

RUSSELL R. SHIPPEE PRESENTS

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**Russell R Shippee**

### Quotes

**"What we see depends  
mainly on what we look**

*Dear Friends,*

*Thanks and welcome to all the new subscribers. More and more are reading our letter.*

*Many did take advantage of the free book above. If you didn't, get yours NOW.*

*We are back in RI with the snow and cold. However, family is here, and close by, so we are glad to be back.*

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We all get negative at times. Hence the article included below on the damaging effects of being negative and the value of being positive. Of late, I have seen more negativity than normal, but these are not normal times.

*What are you doing to make the best of the situation? What are you doing to advance yourself?*

***Remember, we are fine in 09. Fine as long as we take action on a worthwhile objective. Take the first step today.***

for."

Sir John Lubbock

"If you think about disaster, you will get it. Brood about death and you hasten your demise. Think positively and masterfully, with confidence and faith, and life becomes more secure, more fraught with action, richer in achievement and experience."

Eddie Rickenbacker

"Believe and your belief will create the fact."

William James

"The most important thing in communication is to hear what isn't being said."

Peter F. Drucker

"If you find yourself in a hole, stop digging."

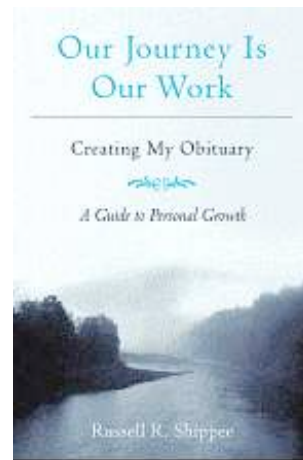
Will Rogers

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### Cameron's Comments

Good, grandpa is back walking in the snow with me. Now he knows what it is like to be in the cold, snowy weather. We have to walk in another's shoes in order to understand their actions and reactions.

I can see and feel when people are negative, and I find it hard to understand. There is so much to be positive about, and we can just change, smile, make the best of it and move on. When I fall, I get up and get going. Isn't that what we are supposed to do?

When grandpa gets negative, I just give him that look that tells him to live his teaching. He does not respond, but I can tell he got the message. Why use words when a look can say so much more?

## Think Right NOW

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## 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.

***One group closed - another one starting***

## Negative

Do you like to be around and spend time with a negative person? Are you a negative person? Is your glass half full or half empty?

Right now, January 2009, there seems to be more negativity than usual. It is because of the economy, the stock market falling, companies closing, companies reducing their workforce, mortgage foreclosures, and an economic outlook that yells recession.

The newspapers and the news stations thrive on the negative and the sensational stories. As a society, we do not like it, but we do read it and we do tune in to listen.

No, you cannot always change the facts and what is happening in your world. You can change how you react to what is happening. You have freedom of choice in your response to each and every situation. Often, the reaction is automatic based on the training of our subconscious mind. If negative, then we need to retrain ourselves.

The challenge is to see the positive rather than the negative. There are always two sides, and a choice we can make as to how we see and interpret something. We can see the glass as half full.

Last week we looked at being fired, or laid off, and the positive side of that.

Negative thoughts hurt us mentally and physically, as well as use up our energy. Our negativity can make us sick and is reflected in our personal relationships.

A negative attitude will never get you hired, nor will it allow you to build a positive relationship with another.

In many respects, we are like a radio station emitting a vibration that others pick up subconsciously. We pick up the vibration ourselves from others. That is part of the liking or not liking someone when we meet them. It is the signal the person is sending out.

We have a choice. We can dwell in the negative area of our mind and use our energy on the negative, or we can dwell on the positive side and use our energy in a positive manner. We are always thinking and always using our mind.

Use the positive area of you mind. When negative, gently remind yourself and try to refocus on what the positive aspect of the situation can be.

If you have been fired, laid off, hurt, or have lost a lot of money, you can still reflect on the positive side. You may still be able to work, you may still have your health, you may have time to focus on what you truly want to do, and you may realize the negative was a positive and helped you to move forward towards a goal you had ignored.

Often when a relationship ends, the hurt and the negative feelings can change to positive ones when the space is created and a more beneficial relationship shows up.

We need to release what is not working, what is negative, in order to make space, make room for the good, the positive to come into our lives. Don't hold to the negative that is not serving you, but let it go and focus on the positive.

You can change your mind in an instant. It is your thoughts and your focus that manifests itself into you physical life. Change the inside to positive and over time you will find your physical life will become more and more positive.

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