

Volume 1, Issue 5

MOTIVATED

THE MAGAZINE THAT MOVES YOU!

FREEDOM FROM FEAR

Faith is the antidote

BITTER FOR SWEET

All things work together for good

FAILURE

No such thing

WHAT GOES AROUND COMES AROUND

Protection in a world of violence

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Who doesn't want to be counted among the brave, courageous, and fearless ones who right wrongs and come through the difficulties of life unscathed when faced with injustices? Yet, so many people today are afraid. —And with good reason. Their fears are founded on the reality of a globally rising crime rate, unrest and riots on every side, wars on almost every continent, failing economies, and the list goes on.

No one is exempt from worrying or fretting over something at one time or another. Mothers worry about raising their children in an increasingly violent world. Fathers worry about losing their jobs and livelihood, thus being unable to provide for their families. And then there's the fear that our part of the world may be the next to be plunged into a war or civil unrest. —Or maybe it already has! Will our future be peaceful, we wonder? Will we lose or be separated from the ones we love through sad events, sickness, or death? What does our future hold, we ask?

These fears are real, and while some people brush them aside and others accept them as part of life, they can have a paralyzing effect on us. Fear instills worry, insecurity, and doubt. It also robs us of the courage we need to face the facts of life positively. You ask, "How can I overcome these fears and rise above them? How can I keep from being afraid when there's so much to be afraid of?"

There is an antidote to fear and worry that is often overlooked because it seems too simple. Yet those who have found and practiced it testify of the positive effects it has had on their lives. This issue of *Motivated* explores this pertinent topic and provides helpful insight and tried and proven advice on how to counteract fears of any kind. It is possible to find freedom from fear!

Christina Lane
For *Motivated*

Bitter for Sweet

All things work together for good

-- By Les Brown, adapted

The sound of Mother's eggbeater drew me to the kitchen. There I found her at work, and began to watch. This was my chance to find out what she put into that chocolate cake of hers that made it so good. There was baking chocolate, of course. I reached for a crumb that had fallen off the bar and put it on my tongue to dissolve. It was bitter. I surveyed the other things on the table. There was a cupful of sour milk. Yuck! Surely Mother wasn't going to put that in the cake. But she did, along with some of that awful baking soda she had given me the last time I had a stomachache. What kind of cake could she possibly make out of such things? Mother smiled and told me to wait and see.

She served the cake that evening after dinner. It looked as good as usual, but I was going to be careful. I tasted a little crumb, then a larger crumb, and finally a whole bite. It couldn't have been better. I forgot all about the sour milk and baking soda, and asked for another piece.

Life is not all sweetness. There is much that is bitter, and we often cannot believe that anything good could come from it. Certainly all things are not good, but all things work together for good. This is God's promise to those who love and trust Him. Day by day He is making us what He wants us to be, and He never puts anything into our life by mistake. ✨

Failure?

no such thing

— Lessons from the life of Thomas Edison

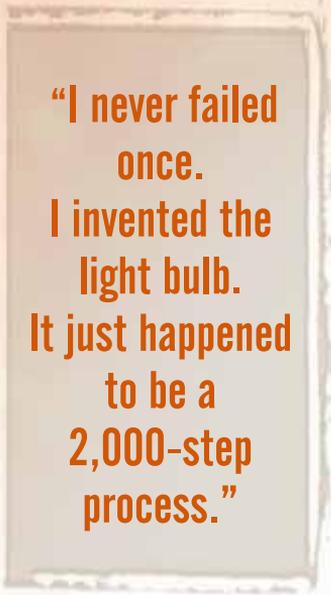
When a reporter asked Thomas Edison how it felt to have failed 25,000 times in his effort to create a simple storage battery, his reply was, “I don’t know why you are calling it a failure. Today I know 25,000 ways not to make a battery. What do you know?”

Thomas Edison was probably one of the greatest inventors in history. When he first attended school, his teachers complained that he was “too slow” and hard to handle. As a result, Edison’s mother decided to take her son out of school and teach him at home.

The young Edison was fascinated by science. At the age of 10 he had already set up his first chemistry laboratory. Edison’s inexhaustible energy and genius (which he reportedly defined as “1 percent inspiration and 99 percent perspiration”) eventually produced in his lifetime more than 1,300 inventions.

When Thomas Edison invented the light bulb, he tried over 2,000 experiments before he got it to work. A young reporter asked him how it felt to fail so many times. He said, “I never failed once. I invented the light bulb. It just happened to be a 2,000-step process.”

Thomas Edison’s laboratory was virtually destroyed by fire in December 1914. Although the damage exceeded 2 million dollars, the buildings were only insured for \$238,000 because they were made of concrete and thought to be fireproof. Much of Edison’s life’s work went up in spectacular flames that December night.



“I never failed once. I invented the light bulb. It just happened to be a 2,000-step process.”



“All our mistakes are burned up. Thank God we can start anew.”

At the height of the fire, Edison’s 24-year-old son, Charles, frantically searched for his father among the smoke and debris. He finally found him, calmly watching the scene, his face glowing in the reflection, his white hair blowing in the wind.

“My heart ached for him,” said Charles. “He was 67—no longer a young man—and everything was going up in flames. When he saw me, he shouted, ‘Charles, where’s your mother?’ When I told him I didn’t know, he said, ‘Find her. Bring her here. She will never see anything like this as long as she lives.’”

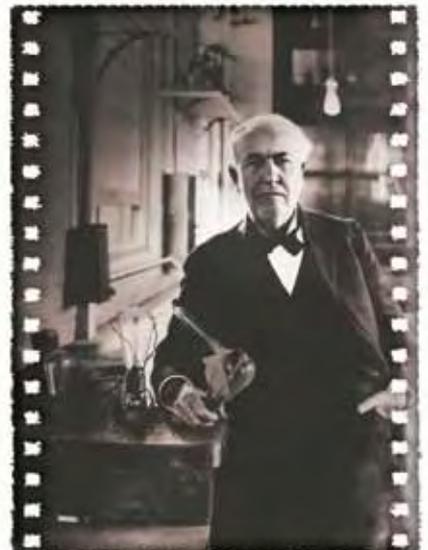
The next morning, Edison looked at the ruins and said, “There is great value in disaster. All our mistakes are burned up. Thank God we can start anew.”

Three weeks after the fire, Edison managed to deliver his first phonograph. ✨

—The Sower’s Seeds

Edison, Thomas A. (1847-1931)

Famous inventor who held over 1000 patents for his discoveries and inventions. He set up a laboratory in his father’s basement when he was 10 years old and began experimenting even then. Although he had little formal education, he had tremendous genius. He invented the mimeograph, improved the typewriter, and was the pioneer of the telephone, phonograph, and motion picture machine. He also helped make television possible when he discovered the “Edison effect” by accident, which became the basis of the electron tube. His most important invention was the incandescent light.



FREEDOM FROM

FEAR

— By David Fontaine

By facing his fears he transformed himself into one of the most confident and brilliant speakers of the first half of the twentieth century.

Faith is the antidote

FEAR! We don't realize how much of it is subconscious until we analyze it and try to put it into words, yet we're often afraid to talk about our fears or even confess to ourselves that we're afraid because that would expose our innermost selves.

The fear of failure is probably one of the greatest fears people have—the fear of failure in life, love and labor, and perhaps the greatest fear of all is the fear of failing others. —The fear of hurting others because of our failure, the fear of letting them down, disappointing them, disillusioning them, discouraging them; the fear that because of our failure, others will also fail—this is hardest to bear.

But whatever our fears are, it pays to face them and to draw a line of distinction between the truth and the lie, between reality and the imaginary, between fact and fear. The following anecdote illustrates this principle.

When George Bernard Shaw was asked how he learned to speak so compellingly in public, he replied, “I did it the same way I learned to skate—by persistently making a fool of myself until I got used to it.” As a youth, Shaw was one of the most timid persons in London. He often walked up and down the street for twenty minutes or more before venturing to knock at a door. “Few men,” he confessed, “have suffered more from simple cowardice or have been more horribly ashamed of it.”

Finally, he hit upon the best, quickest, and surest method ever yet devised to conquer timidity, cowardice, and fear. He determined to face his fears and make his weak point his strongest asset. He joined a debating society. He attended every meeting in London where there

was to be a public discussion, and he always arose and took part in the debate. By throwing his heart into a cause and by going out and speaking for that cause, George Bernard Shaw, by facing his fears transformed himself into one of the most confident and brilliant speakers of the first half of the twentieth century.

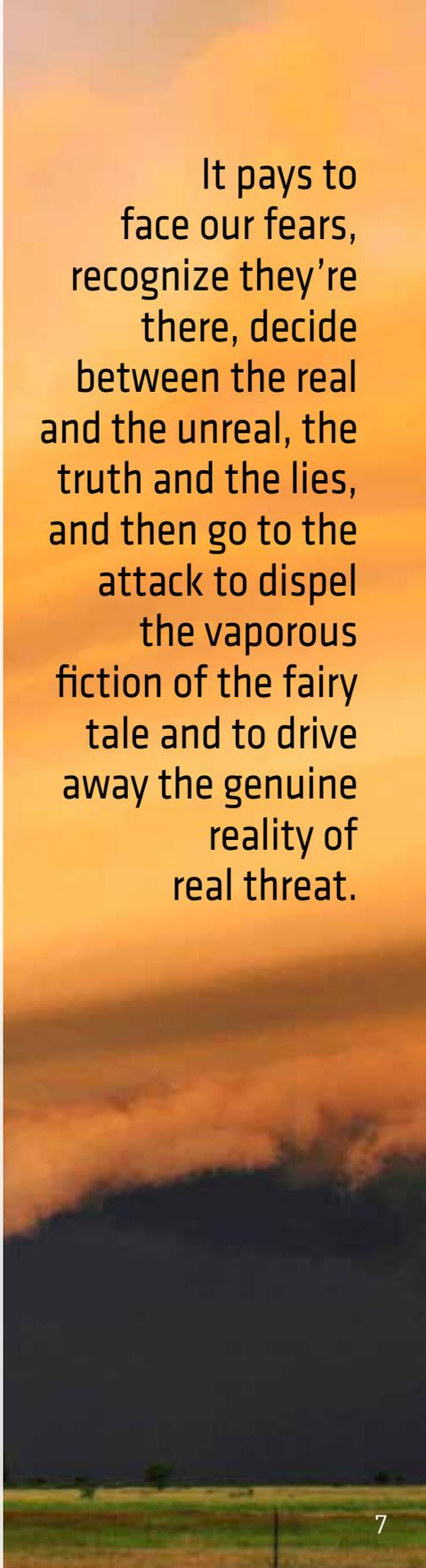
It not only pays to face our fears, acknowledge and confess them, but to take a positive stand against them. We have to differentiate between reality and the imaginary, the truth and the lie. We don't conquer our fears by ignoring them or running from them; we conquer them by facing them, standing our ground and sending *them* running.

So it pays to face our fears, recognize they're there, decide between the real and the unreal, the truth and the lie, and then to go to the attack to dispel the vaporous fiction of the fairytale and to drive away the genuine reality of real threat.

We may need help in overcoming some fears. Some people have deep-rooted fears that are actual phobias. For instance, some people almost panic when they're shut up in a closed place. Others fear to go outside. Others fear heights, tunnels, the dark, etc. If we feel terrified by some extreme fear that we don't feel strong enough to overcome on our own, then it helps to have someone to talk with about it.

Fear is the exact opposite of faith. It's faith that keeps us from fear. Faith in God is the best cure for fear of any kind. Faith and fear cannot occupy our mind and heart at the same time. It's just impossible.

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What goes around Comes Around

WHAT GOES AROUND COMES AROUND

When I was working as a radio announcer, I used to go to University Hospital on my way home. I would walk down the corridors and just walk into different people's rooms to talk to them. It was a way of forgetting about my problems and being thankful for my health. It made a difference in the lives of those I visited. One time it literally saved my life.

I was very controversial in radio. I had offended someone in an editorial that I had done about a promoter who was bringing entertainers into town who were not the original members of a particular group. The person I exposed took a contract out on me, intending to do me harm.

One night I was coming

home at about two o'clock in the morning. I had finished work late. As I began to open my door, a man came out from behind the side of my house and said, "Are you Les Brown?" I said, "Yes, sir." He said, "I

need to talk to you. I was sent here

to carry out a contract on you." "Me? Why?" I asked. He said, "Well, there's a promoter that's very upset about

the money you cost him when you said that the group that was coming to town was not the real group."

"Are you going to do something to me?" I asked. He said, "No." I didn't want to ask him why because I

didn't want him to change his mind. I was just glad.

He continued, "My mother was in University Hospital and she wrote me about how you came in one day and sat down and talked to her. She was so

impressed that this radio announcer, who didn't

even know her, came in and did that.

She wrote me about you when

I was in the penitentiary. I was

impressed with that and I've always wanted to meet you. When I heard the word out on the street that somebody wanted to knock you off," he said, "I accepted the contract and then told them to leave you alone." ✨

**PROTECTION
IN A WORLD
OF VIOLENCE**

CONSOLATION

There is never a day so dark and dreary, but God can make it bright.

There is never a night so black and void, but God can send His light.

So take to Him those hopeless things, that are tearing at your life...

The heart that puts its trust in God, finds help to meet the strife.

—Roxie Lusk Smith

Answers to your Questions

Q: I've been stressed-out at work over relations with a new coworker. He is talented and ambitious, but behaves as though he's jealous of my position. I feel threatened and don't know how to react to his aggressive temperament.

A: Dealing with difficult people in the work place can put a strain on our nerves and on our ability to perform in our job, especially when jealousy over position is a factor. But it doesn't have to be that way.

It takes time to build new relationships of mutual trust and respect, and we may have to work at it. As frustrated and threatened as we may feel, we can be sure that persistent kindness will pay off in the end.

It's like the story of a man who moved into a community where a notoriously disagreeable and contentious old man lived. When the newcomer to the neighborhood was warned about the old man's temperament, he answered, "If he disturbs me, I will kill him!"

His statement reached the ears of his ill-tempered neighbor who had, in various ways, already begun to torment the newcomer. But every offensive action was met with kindness until at last the cantankerous old man was overwhelmed by the kind words and deeds of his new neighbor. As a new friendship began to blossom, the old man admitted, "I was told that you said you would kill me, but I didn't expect you to do it this way!"

Here are a few practical tips that can help improve our relations:

- Concentrate on finding contentment in giving your best, regardless of what others say or do.
- Keep your cool. "A soft answer turns away wrath, but a harsh word stirs up anger" as the Proverb says.
- Sincerely compliment all your coworkers, but especially those whom you feel threatened by.
- Pass on the credit to others at every opportunity. If someone gives you a tip or corrects a mistake before it causes a problem, or when someone thanks you for your good work, share the credit.
- Make friends with coworkers on a social level, even if just over a cup of coffee out of the office.
- Take time to listen to others. Show interest in their situations and be sympathetic.
- If you're in a position to improve or change things at work, ask your coworkers for suggestions that would help their work to go better.
- Laugh at others' jokes.

We can also ask God for insight and for plenty of His love to be able to handle our coworkers. His love will spread encouragement and tolerance that will lift up others and cause them to respond in kind. ✨

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It's like the natural law of physics that states: Two bodies cannot occupy the same place at the same time. The same holds true in the spiritual. Faith is the opposite of fear, and when we have faith, we cannot fear.

Turning on the faith in our heart is like turning on a light in a dark room. How do we get rid of the darkness? Do we try to shoo it out? Do we go in with our fists and fight it? No, we just turn on the light. We just let the light in, and the darkness is gone. That's how we get rid of fear—by turning on faith. The more faith we have, the less fear we will have.

That's one of the greatest of all liberations—to be free from every type of fear: fear of the unknown, fear of the dark, fear of heights, fear of flying, fear of war, fear of failure, and fear of death. When we know and trust that God loves us and is going to take care of us and ours—our family, our future, our job, our children, our everything—all fears fade into the background.

On the other hand, believe it or not, some kinds of fear are healthy. It's good to fear—or at least have a healthy respect for—fire, electricity, lightning and anything that can cause accidents and do us or others damage and harm. We have within us beneficial automatic reactions; protective instincts that make us react quickly and instinctively to danger.

The healthiest fear of all is a healthy respect of God. A well-known proverb says, “The fear of God is the beginning of wisdom.” A part of our love for God should be a healthy respect of Him, like a child respects his parents and wants to please them by obeying them. Fearing God is a form of worshipping God. It's giving Him the reverence and respect that He deserves.

Fearing evil, however, is the wrong kind of fear—destructive fear that tears you down and puts you under stress. To fear evil and the powers behind it is like worshipping evil, so we shouldn't do it—not for a fraction of a second! If we put our faith in God and fear God, all other fears will disappear.

We don't ever have to worry or fear the power of evil, because God's power is much, much greater than any evil, including Satan himself.

If we feel overwhelmed with fears, worries, and anxiety, we can ask for God's help to resist them. We can have power over all fears through God and His promises. ✨

Turning
on the
faith in
our
heart
is like
turning
on a
light in
a dark
room



GO WITH **THE FLOW** By Jim Donovan

I once heard someone say that the last thing they let go of had claw marks on it. Letting go seems to be a big lesson for many of us. We somehow develop a fear of simply allowing life to just happen. We worry about the bills, our health, our families, our jobs, our pets, the weather, the economy, death, taxes, and anything else that might need our worry.

In most cases, things work out okay in the end, but we create a lot of our own frustration in trying to control the outcome of events. That is not really our job. I have noticed for myself that when I stop trying to control other

people or the outcome of events in my life and, to paraphrase William Shakespeare, “become a player upon this stage of life and endeavor to play my part well,” everything seems to work out for my own good.

I am not suggesting that we just sit and hope for things to get better, nor am I implying that we ignore our responsibilities. On the contrary, I believe we have our part to play in this greater production in the “theatre of life.” It is important for us to define what we want for ourselves and to take action toward our goals. ✨

SO YOU FAIL. **NOW BOUNCE BACK!** By Patricia Sellers Fortune Magazine

Admit it. Isn't one of your biggest fears the fear of failure? If you haven't failed yet, there's a chance you may fail at some point in time. – But believe it or not, for the benefit of your career, it's not so bad to fail sometimes. The rapid change that drives business today calls for unconventional thinking, action in the face of uncertainty—and occasional stumbles.

History is littered with heroes who failed. An ad agency reportedly fired Walt Disney for a “singular lack of drawing ability,” and Disney went bankrupt with early ventures before making money big time.

Resilient people are flexible; they know they cannot control their world. Adversity in childhood actually helps people adapt and rebound.

The most successful at bouncing back view failure not like a disease but, rather, like puberty: awkward and

uncomfortable, but a transforming experience that precedes maturity.

Leadership expert Warren Bennis, who has interviewed hundreds of executives, says that the most successful seem unacquainted with the concept of failure. They view failures as “false starts,” “stumbles,” or “steps to greatness.”

Many leaders contend that failure often foreshadows success. Most of these people carry their setback as a positive experience.

Sweet are the uses of adversity, as Shakespeare said. Failure is a vital thing. We'd do well to learn to accept and live with it. ✨

Conquer your fears

Courage is fear that has
said its prayers.

Worry often gives a small
thing a big shadow.

I have lived too long among the
stars to fear the night.

Worry never changes a single thing
- except the worrier.

Courage is not the absence of fear; it is the
conquest of fear.

Faith ends where worry begins; worry ends where
faith begins.

Face your fears, acknowledge them, confess them, and take
a positive stand against them.

Keep faith as a constant companion. When fear knocks at your door,
send faith to answer it.

One good rule for living is not to worry about the future until we have learned
to manage the present.