

RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net

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Lord and Lady Carey with
Cathy Shippee

-
Quotes

"Human Beings, by
changing the inner
attitudes of their minds,
can change the outer
aspects of their lives."

William James

"All that a man achieves
and all that he fails to
achieve is the direct result
of his own thoughts."

William James

Dear Russell,

The guests mentioned in last week's newsletter were Lord and Lady Carey. Lord Carey of Clifton was the 103rd Archbishop of Canterbury. The Archbishop of Canterbury is the leader of the Anglican Church in the world and is appointed by the Queen of England. His wife is Lady Eileen.

His definition of retired is to take on a new active worldwide ministry. He and Lady Carey have boundless energy. Their energy comes from the passion and desire to make the world a better place. They are wonderful role models for anyone.

Things happen for a reason. When offered the opportunity to host the Lord and Lady our fears quickly arose -- feeling we were not prepared to host such guests and did not understand the required protocol. We also knew there was a reason, a value, and we had to take advantage of the opportunity.

They arrived, in our minds, as Lord and Lady Carey. We quickly found them to be warm, compassionate, and grateful for whatever we did. They were ideal house guests and quickly became friends we enjoyed.

They are a wonderful team working and supporting each other. Cathy and I are still talking about their insight, knowledge, and down to earth conversation about inclusion and changing to keep up with the times. We learned and these lessons will be shared with you in this newsletter over time.

By their last night we were good friends enjoying conversations and jokes. They have said they would like to return and we will look forward to their return.

You can learn more about them at their web site [Here](#). We have started to read their books and are enjoying them.

Last week's newsletter challenged you to guess my weight. The weight

"No man is free who is not master of himself."

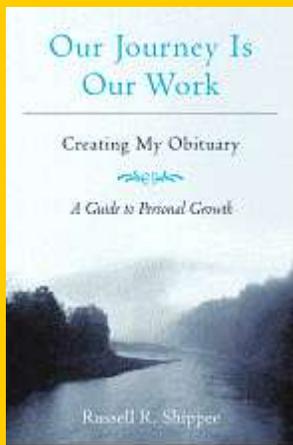
Epictetus

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

Aristotle

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was 185.4 as of 6 AM last Thursday when the newsletter went out. I thank all of you who guessed and especially those that guessed lower.

I hope the article on control does not upset you control freaks. Me, I am still learning the lesson.

Sign up for the workshop below. You'll be glad you did. You are worth it. You deserve it. You will enjoy it. It is all about YOU.

Be *the* BEST You Can Be,



Russell R Shippee

Helping You, Motivating You, Encouraging You, to Be the BEST You Can Be

QUESTIONS

WHAT WOULD I LOVE TO DO TODAY?

WHAT WOULD I LOVE TO DO WITH MY LIFE?

AM I? WHY? WHY NOT?

IF YOU COULDN'T FAIL WHAT WOULD YOU DO?

WHO ARE YOU GOING TO HELP TODAY?

WHO ARE YOU GOING TO REACH OUT TO TODAY?

Living My Life On Purpose Workshop

The workshop is a 1 1/2 hour *Living My Life on Purpose* exercise in creating your Obituary. It will be fun, enlightening and empowering. Those who sign up will be given the workbook.

When? Tuesday November 27th 3:00 PM EST

How to register? Reply to the newsletter and say 'SIGN ME UP'

This is my gift to you to help you Be *the BEST You Can Be*. You will be glad you did. Sign up with a friend.

Be *the BEST* You Can Be Radio Interview

Russell Shippee was the guest on the Dr Pat show on October 31. Dr Pat is recognized as the "Oprah of talk radio." You can listen to the 30 minute interview [HERE - scroll down to Oct 31st](#)

Control

Are you in control? Who is in control? How do you know?

Your subconscious is in control.

Do you control your beating heart, your flow of blood or every breath you take? Do you control and direct all your muscles and tendons when you lift your arm up? Do you control and direct the growth and reproduction of the cells in your body?

What happens when you are asleep? Who is in control? Who is keeping you alive?

What would happen if you let go? What would happen if you were not in control? Well, for most bodily functions you are not in control. Most functions are automatic and done by the subconscious. You need not worry about them or try to control them. Your subconscious is in control.

Conscious control is an illusion. Our conscious control is limited and tiring. Our conscious mind has 1% of the power that our subconscious mind has.

If your subconscious is in control who controls the subconscious mind?

We are born with a fully operating preprogrammed subconscious mind. Otherwise we would not be alive. You can think of the subconscious as the computer operating

system which acts but does not think. The program runs as written.

We can control and direct the subconscious mind much like putting a program into a computer. It takes what we tell it as correct and acts on it. The subconscious does not discriminate nor does it judge what we tell it or how we program it. The subconscious takes our directions as truth and brings them to physical manifestation.

Yes, to the extent you control or program your subconscious mind you are in control. However, it is control of the information, the knowing that goes to your subconscious. The subconscious does the work to create the results.

If you want to be in control you need to know how to communicate with your subconscious mind. In that it takes all you say with feeling to be true you must be careful of your words and thoughts. The subconscious is impacted and directed by feelings. Your subconscious does not react to words spoken without belief. It brings forth that which you believe in you heart, mind, and being. It brings forth your true self.

Your job is to plant the seeds. To do so is to focus on your belief and expectations. This is why affirmations and goals work. Belief and focus of that belief with feeling will activate the subconscious mind and it will be done. It is that simple.

In medical testing there is the placebo effect. Two groups are given a test drug. One group gets the actual drug and the other gets a placebo. The placebo is a pill with no drug in it. Interestingly, some who get the placebo believe it is the drug, it will work, they will be cured, and some are cured. The difference is belief. They believed and told their subconscious mind the drug would save them and they were saved. This is the power of programming belief to the subconscious mind.

Is it simple? Yes, with training and focus it is. Your focus, your passion, and your burning desire are what send the right message to the sub conscious.

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