



RUSSELL R. SHIPPEE PRESENTS
Bethe BEST You Can Be.net

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Cameron R Shippee

**enjoying his 1st birthday
 cake and swimming**



Quotes

**"As a man thinketh in his
 heart so is he."**

**"He that seeketh findeth;
 and to him who knocketh it**

Dear Friends,

It's me - Cameron - again. Grandpa is still recharging in St John and I am back in RI holding down the fort, as they say.

As a Man Thinketh by James Allen was the book of choice last week. Sure, grandpa has read it many times but he felt it was time for a refresher. Each time we read a book we get something new out of it. So, read the classics over and over. I made all the quotes this week from James Allen. Heck, I know them so you probably do also. We were born knowing them.

No, it was not me who wrote about hate. I don't hate anyone and hope I never learn to. I don't think you need the article but, well, I was out voted. So, read it, even if it does not apply to you.

**Be the BEST You Can Be Bookstore
 is being expanded. Yes, buy yourself a book or two.
 Invest in yourself as it is your best investment.**

Grandpa is scheduling lots of things for his return. He'd better not forget me!

Remember, we are fine in 09.

Enjoy the Journey,

Cameron R Shippee

PS Be sure to enjoy your birthday cake. There is always a reason to celebrate with a cake. Be a kid. Enjoy. Laugh. Smile.

shall be opened."

"Circumstance does not make the man; it reveals him to himself"

"Men do not attract that which they *want*, but that which they *are*."

"Men are anxious to improve their circumstances, but are unwilling to improve themselves; they therefore remain bound"

"You will be what you will to be."

"The body is the servant of the mind."

"He who has conquered doubt and fear has conquered failure."

James Allen

Simple Truths

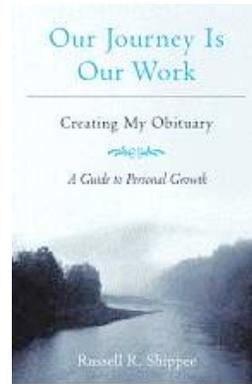
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Russell's Comments

Yes, we had a wonderful week with the whole family. If that is not abundance then I do not know what is.

For 09 what is your special event, your reward to yourself and those close to you, that is a goal? Plan it and do it. It need not be lavish but time spent with another is, as they say, priceless.

Thanks to all the new subscribers. You can see the old letters on the website. Thanks to all of you. We appreciate your attention and your feedback.

The Master Mind Groups will be kicking off soon. Call or email me for more information. You'll be glad you did. You will be surprised at the benefits and wonder why it took you so long to join such a group.

The web site is being upgraded so stand by for the 09 relaunch.

[Esther & Jerry Hicks](#)

and one on [Wayne Dyer](#)

If you are not familiar with either or both of the above, NOW is the time to look.

Think Right NOW

Have you ever used audio to help you? These CD's can be loaded on your iPod. Yes, I have them, have given them as gifts, and feel there is value. So, click [Think Right NOW](#) and decide for yourself.

MASTER MIND GROUPS

Do you want the challenge and opportunity of being in a Master Mind Group? Want to know what it is? If interested in joining or learning more hit reply and tell us. We'll contact you with the details. Yes, it could be one of the BEST things you do for yourself in 09.

Starting Soon!

[Join Our Mailing List!](#)

Start the new year off by joining. Sign up and you'll be fine in 09! For signing up you can click [AS A MAN THINKETH](#) for a free copy of the book.

Hate

"I hate her and will never speak to her as long as she lives" were the words coming over the radio news broadcast in my car. Wow, how awful, I thought.

There is a reality show and the person speaking had been voted off the island and was mad. I did not see the show and am not aware of the details that lead up to the conversation of hate.

This person not only hated one person in particular but went on to talk about the others involved whom she did not like.

Driving, I could not get this poor woman out of my mind. Sure, she was hurt and she felt slighted and rejected by being voted off the island. I am sure that none of us would want to be the one voted off. However, all knew that all but one would be voted off.

Too often the response is to blame someone else. If we don't blame someone else that means we are responsible. Of course, we know we are right and they are wrong.

While I can certainly recount many situations where I was not wrong and the other person was guilty, there is a school of thought that we bring into our lives whatever happens to us. Some think that is wrong, some think it is correct, and some, have a problem getting our heads around the concept in certain situations.

If you look deep enough, you will find your participation in what happened. Don't hide it, but allow yourself to feel it and see it. It will assist you in letting go of the negative emotions.

Regardless of fault, or degree of fault, hating someone, holding grudges, and ill feelings is not good. Most importantly, it is not good for the person holding those emotions. The woman on the radio is so charged that she is hurting her body as well as her mind.

It is a proven medical fact that negative emotions hurt us physically and effect our body, our blood flow, and our health. Tension and negativity hurt us far more than the person that we feel hurt us. The real hurt is what we do to ourselves, and our bodies, with our emotions and feelings.

OK, if we assume others are wrong, can we let it go? Don't they have to live with what they did? If they were wrong won't, deep down, they know it and won't it bother them? We may well never know their feelings, and they may never tell us. When you are wrong and do not admit it publicly, don't you still know you are wrong when you are alone with your thoughts? If you have those feelings might not the other person?

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