

**“Be who you are and say what you feel,
because those who mind don't matter,
and those who matter don't mind.”**

-words often credited to Dr. Seuss, Bernard Baruch and others.

Me Being Me!

I'm going to tell it as I see it in this book-as if you were here and I was talking to you, face to face. No beating around the bush at all! Why? Because I want you to know things I didn't know when I was a kid- and much older! I don't want you to waste years of your life going around - and around and around- in circles; or perhaps even worse, going backwards!

Of course, it will be up to you to take notice of what I say- and then make any necessary, constructive changes-for your life to evolve. I can't do the work for you. Only you can do that. Just know that I care, and truly hope you- and the people around you- are as concerned for your well-being as I am.

Yes, even though I probably haven't met you, you still matter to me. Why? Because you are worthwhile.

EVERYONE is! You just need to know you are. And by the end of this book YOU WILL KNOW! That is a promise- if you apply the positive changes I mention, of course. If you

don't, then it will be you, not me, who breaks this pledge.

And there's another reason I care. Imagine if we ALL decided to become the best versions of ourselves, in this lifetime. Can you visualise the change for our families, our local communities, our countries and possibly even the world? I can!

And if you already know what I am about to tell you in this first part-if someone has been kind enough to inform you- that is so good! And later I will talk to you about what you can do, with this knowledge you already have, to help others.

Many years ago David -my pen-friend- informed me that if we know something, and don't share this knowledge, it makes us no wiser than those who don't know.

Remembering his words spurred me on to write this story; for it's what I have learnt, and feel the need to share.

Right! Now, let's get down to the nitty gritty!

First! Whenever you are upset about anything, sit quietly and focus on your breathing. I believe the experts say it is virtually impossible to be frustrated, or upset, when focusing on breathing deeply. Of course, DON'T be silly and do this if something extreme is happening around you.

Now . . . it's . . . comic time!



Ok. Now you've got the picture, let's continue to focus on YOU and your breathing; while I tell you something to benefit you for a lifetime.

Take note here, for many adults don't know what I'm about to say. Or if they do, it's not obvious; as lots of them don't ACT like they're aware!

And what is this important information I want you to know, and to remember forever?

It is to always-yes, that's ALWAYS!-for anything in life-look at YOURSELF. Always focus on YOU and YOUR actions and reactions. For it's the only way for YOU to know what to do, to move forward to where you really want to be in life.

Now, I don't mean you continuously need to have a mirror in front of you. Though sometimes that wouldn't be such a bad idea; to check to see if you are smiling, or looking absolutely annoyed with others and life!

Noticing YOUR actions and reactions, is the only way you'll find what YOUR talents, or problems, are. Then you'll see what it is YOU need; for you to be productive, purposeful and happy. This is important!

What are YOUR needs?

And to find what these necessities for your happiness are, think about how YOU are feeling in any given situation.

Are YOU excited? Uncomfortable? Angry? Happy? Amused? Comfortable? Amazed?

These are only some of the many different reactions- to what is happening around us- everyone can have in a day. And when you are feeling any of these varied emotions, take notice *why* you are.

Are you excited because something you've waited ages for is about to happen?

Is it anger you feel? If so, then think about *why* you are angry, to see where this leads. If someone said something that made you feel angry, think about *why* this happened.

For example, have you always felt ignored by friends, family or teachers? And now, has what someone said- or DIDN'T say- triggered feelings of anger or frustration in you?

Look to yourself to see what happened, or wasn't happening, to bring on the feeling of anger, frustration or rage in you. Only you can know what upsets you, and what it is you want changed.

Now I have you thinking about you- *hopefully!*-I want to talk about you and the P.I.C. And what is the P.I.C.? It's *POWER*, *INTUITION* and *CREATIVITY!* And the great thing about the P.I.C. is, we all have it! And it's free! The universe gives the P.I.C. to everyone, without discrimination. Discrimination is a learned human trait. You can see that being taught everywhere. If you listen, you can even hear murmurings of intolerance against the weather. And it is just being itself. Like the rain knows how to fall any way but down. Really?!

So . . . just get out of the rain if it's annoying you, and focus on the things you *can* change. For concentrating on *WHAT* you can

actually change, allows you to DO something to enhance your situation.

Remember, your intuition comes first-when your mind is quiet - when you are not worried or frustrated. Then you can get a feeling of what is right or wrong. And your power to do something positive can kick in, with your reasoning ability. And this gives you the capacity to go on to create the situation you'd truly like. Even though your intuition comes first, I think calling it the P.I.C. is easier to remember.

Whatever you call the combination, why not just USE these three magical gifts you have - the power, intuition and creativity-to move you in the direction of your best possible life. Use the P.I.C. or lose it! Well, luckily, you lose it ONLY until you stop focusing on the crap, quieten your mind, and start using again. This is one time when being a user is a good idea!

And it is comforting to know the P.I.C. will always be there when you need it. So remember-if you have an unbearable situation and YOU do nothing- if YOU take no positive action- if YOU don't use YOUR power to help create a different situation-then the outcome is likely to be negative, or will not change.

Think about it. If I was a bully and called you names, and made you feel uncomfortable and angry, who is the one feeling upset and annoyed? You! Not the bully. So it is always you- the one who has the hurt, angry or frustrated feelings-who needs to look at how to get to a better place.

You need to use your P.I.C.- remember that's *power, intuition*

and *creativity*! Listen to your intuition-which can come in strongly when you are relaxed- then use your power, to do something positive- to then create the situation you really want.

I can't say it enough-if you have a concern and do nothing-if you take no positive action- if you don't use your power-then the outcome is likely to be negative, and will not change. And you are the one who will be feeling miserable. The bully has probably moved on, to try to make someone else feel bad.

And it is only because the bullies of this world do not know how to get their needs met, in a different way, they continue to act as they do. They just probably want to be noticed. However, instead of doing something constructive with their talents to get noticed, they do the opposite. And they do get attention, but it is not in a way that can lead them- the bullies- to their best possible lives. Yes, even the bullies need help to know their most contented, productive and creative lives can be found only by looking at themselves.

At the moment, though, they are probably too busy trying to bully someone, to know this. But if YOU all know, then they will have nobody *to* bully!

It is so very important NOT to take notice of anything negative that others say to you. Maybe you could tell a parent, policeman, teacher or principal about any bullying. And getting off the internet or phone, if that is where the bully is bullying you, is a good idea. Get out of their line of fire!

You need to do something positive and different, from what you

are doing, so that YOUR needs can be met.

That's using your P.I.C!

And always notice what emotions come up within you, then focus on where any negative feelings are coming from. Then YOU can find ways to fix the problem, so YOU can have more pleasant experiences.

Remember . . . anyone who is looking out for you, will want the best for you. And to get the best from others, we need to focus on what they do well. And . . . whenever you feel good look at why you do, so this can lead you to have more of these satisfying feelings. I will talk more in-depth about pleasant emotions, and where they can lead, later. But next, let's discuss the basics!

Before that, though . . . I will imagine I am an intelligent alien, looking down at earth, for . . . it's . . . comic time!

