prolong the moment. Then it was over. She was gone.

Days of grief immediately followed. Friends tried to say the right words. Hugs were given generously. Everything helped, but they couldn't fill void in my soul. I tried pep talks to convince myself that it was all for the best and so on and so on. I missed my dog and that was it.

One noon, a few days after her death, I was walking on the streets of Tavistock.. I paused to look into a florist's window, then I saw it - my reflection. What followed though were the thoughts that turned my tears of sorrow into joy.

Like the reflection in a mirror or glass, death is the reflection of life. The greater the love you felt, the greater the grief. There are people who die every day that I feel no grief for. However, my dear Sarah's death created a deep and profound sorrow. However, it was only so deep and profound because our love for each other had been so deep and profound, too. The sorrow was a mere reflection of the joy we shared. What a precious thought. It allowed me to cope with my emotions. Every time I experienced the pain, I remembered that it was a mere reflection of the love and a reminder that it still existed. Although no longer with me, Sarah's love was.

Then came the question. It changed the tears into sobs of joy.

The question? Would I take away any of the precious moments we shared to lessen the sorrow I was experiencing now? The answer was an emphatic NO! As much as I mourned the loss of a great friend, there is no way I would have taken anything away from our experience together. The result was that I embraced the emotions instead of trying to explain them away or rationalize them. Embracing them meant that I could deal with them effectively, since I wasn't trying to avoid them or push them away.

Many of you, I'm sure, are going through grief from the death of a loved one. No matter how great the pain may be, if you wouldn't change anything from your life with your loved one to lessen it, you know that you have had a very special relationship with somebody - something that many long for and never experience. When the sorrow comes, remember it as a mere reflection of the love you once shared, and a reminder that it has not gone away.

John Stevens is a creative, "idea" person from St. Marys, Ontario, Canada, who does some freelance writing. He is filling his time with some occasional teaching while looking for his next adventure in life. You can email John at: john.stevens@rogers.com or read his blog at <http://johnnyxfanclub.blogspot.com>.

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