YOUR OWNER’S MANUAL FOR LIFE~ Source Code of Your Soul

*Creating You and Facilitating Your Life*

**Additional Resources and Inspiration**

I share this beautiful piece of my dear friend, Karen Biscoe’s, poetry as an inspirational and empowering gift:

*Whether woman or man, if anyone has taken advantage of your good nature, valued your looks over your soul, made you doubt your inner voice, and took power by undermining you, this one's for you:*

**Last Man Standing – *for Maureen***

Woman, trust thy self; especially when

good intentions from friends,

honorable mentions from lovers,

hopeful prevention from parents

malicious dissension from enemies

leaves you weakened, weary and worn.

Despite all of these attempts to undermine;

when the last trumpet sounds,

and the surface of the moon cracks,

and the wine turns to ash in your mouth,

and the babes cease their wailing,

and the witless battle for power

reveals all of the evils men have done.

When all the soldiers have finally gone home

to lay their swords down alongside their heads

just as late day sun throws a final shadow to

the ground. Resistance has given over to

peace, love, light, ease, joy and glory.

You will find, through the telling of your story,

in the end the last man standing is, in fact,

a woman.

*~Karen Biscoe*

I recently had the good fortune of gathering with a magical group of like-minded folks at Nancy and Tom Foley’s home where Carolyn Dragon recited the following poem which resonated profoundly with me:

**For a New Beginning** *~John O’Donohue*

In out of the way places of the heart

Where your thoughts never think to wander

This beginning has been quietly forming

Waiting until you were ready to emerge.

For a long time it has watched your desire

Feeling the emptiness grow inside you

Noticing how you willed yourself on

Still unable to leave what you had outgrown.

It watched you play with the seduction of safety

And the grey promises that sameness whispered

Heard the waves of turmoil rise and relent

Wondered would you always live like this.

Then the delight, when your courage kindled

And out you stepped onto new ground

Your eyes young again with energy and dream

A path of plenitude opening before you

Though your destination is not clear

You can trust the promise of this opening;

Unfurl yourself into the grace of beginning

That is one with your life’s desire.

Awaken your Spirit to adventure

Hold nothing back, learn to find ease in risk

Soon you will be home in a new rhythm

For your Soul senses the world that awaits you

***Carolyn A. Dragon Fish Ranch Think Tank***

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The Poets Way

[www.ThePoetsWay.com](http://www.ThePoetsWay.com)

**The Optimist Creed**
<http://www.optimist.org/>

**Promise Yourself**

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best, and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear,

and too happy to permit the presence of trouble.

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**IF**

‎~Rudyard Kipling

If you can keep your head when all about you

Are losing theirs and blaming it on you,

If you can trust yourself when all men doubt you,

But make allowance for their doubting too;

If you can wait and not be tired by waiting,

Or being lied about, don’t deal in lies,

Or being hated, don’t give way to hating,

And yet don’t look too good, nor talk too wise:

If you can dream—and not make dreams your master;

If you can think—and not make thoughts your aim;

If you can meet with Triumph and Disaster

And treat those two impostors just the same;

If you can bear to hear the truth you’ve spoken

Twisted by knaves to make a trap for fools,

Or watch the things you gave your life to, broken,

And stoop and build ’em up with worn-out tools:

If you can make one heap of all your winnings

And risk it on one turn of pitch-and-toss,

And lose, and start again at your beginnings

And never breathe a word about your loss;

If you can force your heart and nerve and sinew

To serve your turn long after they are gone,

And so hold on when there is nothing in you

Except the Will which says to them: ‘Hold on!’

If you can talk with crowds and keep your virtue,

Or walk with Kings—nor lose the common touch,

If neither foes nor loving friends can hurt you,

If all men count with you, but none too much;

If you can fill the unforgiving minute

With sixty seconds’ worth of distance run,

Yours is the Earth and everything that’s in it,

And—which is more—you’ll be a Man, my son!

***What is the unforgiving minute?***

***“If”*** is filled with advice on how to best spend your time, and best react in each situation that is presented to you, no matter how diverse it is. So, when Kipling states, *"If you can fill the unforgiving minute/With sixty seconds' worth of distance run,"* he is saying that with every minute that you are given, make the absolute most of it that you can. "Unforgiving minute" refers to the fact that every single minute is 60 seconds long-no more, and no less. So when that minute is up, it is gone, forever. You can't call it back to spend that time differently. A minute is not merciful; it doesn't slow itself down to give you more time, or tack on a few seconds, or take a few off here or there. It is unforgiving time; always constant, always running. So, Kipling's advice is to fill every *minute "with sixty seconds' worth of distance run,"* or to get as much good, effort, energy and distance out of every minute that you are given.

The above description was found at

<http://www.answers.com/Q/What_is_the_unforgiving_minute_-_Rudyard_Kipling>

**Footprints in the Sand**

~Mary Stevenson

One night I had a dream.

I dreamed I was walking along the beach with the Lord..

Across the sky flashed scenes from my life..

For each scene, I noticed two sets of footprints in the sand,

one belonging to me, and the other to the Lord..

When the last scene of my life flashed before me,

I looked back at the footprints in the sand.

I noticed that many times along the path of my life

there was only one set of footprints.

I also noticed that it happened at the very lowest

and saddest times in my life.

This really bothered me and I questioned the Lord about it:

"Lord, you said that once I decided to follow you,

you'd walk with me all the way.

But I have noticed that during the most troublesome times in my life

there is only one set of footprints.

I don't understand why when I need you most you would leave me."

The Lord replied:

"My precious child, I love you and would never leave you.

During your times of trial and suffering,

when you see only one set of footprints,

it was then that I carried you."

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***“Want to Change Your Life? Get A Dictionary!”***

Access Administrator

<http://access-consciousness-blog.com/2011/09/want-to-change-your-life-get-a-dictionary/>

***It’s Just a Ride***

Bill Hicks

<https://www.youtube.com/watch?v=KgzQuE1pR1w>