

RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net

To see the version with all the graphics and pictures please click [Here](#) 2-21-08 #35



Russell cooking and then cleaning



### Quotes

"The SECRET of getting ahead is getting started. The SECRET of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting the first one."

*Dear Russell,*

*Here is trusting you all had the BEST possible Valentine's Day. Remember, it is all about how we treat others 365 days a year.*

*Yes, I did cook and clean up to some extent on Valentine's Day. It was fun.*

*Remember, you need no reason to celebrate, or reach out and touch someone.*

*Someone called and asked how they can get the book. It is no secret. Yes, see below and you can order it right here in the newsletter. Yes, it also makes a great gift.*

*While life is not a secret there are lessons that have to be learned and efforts made to do so. The rewards are far greater than the efforts.*

*Welcome to the new subscribers. Please be sure to view the website and the previous newsletters. That way there will be no secret. Thanks for joining.*

**Be the BEST You Can Be,**

Mark Twain 1835-1910



Russell R Shippee

"What would you attempt to do if you knew you could not fail?"

Dr. Robert Schuller

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

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."

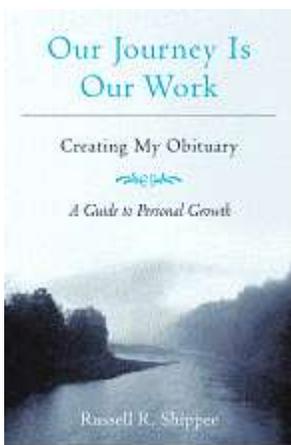
Winston Churchill

**If you have 4 friends sign up you will receive the *Living My Life* e-workbook as a reward. Just email me the names after they sign up and the ebook is yours.**

"Everything comes to the one who hustles while he waits."

Thomas Jefferson

[Click Here to Subscribe - You will be GLAD you did](#)



**Yes, You can buy the Book right NOW. Just click below and it will be at your door in a few days Buy two and you will receive the ebook, *Living My Life on Purpose*, as a bonus.**

Until one is committed,  
there is hesitancy,  
the chance to draw back,  
always ineffectiveness.  
Concerning all acts of initiative  
there is one elementary truth,  
the ignorance of which kills  
countless ideas and endless plans:  
That the moment one definitely commits oneself,  
then providence moves, too.  
All sorts of things occur to help one  
that would never otherwise have occurred.  
A whole stream of events issues from the decision,  
raising in one's favor all manner of  
unforeseen incidents and meetings and

[BUY the Book HERE - NOW](#)

material assistance which no man  
could have dreamed would come his way.  
Whatever you can do or  
dream you can, begin it!  
Boldness has genius, power,  
and magic in it.

JOHANN WOLFGANG VON GOETHE

## SECRET

There is no secret.

Currently there is a popular book and video called The Secret. The authors have been on Oprah, Larry King, and many other shows. All of a sudden people became aware of the secret and began to believe they could immediately manifest what they wanted after watching the video or reading the book.

The book The Secret and the video The Secret are wonderful marketing and promotion pieces. They are slick and they do sell and attract people. For most, they do not deliver as expected.

First, it is not a secret. Second, it is not common or usual for it to 'work' with the first attempt to manifest what you want. As soon as it does not work there is a negative reaction. The book or the video is blamed as being wrong or not working.

The laws of life are far simpler than they appear. We seem to make the easy, difficult and the simple, complicated. We create the problem with our beliefs and energy.

We are energy and vibration. The secret of manifestation is allowing our energy, our vibration, to match that which we want. Yes, we can do it. No, it is not always automatic, and it does take time and learning.

If we want \$1,000,000 we have to vibrate and believe we are worth it, it is possible, and it is already ours. We have to be, do, and live from the fact that it already is. Doing that means we are vibrating in a certain way. The issue is that if we have \$10,000 we are vibrating at the \$10,000 level.

Working and believing we can change and vibrate at a higher level. The problem is that few, if any, can change the vibration from \$10,000 to a \$1,000,000 level. The jump, the change, is just

too much for our belief system all at once. We need to take one believable step at a time. What we manifest we have to believe, know, and live. This is where the problem occurs. Just reading or repeating a list of wants and desires that we do not truly believe are possible will not do anything for us.

The Secret is a good start and a good guide. Abraham-Hicks has several books on manifestation that have been out long before the popularity of The Secret. They refer to it as the law of attraction. [Ask and It Is Given](#) and [The Astonishing Power of Emotions](#) are two of their books that I recommend.

Life itself is not a secret but an open book. We just need the vision and the vibration in order to read it and know it. When we are ready we will know and understand. Today we can see and know so much. A year from today we can read the same material again and read it for the first time with new insight, new learning, and new understanding.

Life is to be lived. It is in the living that we learn and grow. Learn and grow - learning, believing, and acting as if, are the building blocks of life.

The secret is to work at it with attention and focus. The more focus, the more learning and understanding. The learning and understanding will lead to new beliefs and new manifestations.

The manifestations already exist. They are available to us and waiting for us to be ready for them. In the learning is the preparation and, therefore, the coming.

When you are ready, when you are in a vibrational match, and believe, your manifestations will appear.

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to rshippee@lighthousepartnersllc.com, by [rshippee@lighthousepartnersllc.com](mailto:rshippee@lighthousepartnersllc.com)  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Lighthouse Partners LLC - BetheBestYouCanBe | 1 Poplar Ave | Wickford | RI | 02852

Email

 Cons  
TR Y