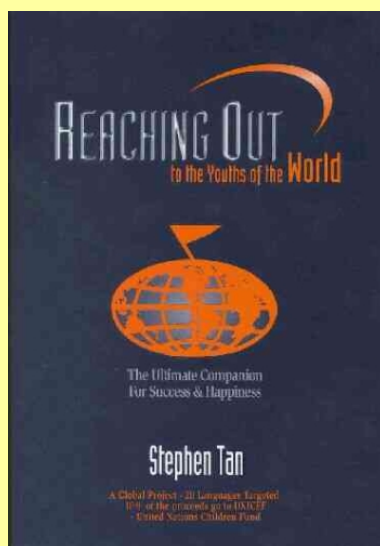


REACHING OUT



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Introduction to the Free Sample

This is a free sample of 2 chapters from the ebook "Reaching Out". It includes the Preface and the Forward from the book as these items are available on the website. If this free sample gives you the desire to read the whole book, it can be purchased from the website:

Book for the World

Foreword

In the last 80 years, wars have cost us billions of dollars in destruction, and millions of precious lives. More recently, hatred and brutality devastated much of Asia, Middle East, Europe and Africa. Cambodia, Rwanda, Bosnia and Zaire are glaring examples. The 1994 Report from the UN Development Programme, reveals that the richest 20% of the world feast on 85% of the earth's total output. In Asia alone, 700 millions live in poverty, with little ability to read or write. Soldiers outnumber doctors 20 to 1 in developing countries, yet a fighter jet could pay for the primary education of a million children!

In developed nations, we have strayed in other directions. Crime in America for example, costs US\$425 billion and many lives a year. The latest news is that the U.S. prison population have soared to 1 million; one in 260 citizens! In modern communities, where alarming percentages of marriages end in divorces, and part-time and solo parents are increasing, a 3-year wedlock seems eternity.

We spend a whopping US\$800 billion a year on weapons instead of welfare, yet an estimated US\$34 billion is sufficient to put the world's children on good footings. More conflicts are now within national borders, where tragically, 90% of the dead are civilians. The last 10 years saw more children killed in wars than soldiers, they fell like lambs to the slaughter, with 2 million dead, 5 million disabled and 12 million homeless! What kind of adults will these millions of kids grow up to be, shaken and deranged by such mass violence and deprived of home, family, love, normal bodies and souls? Will they emerge to create or face greater problems and catastrophes in future? The global scene is a web of illiteracy, injustice, crime, diseases, famines and bloodshed.

One cannot help sinking into serious soul-searching, and ponder over the reasons and solutions for all these cruelties and miseries. Soon, an answer invariably dawns. It lies now in our offsprings, the heirs to the world. They are our hope and future. A flurry of old phrases and new words comes to mind: A tree grows the way it is bent, nipping problems in the bud, love, guidance, conditioning, mental-seeding...These words also

trigger our recall of 2 bizarre incidents reported in recent times, which can chill our spines and touch our hearts about parents' sway on future generations. One involved an infant kept with the dogs, who later barked like a puppy; elsewhere, another child had been brought up by chimpanzees, and showed behaviour approaching that of the apes.

Parental care, religion, moral guidance and good education are the foundation for knowledge, skills, altruism, virtues and even justice. Parents tend to leave things to the schools, but being most influential, and answerable for their own flesh and blood, they should assume 90% of these duties. Beyond the family, and given the interwoven nature of society and the economic multiplier, if we would only put other people's welfare closer to our self-interests, our blessings could return tenfold!

Childhood and youth are a treasure, the most precious period of life. It is a time of great expectation, discovery, emotion, learning, formation of personality and character, and consolidation of personal substance. The new generation can in time be the powerful pillars of society, and possibly the salvation of humanity. If all of them could release their vast potentials, harness all available resources, and make combined efforts to improve and beautify the world, they could bring miracles. Meanwhile, not enough is being done to help the young. It is high time we realise that, to create a Utopia, young people need a creed to believe in, a moral code, strong values, a noble purpose, causes to champion, knowledge, health, wisdom, and profound innate strength.

All our youngsters must now advance resolutely towards a happy, meaningful and rewarding life; the rest of the world and their destiny depend on them. Governments, leaders and parents, on the other hand, have a grave moral duty, to provide the all-important education, nutrition, love, and a promising future. Despite current shortcomings, it is still a wonderful world, a fascinating universe. Let us strive to find and develop beauty and goodness everywhere. Let us crown our lives with a majestic purpose.

The Author.

Preface

This book is written for the growth and well-being of children and youths, and indirectly, for the current and future welfare of those around them. We pray that they will learn to live happy and fruitful lives, and become the saviours of society.

The chapters follow a developmental process from age 10 to 35. This age group is almost 40% of global population, or 2.5 billion young and vibrant lives. Despite their free time, energy and receptivity, they remain a neglected and under-utilised group world-wide, yet it is in their tender age that morals, values, intelligence and talents are shaped and crystallised.

Hopefully, this will be a candle to the underprivileged in some dark corners of the earth, and a cradle for many, to nurture success. In the years ahead, may this be a guiding light, a constant companion, a source of comfort, encouragement and motivation. If this book reaches a great number of youngsters around the globe – which is our burning wish – its impact will be substantial, and its results, promising and gratifying to us all!

The Author.

"In you there is hope, for you belong to the future, just as the future belongs to you." – Pope John Paul II, Letter to the youths of the world, International Youth Year, 1985.

"What's done to children, they will do to society." – Dr K. Menninger.

"All who have meditated on the art of governing mankind have been convinced that the fate of empires depends on the education of youth." – Aristotle.

Visualisation and Affirmation, the Magic Carpet

A singer–musician got into a horrific accident 21 years ago. A log from a timber truck burst through his windscreen and squashed him. Doctors gave up hope as he lay in a coma for days, linked to a life–support machine. Then came a lady from the music company. She held his lifeless hand – the only visible thing under the massive bandages – and sang a spiritual song loudly to him. Soon his subconscious heard her and his hand began to twitch! He recovered, and months later he went on to do the famous hit *You Are the Sunshine of My Life*. He is none other than our great Stevie Wonder. The singing was a special affirmation to his subconscious.

There is an interesting story from Al Koran's book *Bring Out The Magic In Your Mind*. A lady was craving for a piano, but had no money to buy it. She often visualised it there in her room, and fantasised dusting and playing it. Weeks later, someone called and asked if she wanted to buy a piano – an idea he got when he passed the house! The lady declined as she could not afford it. One day, she gave her seat in the bus to an old lady. They got off the bus at the same place, then the lady asked: 'Would you know anyone who could keep my piano for me? I have to live abroad for a few years.'

In my own home, the same has happened in our midst! My second daughter has been begging for a puppy for 2 years, and I told her: 'Try visualisation, and feel the puppy in your hand.' 'Dad I do!' She replied sadly, 'But it doesn't work.' As her birthday drew near, My wife decided to give her what she craved so much for, as the deprivation was beginning to hurt her. The puppy came. Visualisation did work for Lavinia after all!

An Australian Medical Journal once reported: 'Chinese doctor and nephew lost in snow...temperature below freezing point...alive the next day!' The doctor recounted his meditation and visualisation throughout the night, based on a mythological dragon's fire. They diffused themselves with warmth! Such tools were also used by Australian psychiatrists Dr A. Meares and Dr C. Simonton, who claimed many successes in treating cancer patients.

Such mind manipulation has been used since the 1950s by the Russians in training programmes, and since then they have won numerous Olympic medals. Nowadays, most sports champions and super salespeople employ visualisation and

affirmation. Those who do not risk being outmatched by those who do. A case in point is A. Schwartznegger, who said, 'It's all in the mind. When I was young, I visualised myself being and having what it was I wanted...The mind is really so incredible. Before I won my first Mr Universe, I walked around the tournament like I owned it. I had won it so many times in my mind that there was no doubt that I would win it.' Muhammad Ali, the great boxer, always chanted 3 words before his winning fights: 'I'm the greatest!' He had affirmed and predicted his victories! The great Buddha commented, 'All that we are is a result of what we have thought.'

You can recall that Mr Hilton of the global hotel chain, who finally bought the hotel he dreamed of buying for his mother. In another incident, I learned that a marketing millionaire in North America ended up – to her surprise – buying the exact Rolls–Royce she had visualised in a picture on her wall! Experiments in schools also showed that students who were told that they had done well in previous tests, actually went on to do better in the next attempt! Tests showed patients who were given 'good pills' got well on dummy placebo pills. John Robinson, head of the International Harper Group said, 'Without my belief system, my company would be a quarter of its current size...I see a hand signing the completed contract. I do this everyday, sometimes for years, until it happens.' Well, if the above incidents are not enough to convince you of the magic of visualisation and affirmation, few things will.

The Bible says, 'As a man thinketh, so is he.' Elbert Hubbard gave the best advice: 'Picture in your mind the able, earnest useful person you desire to be, and the thought you hold is hourly transforming you into that particular individual you admire.' Successful people in many fields use imaging. They rehearse their beautiful, faultless performance, step by step the night before. Learn to visualise, it is easy; just relax in a quiet area, then form vivid mental pictures of desired situations and outcomes in your mind. If you can physically touch the piano, car or house that you want, it is even better. Do it as often as you can. The subconscious has no past, present and future. It is all here and now; that is why traumatic experiences and phobias can affect people for years. Neither does the subconscious worry about truth or fantasy. This is a blessing in disguise, because whatever you fantasise and want in the future can be made here–and–now, sooner!

Now, here are examples of affirmations: 'Fun! Everyday I'm getting better in every way...My beliefs system already puts me ahead of others...I came this way but once, so I'm making the best of every minute...There's a giant inside me, waiting to burst through...Nothing real or imaginary can stop my advance...' You can build your own lines. My favourite one is the C.A.T line, saying: 'I'm **C**apable, **A**ccomplished and **T**alented.' Whichever line you build up, say it many times a day until it sinks in. I will tell my secret here: Before I started this book, I frequently affirmed and prayed:

'My heavenly Father, please lead me through my resources to bring success and happiness to myself, my loved ones, and my fellowmen.' Now I have no doubt where I'm heading!

Look around us, it is funny how people go to great lengths to protect their houses against burglars. Then they allow a more ghastly robber, full of negativism and poison to enter their minds, which are infinitely more precious possessions. If you don't fantasise your wishes, your life may wither, soon your aura darkens and the 'thief' sneaks in! The destruction is more extensive than you think. You should instead, build mental images of splendid actions and achievements. Then you will grow stronger by the day, and capitalise on opportunities and fulfil your dreams. Visualisation and affirmation are powerful magic carpets, so are the habits of believing and expecting. Put together, they lead you to accomplish whatever you desire. They cost nothing but shower you with boundless well-being. Would you ignore such a big bargain in life? I can conclude now and say to you: 'Thank you for believing me and congratulations, on your great **oncoming success!**'

"Be very choosy therefore upon what you set your heart. For if you want it strongly enough, you'll get it." – Emerson.

"When an object or purpose is clearly held in thought, its precipitation, in tangible and visible form, is merely a question of time." – L. Whiting.

Enthusiasm

I am excited about this lesson, which I looked forward so much to write, knowing well that enthusiasm is everything in life. It is the very act of **eyeing** all the beauties, wonders and abundance around us, and moving in to **enjoy** them all. Wouldn't you like to have all the nicest things in the world, and to share them with everyone? I have always wanted a black Yamaha or Steinway piano, the most-popular Fender Stratocaster electric guitar, a keyboard that plays like a real saxophone or orchestra, and a hi-fi set that brings a concert right into the house! I am planning large fresh-water and marine aquariums in my house, filled with sea-horses, lobsters, and colourful fishes. Not forgetting the most fascinating flowers, the funniest-looking pets in my own little zoo, and serenades from the loveliest song-birds!

I shall revel regularly around the globe with my wife and kids. Rio in Brazil, Cape Town in Africa, the Bahamas, Galapagos Islands, Switzerland and all the 4 Disney playgrounds! I know well my family can have all these in 10 years, or sooner! If we advance every minute of the day for 10 years, with 5,256,000 minutes multiplied by 5 of us, think of the grounds we would cover, the progress we would make! With dreams and earth-shaking enthusiasm, who can stop us? Wouldn't you do the same too?

Charles Buxton said, 'Experience shows that success is due less to ability than to zeal. The winner is he who gives himself to his work, body and soul.' The rich and famous stressed that enthusiasm and success always go together, because human impetus can do wonders. Emerson declared, 'Every great and commanding movement in the annals of the world is the triumph of enthusiasm. Nothing great was ever achieved without it.' Thomas Watson, the creator of the giant IBM computer company advised us: 'The great accomplishments of man have resulted from the transmission of ideas and enthusiasm.'

Oprah Winfrey, perhaps the biggest TV success in recent years, revealed it all: 'I am where I am not because money was ever... my motivation. If you want to accomplish the goals of life, you have to begin with the spirit.' Alexander Bogomoletz commented, 'One must not lose desires. They are mighty stimulants to creativeness, to love and to long life.' John Rockefeller, American industrialist, financier, and founder of the Standard oil Company commented: 'Do you know anyone who is zealous in his work? He is the equal of kings.'

The word enthusiasm was derived from the Greek words En theos, which mean *With God, inspired by God, and with the energy of God*. 'You can do anything if you have enthusiasm,' said Henry Ford, who started and built the superlative Ford Company, 'Enthusiasm is at the bottom of all progress. With it there is achievement. Without it, there are only alibis.' In one study, 200 executives were asked what leads to success, and 80% listed enthusiasm as the most important quality. Can we ignore the combined views of 200 discerning executives?

Normally, enthusiasm coupled with other average human qualities, is enough to help a person to rebound from failure to success. It also helps to drown shyness, uncertainty or even depression. H. W. Arnold said: 'The worst bankruptcy in the world is the man who has lost his enthusiasm. Let a man lose everything else in the world but his enthusiasm and he will come through again to success.' Many people label enthusiasm as the Number One Asset. The loss of a zest for living is probably the worst thing that can happen to a human being, it is almost the loss of his life.

At work in the corporate environment, our enthusiasm boosts our performance remarkably. It leads to profitability and well-being, for ourselves, our co-workers and the company as a whole. Furthermore, this state of mind draws delight and co-operation from others. Harold Geneen, of the giant AT & T Corporation commented, 'We wanted people who were intelligent, knowledgeable and experienced, but in choosing among candidates who had those attributes, I wanted men around me who shared my enthusiasm for work.' Everywhere, excitement is extremely infectious, so is the lack of it. Even in communication, an enthusiastic speaker invigorates us, while a dull delivery puts us to sleep. If Hitler's passion and oration could send a nation against the world, and start the 2nd World War, you can imagine the power of such obsession. The same impetus propelled the Japanese to do likewise in 1939, with tragic and horrific consequences.

Another wonder of enthusiasm is that it gives rise to a host of other blessings and assets, like optimism, a pleasing personality, radiance, energy, confidence, diligence, endurance, initiative, teamwork, creativity, inspiration, and many other positive attributes that lead to success and happiness. The distinguished Conrad Hilton had this to say: 'As far back as I can remember, I was marked with the sign of enthusiasm... Inevitably, with such attributes, it is difficult not to lead a full, active life.'

We tend to forget that enthusiasm is already happiness in itself! After all, our well-being is a manner of progressing, not a destination. We simply function more smoothly and joyfully when we are stimulated and treasure-seeking. Kingsley said rightly, 'We act as though comfort and luxury were the chief requirements of life, when all that we need to make us really happy is something to be enthusiastic about.'

Benjamin Disraeli, the former British prime minister, took us beyond the normal qualities of enthusiasm when he declared, 'Every production of genius must be the product of enthusiasm.'

There is also much beauty in enthusiasm. Which is prettier, a toad or a hummingbird? 'Zest is the secret of all beauty. There is no beauty that is attractive without zest.' Said Christian Dior, the prominent and celebrated creator of beautiful products. For this reason, it is sad to note that a conceited and spiritless adult loses not only his attractiveness, but suppresses enthusiasm in his children, when they run to him and are responded with a careless, I-know-it-all, that's-nothing-new attitude. Excitement and fervour are not only beautiful, they are extremely rejuvenating and curative. It is now proven that the eager, lively, and happy-go-lucky type not only combats illness, but blocks it in the first place. Fun and joy can truly immune or heal.

We can easily cultivate our enthusiasm by mixing with enthusiastic people, reading motivational materials and thinking enthusiastic thoughts. Then we set our desired goals, 'dance' merrily towards them, and enjoy every minute of the way. There is so much in the world to see and do, people to meet, adventures to enjoy, great abundance to cherish and to give. There is more than enough, to keep us amused every hour of the day, every day of the year. Life is wonderful.