

oops!

Q. Why do I take things so personally?

A. "Little minds are too much hurt by little events."

— François de La Rochefoucauld

THINKING LADDER



Planet Earth is a two-ended stick where all pairs of opposites meet. It is a day of great understanding when you discover the relationship between your thoughts, and the end of the stick upon which you live your life.

Your failures are short-lived when you understand that exhilarating experiences of triumph are always preceded by temporary defeats paving the way. Without this wisdom, your actions prove to be useless, and you wake up feeling tired even before you begin your day.

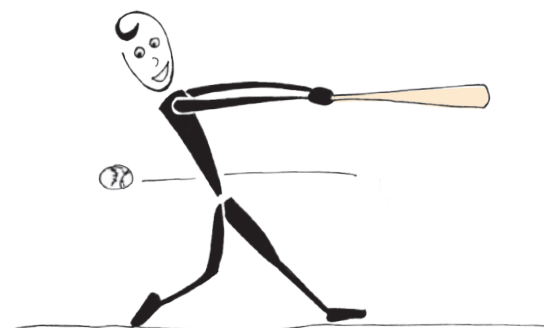
When you learn to live effectively in this world of opposites, you see how senseless it is to entertain stormy thoughts.

The experience of sweet requires passing through some sour. That is the marvelous union of opposites in action! Your job is to place your rays of attention on the glorious sweet. It elevates your consciousness above the *Poor Me* mentality that grips the *Wanna-Be*.

Learning from our many failures has taken us from believing there is a man on the moon to actually walking on the moon!

Without defeat there is no drive to attain newness of mind. The neurosis of a *Poor Me* attitude has incredible gall. It will insist there is nothing to gain from your mistakes. The consciousness of sweet success motivates you to Re-Take that Miss-Take.

OOPS... WHAT CAN I LEARN FROM THIS MISS?



oops!

Defeat does not handicap you, only your attitude can do that.

— r.w.

Here is a recommendation worthy of your attention: Consider your defeats as marvelous OOPSES that guide you to victory.

It is always easier to succeed at something new when you are willing to OOPS your way through.

Children love saying, "OOPS." They naturally set up an empowering relationship with their defeats because they intuitively see their defeats as temporary.

Babe Ruth held the record for most home runs and most strikeouts. How is that for OOPSING your way to success!

You are not rewarded or punished by your mistakes, but by your opinion. Do you call them OOPSES or permanent failures?

WEE!



DOING LADDER



Title today OOPSING YOUR WAY TO SUCCESS DAY

Declare your purpose Set up an empowering relationship with all of your failures today.

Affirm 50 times today "I will eagerly allow OOPSING to teach me today."

Act as though it is already so

- 1. What new challenge will you take on today?
2. When you find yourself OOPSING, be deeply interested in what there is to learn.
3. Try again. Allow your OOPSES to teach you a lesson or two.

what size is your jar?

Q. How do I overcome those recurring obstacles that plague me?

A. "Most of our obstacles would melt away if, instead of cowering before them, we should make up our minds to walk boldly through them."

— Orison Swett Marden

THINKING LADDER



At age five, both Mary and her twin sister Alice enthusiastically began taking piano lessons. Today, Mary is a concert pianist and Alice does not play at all.

Mary put in daily time enthusiastically imagining herself playing the piano in front of a large audience. Her inspiring aspiration prepared the way for a most powerful mental state — Faith!

Alice put in daily piano practicing time, but failed to cultivate the proper state of mind. Her practice became a painful effort and she started coming up with excuses to explain her lack of progress.

All progress, no matter what the aim may be, begins as a psychological state. If you intend to succeed with your aspirations, self-accountability should be your daily aim.



plop a budding pumpkin in a jar and it grows to conform to the size and shape of the jar

Consider accountability a marvelous opportunity rather than a ball-n-chain burden. This swings the door wide open to your hidden talents and Unrealized Potential.

When you look for excuses to explain your lack of progress, you encapsulate yourself inside a tiny glass jar. You can see things you desire outside that jar, but you are enslaved by limiting opinions that stop you from reaching out.

The sides of the jar consist of an invisible wall of beliefs that discourage you from trying. These beliefs offer inhibiting emotions that distort your perception. These are the thieves that rob you of your creative power. They allow you to go so far, but no farther.



you are not a pumpkin in a jar

Climb this message up your Thinking Ladder — how can you relate this to your life?

Copyright © 2009 Mind Adventure, Inc.

what size is your jar?

You are taking the wrong approach when you consider any obstacle permanent.

— r.w.

What size is your jar? How much wiggle room do you have? How far can you go before hitting the invisible wall that encapsulates you in a psychological state of doubt. Can you feel it.

If advancement is to be evolutionary, it must be revolutionary! You came to this planet to stretch farther and reach higher — to have breakthrough after breakthrough. You came here to smash jars and experience victory, not to cower and feel vanquished.

The bird asks the fish, "How's the water down there?"
The fish responds, "What water?"
If you are saying, "What jar?" it is time for a second look. There is nothing more absurd than acting as if there is no jar.

Neither a pumpkin, nor a fish are you. You prove it every time you smash through the sides of that invisible jar.



hold yourself accountable for having marvelous breakthroughs, and that is exactly what you will do

Now, climb this message up your Doing Ladder — put the suggestions into action.

Copyright © 2009 Mind Adventure, Inc.

DOING LADDER



Title today BREAKTHROUGH DAY

Declare your purpose
Smash through that invisible glass jar today.

Affirm 50 times today
"I love hearing the 'Crack' when I break through a limiting opinion I made about myself."

Act as though it is already so

1. What will you do today that once had you say, "No way!"?
 - * Call that person and ask for a date?
 - * Apply for that job that is opening up next month?
 - * Wear those wild shoes you purchased a year ago?

What will your breakthrough be?

2. Take that first step now!



green mush

- Q. How can I avoid feeling nervous when my life is changing?
 A. "To be upset at anything which happens to us is a separation of ourselves from nature."
 — Marcus Aurelius

THINKING LADDER



Imagine sitting in a movie theater waiting for the picture to start. Suddenly the lights dim, and the projector begins rolling. You feel uncomfortable with what you see. You realize the movie is about YOU, and you say, "That's not who I want to be!"

This awareness is fabulous news. It offers the opportunity to take a fresh look at what you can learn that is new about yourself.

Nature offers you the caterpillar as a wonderful example of what you can do when you are willing to look at yourself from a fresh and new point of view.

The crawling caterpillar has no idea of what to expect when it begins its *Green Mush* cocoon phase of life. It instinctively trusts that something good is coming from the change. Soon, it finds itself a beautiful high flying butterfly.

I SENSE THERE IS MORE TO ME THAN I AM IMAGINING.



What does the caterpillar have to do with you? Creating higher expressions of your entirety requires that you go into the *Green Mush* phase of life. You must be willing to experience yourself as more than you currently consider yourself to be, in spite of, the lack of the facts about what is coming next. This is a necessary passage to transcend your Conditioned-Self.

The child lets go of the old and familiar teddy bear as she reaches for something more. She is not sure what it will lead to, but she is willing to experience herself from a fresh and new perspective. As that child enters the pre-teen epoch of her life, her path takes new twists and turns. And shortly thereafter, she moves into the teen scene to replace her pre-teen familiarity. Each epoch of the child's journey requires that she enter the *Green Mush* phase of transformation.

I HAVE FAITH THAT THIS IS GOING TO WORK EVEN THOUGH NO ONE IS GIVING ME A 100% GUARANTEE.



Green Mush transformation (cocoon phase)

green mush

- ☪ Handling change is a necessary rite of passage toward awakening total intelligence.
 — r.w.

Children are open to changes because of an inner awareness that is independent of their current habits. It is time to look at you. What NEW are you willing to take on that requires you to go through *Green Mush*? What is that one small independent part of you urging you to do?

When you resist the *Green Mush*, you slam on the brakes to your magnificent unfolding — you cling desperately to the Conditioned-Self that is currently expressing through you.

Receptivity to *Green Mush* requires having faith in yourself — it requires trusting that the 'true hero' within you will carry you through in spite of any seeming danger.

I AM SO HAPPY THAT I TRUSTED GOING THROUGH THE GREEN MUSH.



beautiful high flying butterfly

DOING LADDER



Title today GREEN MUSH DAY

Declare your purpose

Be open to new possibilities today, in spite of, any confusion it may offer.

Affirm 50 times today

"I love jumping into the *Green Mush*, knowing I will discover more about myself."

Act as though it is already so

1. What will you do that begins a bold, new adventure for you?
 - * Book an exotic trip?
 - * Sign up for scuba diving class?
 - * Sign up to become a Big Brother or Big Sister for a lonely child?

What will it be?

2. Go for it! Learn life-liberty!