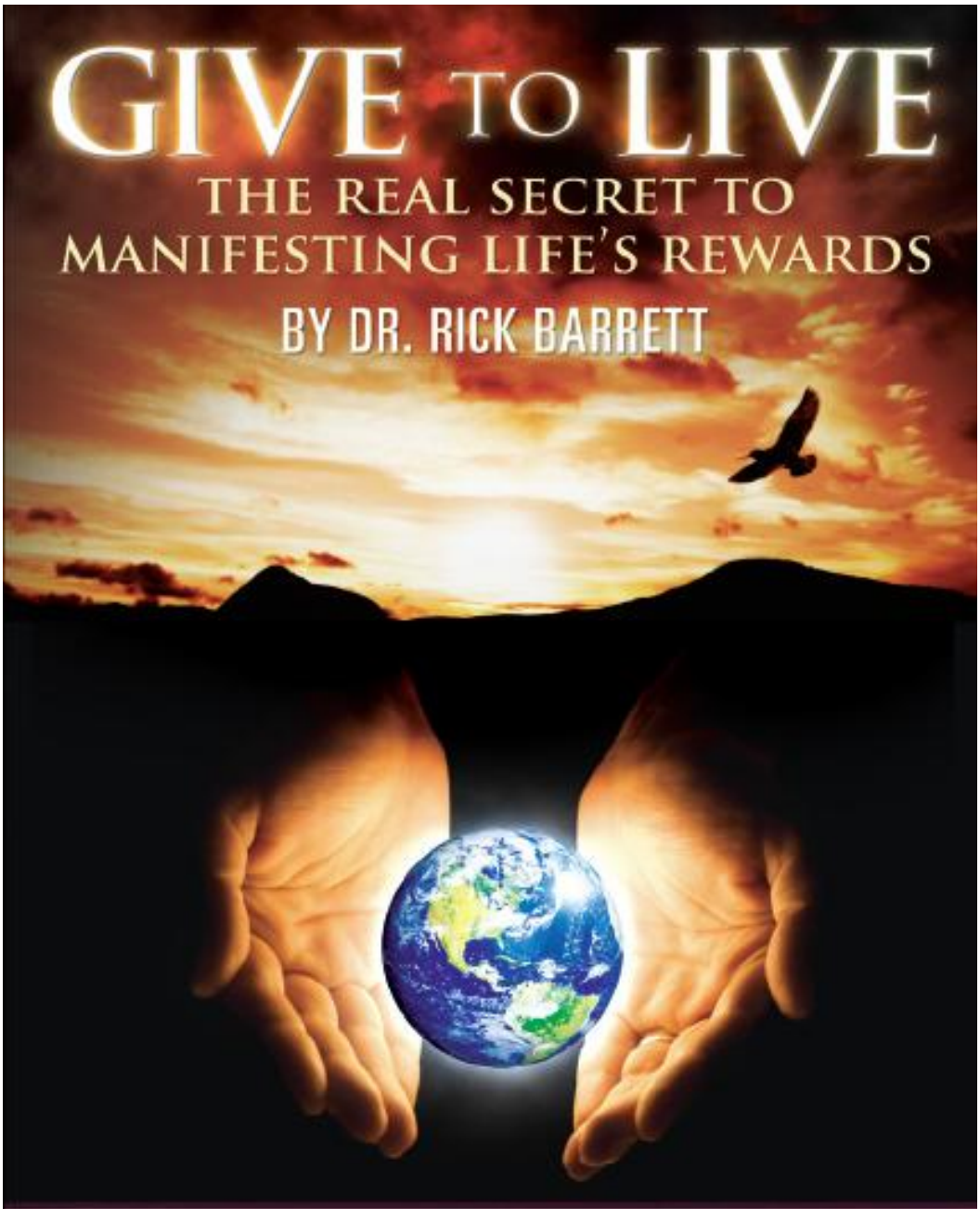
GIVE TO LIVE

THE REAL SECRET TO MANIFESTING LIFE'S REWARDS

BY DR. RICK BARRETT



INCLUDING THE BONUS BOOK

THE GREATEST MONEY MAKING SECRET IN HISTORY

BY DR. JOE VITALE

...WITH CONTRIBUTIONS BY MANY OTHERS

Give to Live

The Real Secret to Manifesting Life's Rewards

By Dr. Rick Barrett

Including the Bonus Book

The Greatest Money Making Secret In History

By Dr. Joe Vitale

…and contributions given by many others

Praise for Give To Live

"This is an excellent book, rich in attainable goals and experiences to encourage each of us to give back as God has given to us. Thanks, Dr. Rick Barrett and Dr. Joe Vitale, for reminding me of what matters most in one's life."

Dr. Doris Bilton
Board President of The Child Care Council of Great Houston, Inc.
www.cccghi.com

"Dr. Rick Barrett's and Dr. Joe Vitale's book, *Give to Live*, will provide you the key to a state of instant spiritual gratification. They recognize that people have an innate thirst to help others and the lack of involvement is not due to indifference or insensitivity. This book will open your soul and mind to uncover a different world…a world of giving and receiving infinite heavenly gifts. You will see and feel God's abundance and riches pouring forth into your life."

Orlando O'Neill
Director and Producer
Uriel Films
www.theultimatelearningprogram.com

"*Give to Live* is a blueprint for us to govern our lives by, as it relates to giving to satisfy a need. It's important to give on purpose; to make your giving count, serving with a positive intention and according to others' needs. This book illustrates karma; that which you desire the most, give the most. In the book of Matthew it states, 'If his son asks for bread would you give him a stone, or if he asks for fish give him a snake?' God is a giver of good gifts to those who ask. *Give to Live* is a gift for life!"

Cheryl Lynch
CEO-LifeSkills Institue, Houston, Texas
www.lifeskillsinstitute.org

"Aside from the obvious that when *you* give to others it helps them to manifest *their* dreams and desires, there is also a secondary benefit. When we give to others we are AUTOMATICALLY placed in a state of 'alignment'. When we are in alignment with the Universe, everything flows to us EASILY and EFFORTLESSLY. Nothing will put you in a state of alignment FASTER than assisting other people to achieve their dreams and desires. Joe Vitale's and Rick Barrett's *GIVE TO LIVE* will bless your life and the life of everyone you share it with. Share it with as many people as possible and notice how your ability to manifest your desires increases exponentially. It is a winning life strategy that is guaranteed to change the world and change your life!"

Dr. Robert Anthony
http://drrobertanthony.com

"The book is healing. It brings a truth that is the foundation of our being and has the potential to save mankind from its own demise. It has brought me back to reality in an uncertain world. Thank you for your insight and efforts in giving us this book."

Charles Hensley, D.C.
www.HensleyWellness.com

"Within the first 10 pages of reading your book I was at the edge of tears, being able to relate to the feelings that involve serving others. I have to say THIS IS A WONDERFUL BOOK, I do hope others give themselves a chance to follow your example as I did, there is nothing better in this world than serving, helping and sharing with others. I think you will indeed get the message to them!!!!"

Loani Anderson
Rotary De Saltillo ,
Project Coordinator and Community Organizer
La Gloria, Colonia, Mexico

"I believe strongly in 'Giving Back' there is an 'Ebb and Flow' in this LIFE that carries with it great power, this book touches the pulse of that gift. This book has touched the pulse of the essence of this life of every successful endeavor and its ability to multiply for us all!"

LuAn Mitchell
Voice America's Millionaire Mentor

"There is a spiritual principle that says 'Whatever you focus on, expands.' Focus on your business, it will expand. Focus on good health and your good health will expand. But what do you focus on if you want an extraordinary life far surpassing even your wildest expectation? The answer is simple after you read, *Give to Live*. It is probably one of the most inspiring books I've ever read and has made me aware of what a powerful message (the lessons in this book) can do to change the world."

Joseph Sugarman
Chairman and Founder
BluBlocker Corporation

"*Give to Live* inspired me to new heights! This touching and powerful book is a testament to the fact that the Universe rewards you generously when you take action to be in the service of others."

Debbie Allen
CSP International Business Speaker
Best Selling Author & Motivational Film Star
www.DebbieAllen.com

"What do you want to attract into your life? Scarcity or abundance, turmoil or rich relationships, struggles or blessings? Giving is the access to manifesting what you wish to attract and *Give to Live* is the book that contains the wisdom necessary for you to manifest your deepest desires by contributing to others. If you are ready to be abundant, at peace, joyful, and all you can be, this is the book for you."

Dr. Joe Rubino, CEO
CenterForPersonalReinvention.com
Creator, SelfEsteemSystem.com

"*Give to Live* is a MUST READ for everyone! Dr. Rick Barrett's passion and commitment to making change in the world, and his persuasive exhortation for all the book's readers to experience the joys and rewards of giving, exude from the pages of *Give to Live.* And nobody weaves his own personal experiences and insights (and those of other successful thought leaders) into powerful and universally applicable 'laws', we all can understand and follow, better than Dr. Joe Vitale. Thank you, both, for this inspiring reminder of the 'power of giving.'"

Jon Biel,
Co-Founder of Make the Difference Network
http://www.mtdn.com

"I've known the power of giving money to, in turn, receive more money for years and have used this principle to manifest abundance in my life. *Give to Live* not only gives practical and inspiring guidance on how to give and, thereby, receive more money; it provides profound and inspiring truths about giving our selves in service to others. After reading *Give to Live*, I was so inspired I am leading a trip to Tanzania, Africa this summer to build a birthing center there. If we all give what we have, it not only will be enough, it will reset our collective emotional compass and make us happy in the process. This joy attracts even more prosperity so we can give even more and the magnificent cycle of abundance continues. This is the message of *Give to Live*."

Will Bowen
Author
A Complaint-Free World

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Cover Design by Ted Angel

Printed in the United States of America

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Dedication

To all those known and unknown who give and serve as part of their lives and to those who have allowed us to give and serve to you, you have enriched our lives. Thank you. We love you.

Special Dedication:

To Papa (Joe Barrett) who gave me life and who was a life long inspiration to me, a compass and perfect model of love and caring. He was reborn on February 9, 2008.
~Dr. Rick Barrett

To Marian, my late wife, who loved giving in spirit and deed.
~Dr. Joe Vitale

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Acknowledgments

I would like to thank my patients who give me constant love, and support. They honor me with their trust and confidence allowing me to serve them daily. Moreover, their belief in me as a doctor, a man and spirit of God is quite humbling. They are more of a blessing than I can express or could have ever imagined I would experience in my lifetime. I learn from them daily what is truly important and has value in this lifetime and the next.

Not acknowledging my second family of patients would be unforgiveable. So to each and every person who I've encountered on a medical mission in foreign lands, I must say thank you. Though likely none of them will ever read this, it is they who have ignited a special passion within me that has taken me down new, exciting, painful, exhilarating and unbelievably rewarding paths. This book would not be possible without them. My life has been inexplicably changed because of them. They trust unconditionally tearing down all barriers. It's a privilege to serve them. I am honored by their permission to lay my hands on them in the treatment of their human frames. It is through this exchange that our souls align. We see each other for who we are.

None of my mission participation would be possible without a host of enthusiastic energetic and dedicated volunteers. These fellow missionaries (too many to list here) are the heart and soul of the mission teams. They are prime examples of giving to humanity through personal service. Each and every one has touched me and is special. They are a guiding light that helps me stay on course and has brought me to this point in life. Without them, this book would not have been accomplished, though the list is too large to mention everyone, I do want to acknowledge three colleagues that keep me going physically and mentally: Doctors Jerri Moat, Charley Hensley and Phillip "Dex" Poindexter. These chiropractors and I have shared a special bond and many medical missions. They and all the others have my sincere love and gratitude.

To my beautiful wife, Mary, who supports me on so many levels. She manages my busy chiropractic practice, while working with me side by side. Retyping my notes,

editing, proofing, listening, suggesting, encouraging and doing all the work needed to make this book possible. Mary is also an active participant in our mission work, serving wherever she is needed, anything from triage, to chiropractic and dental assistant, to the cooking team. She is a great example of human and spirit combined. She happily and enthusiastically serves where she can, bringing joy to all. She is a joy to me and my love. She makes me a better person.

My parents, Joe and Vlasta, have been a life long inspiration to me, a compass and perfect models of love and caring. They have been a continuous source of strength as their faith in me has been unyielding. They have been and are my best friends. While writing this book, however, my father was taken home. He was reborn on February 9, 2008 after suffering with emphysema for several years. I miss him terribly, though I am happy he is at peace in paradise. I am confident that he walks with me still.

Special thanks go to my dear friend, Joe Vitale for the opportunity to work together on this book. His willingness to be open to the possibilities of influencing lives on a grander scale and his support of my work now and in the future is priceless.

To my wonderful friend, Nerissa, who filmed my "Power of Giving" talk in 2004 and has made it readily available so that others may be inspired and encouraged to give and serve more.

Thanks to Bob and Suzanne French, loving, wonderful friends who are a critical part of our mission work, contributed to this book and introduced us to Rudy Reyes and helped us establish Tamasopo, Mexico as a mission site.

To Rudy Reyes, my dear friend, who is an inspiration of a man. Teaching us by example what one man can do to make a difference. The love for his people, country and the environment is steadfast. He humbles me by his love and dedication.

Prologue

Law of Harvest

"Remember: sparse sowing, sparse reaping: sow bountifully, and you will reap bountifully." **~II Corinthians 9:6**

Dr. Barrett's book, *Give to Live*, is based on sound spiritual law, although that may not have been his intent or even on his mind when he wrote it. When God created the world, He first had to create laws to make it work. He created both physical laws and spiritual ones. Without them, this world would not be able to exist, much less function. For example, the law of gravity keeps us from flying off into space. Strangely enough it is also the law of gravity that causes the earth to orbit the sun, keeping the earth and all the other planets from flying off into space. Gravity is one of many physical laws that are constantly at work as we go about our daily lives.

Just as the physical laws of God keep the physical realm in order, so the spiritual laws keep our spiritual lives from running amuck. One of those spiritual laws is "The Law of Sowing and Reaping."

Ga 6:7 Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

What Dr. Barrett is teaching here, is one of God's profound truths. Whether you believe in gravity or not, it is still working for you every moment you are on the earth. Whether you believe in God or His laws, they are all at work in your daily lives while you are on the earth.

As Dr. Barrett has so eloquently stated, you cannot out give. For it will always come back to you in greater measure. It is confirmed in the scriptures.

Luke 6:37-38 Judge not, and ye shall not be judged: condemn not, and ye shall not be

condemned: forgive, and ye shall not be forgiven: Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.

When you give into someone else's life, it is the same principle as planting a seed in the ground. Whether you are giving your time, talent, money, or love, it will be multiplied and given back to you in the same way that a farmer plants grain. After the grain has matured and is harvested, the farmer does not get back the same amount of grain that he planted, that would not be worth his time. He gets back many, many times the amount he planted. So, he gets enough to eat and plant the fields again for the next harvest. This was God's plan for the earth. He expects us to continually be planting into each other's lives, giving to each other and helping each other. As we do this, God's Law of Harvest, will come back to bless us. When we love others, we will be loved. When we give food, we will never be hungry. When we give money, we will find that money comes to us from all directions. When we help those who need help, we will be helped when we are in need. It is the Law and plan of God.

Thank you, Dr. Barrett, for teaching us by your demonstration.

Rose Baker
Pastor of Rose of Sharon International Church

Introduction

Reflection of Self

Finally! You have confronted your feelings, and the thoughts that there's a void in your life you've been trying to fill...and you have been failing. Perhaps it is a small void. Perhaps it feels like a crater consuming you! You have been wrapped up in your struggle to survive and thrive. Trying to succeed in every area of your life, so you can live a life of comfort! Maybe you have made all the money you need but still are not satisfied, wondering what you have missed. Why you are not happy. What your legacy will be. Perhaps it is even worse. You have achieved and succeeded at everything, yet your family is in ruin. Your kids don't want anything to do with you. Your spouse has left you. You have lost your faith - spiritually, religiously. Maybe everyone is fine, your family is okay. But your spirit is crying to you, saying there has to be something more! Perhaps you have put so much focus on yourself and your needs. Your ego will not allow you to focus on the needs of others. I think we all experience this in our lives from one time to another. Some just experience it longer or stay "stuck" in it longer than others. I know I have experienced being "stuck" before in my life. The list of feelings and problems are endless. But whatever your personal situation is, the reality of that which continues to haunt you is there is a void in your life that needs to be filled. Now that you are confronting it, admitting to it and asking, "Why is it there?" and "What do I do about it?"…you are ready for change. But just as with other changes in life that we learn to adapt to, so it is with our ability to look beyond ourselves and focus on others. It is possible to make the shift from self-absorption to selflessness. Part of the answer is simple and can be summed up with three little but powerful words—FOCUS, ATTENTION, INTENTION.

Consider the definition of these words:

Attention: being that which you act on or apply your mind to.

Intention: a determination to act in a certain way, purpose, aim, objective, goal

What has your attention been on in life and what is your intention?

Recently, a small group of my patients were conversing as they were about to be seen for treatment. As I approached the group, I heard one of them say to the others that it was so remarkable to see a doctor smile as much as I did and that I was always happy.

She had never experienced this before. The other patients all agreed. Of course, I was embarrassed and we made a few jokes of it. Naturally, I was thrilled by the compliment but at the same time amazed that it was a topic of a group conversation. I love that my patients see me as a happy, healthy person whom they enjoy being around. It also tells me they need this, they see what is true and are witnessing an example of how they can be. We all have problems, situations, hardships, and traumas in our lives. But what we choose to do with them is the key. Where we put our attention and with what intention are important. Often I am asked individually by patients, "How do you stay so up, happy, and energetic all the time?" "Don't you ever have a bad day?" Well, if they only knew. Of course, I do. Everyone does. But my bad day, my worst day, with whatever troubles, trials, and tribulations there are, is but like a mere snowflake in a blizzard compared to what many suffer and contend with daily, for years or perhaps even a lifetime!

Whenever I feel ungrateful, pity myself, feel despair or think about what I lack, I simply have to draw my attention to any number of my experiences with impoverished people. For example, on one medical mission I treated a young girl of about fifteen years of age. She suffered daily, constant physical and mental pain. Her face and entire body was severely scarred from massive burns. As I spoke with her and witnessed her wounds, she recalled her story. A few years earlier she had been at home sitting with her family when a drunken driver drove his car through their small house pinning her beneath the engine of the car. She was stuck there as hot fluid from the damaged radiator flowed over her body and the hot metal from the under carriage and engine of the car tortured her and destroyed her flesh. It was a miracle that she survived. The agony this girl suffered during the trauma, through the subsequent recovery and rehabilitation on a daily basis, is horrific—it can never be removed. I think of her future. Will she ever find a man to love her in this condition and marry her? The rest of her life in a small village in Mexico will be filled with hardship and suffering.

I see this girl often, and many others, in my mind—almost daily. Their images serve me well and I pray I honor them the best I can. Do I ever have moments of "woe is me"? Of course I do. I am only human. But, I can't stay in those moments. I can't stay focused on it. I can't keep my attention on it and certainly not when I am with my patients.

It does not serve me and it certainly does not serve my patients to get wrapped up in my "perceived problems." In order to do my best job for them, to serve them to my fullest and best capacity, I must stay focused on their needs. I must keep my attitude high, a smile on my face and love, joy and gratitude for them and keep all my blessings right up front! There are so many more in greater need and in more turmoil than I. All I ever have to do is look at one of those pictures in my mind and everything changes. So

gratitude for all I am and have is absolutely necessary and attention on giving and serving my patients at that moment is paramount. It's what they deserve!

What has your attention in life been on and what is your intention? Consider re-focusing your attention with the right intention. Create a new vision for yourself which may include a new dialogue with a new affirmation that might look like this:

I am "focusing" my "attention" on _____ with the "intention" of creating _____.

This will allow you to help others realize their dreams and yours will come to fruition, also.

Wouldn't it be wonderful to feel good about yourself and your contribution to a human life? I know it's a silly question, the answer is "of course." Yet countless people don't feel good about themselves or their contribution to the world. Many really don't like their lives. In fact, some actually hate them. They have only superficial happiness and are experiencing higher and higher levels of anxiety and stress, with nothing or at least little to fulfill themselves, their spirit and their souls. The majority of this country is faith based; a nation of people who believe in something bigger than ourselves; a creator; God; something divine that we are carved out of. This should lend itself to euphoria, happiness, inner contentment or at least a level of fulfillment. The irony is that despite being a devoutly, spiritual people, there is a mass yearning and desiring for more; a great collective void being felt. So what is it? How can it be solved? If even the most spiritual amongst us are dying inside, where do we find the answers? If this is you, wouldn't you like to feel different? Don't you really need help? Even the people who are devoutly religious or solidly spiritual are having difficulty overcoming the poisonous, toxic environment which we live in.

If this wasn't the case we wouldn't have so many people trying to "escape" through medical drugs, illegal drugs, alcohol, cigarettes, food, extremism, sex, violence, etc. In some cases people are going to psychologists, therapists, counselors, rabbis, priests, etc., or appearing on Dr. Phil or other "self-help" shows. People are hurting, lonely, overwhelmed, toxic, unloved and unfulfilled. Get this — no matter where they live or how much money they make!

But when people focus on someone else's problems, life can change. The rewards start flowing to them instead of away from them. They get to experience great feedback. Remember, I see patients and though I am not a psychologist, they confide in me. And having treated thousands of people, I can tell you that people are hurting. Not just physically, but mentally and spiritually. They come from all walks of life, different social levels, ethnicities, backgrounds, and religions. I have treated mayors, professional

athletes, amateur athletes, actors, actresses, police, fire fighters, CEO's, millionaires, nurses, doctors, engineers, and scientists … NO ONE IS IMMUNE!

People need to be saved. You need to be saved. Who is going to throw you the life preserver? Here is the thing — you can throw it to yourself! Focus your attention on something, someone other than yourself! I know it's hard, life is busy, but start finding the time! No—*make* the time!

How many people get up every day loving the life they have, happy to do their work? Not many, right? Odds are you may be one of those people. But I can tell you there are people who do enjoy their lives, love doing their "jobs". There aren't many out there but they do exist. I know two of them personally, Dr. Joe Vitale and Dr. Rick Barrett. Why? Because we have a passion for what we do. We are giving and serving people everyday in ways that enrich and improve their lives from health, to personal improvement, wealth and more. Beyond that, we find both "little" and "big" ways to serve more of humanity and give from our wealth and of ourselves that are in harmony with our spirits. Would you like to experience this? Some of this? More of this? Would you enjoy being part of something grander, more complete, and more spiritual? Do you want to feel fulfilled, eliminate that "void" and enjoy the rewards of a giving, loving universe? If you do, then read on…

Chapter One

Be the Servant

"The human contribution is the essential ingredient. It is only in the giving of oneself to others that we truly live."

~Ethel Percy Andrus

In this book we will explore the idea of giving and serving. Though these two words are intertwined and often used synonymously or interchangeably, they are separate and distinct. They are the same and yet not the same, as water is ice and ice is water. They are two in the same, yet distinctly different, depending upon their state. Both have their uses. Both can be combined and yet, used distinctively and independently. They have their own powers. They are made of the same substance, yet appear to be different and can have a different impact. One can become the other and the other can become the one! So it is with giving and serving.

We will use these words both as separate entities, yet part of the larger whole. Though the title of the book is ***Give to Live*** it could as well be ***Serve to Live***. In giving, most people will think that to mean simply monetary donations. Yet the bigger idea is that there are two things we have to give. One is our material possessions (money and commodities). The other is ourselves, our physical and mental being — that which we produce by showing up, hands on and that which we think and believe. So when we give we truly have a choice to make. The questions are: Do I give from just my financial resources? Do I give from my "self" or in other words, do I serve? Or do I do both? Throughout life we will be presented with opportunities to do one or the other, or both at the same time. It is always up to you to choose.

Part of *Webster's* definition of the word "give" is: "To make a present of; to put into the possession or keeping of another; to offer as a pledge; to cause to have or receive."

Webster defines the word "serve" to mean: "To work as a servant; to be of use; to treat or act toward in a specified way; to comply with the commands or demands."

Throughout the book we will explore both giving and serving as truly one and yet, not the same. Just as water is ice and ice is water. Hopefully, this book will help you to

take a new look at your role on the planet, or show you possibilities of how you can do more. Perhaps it will even give you a sense of fulfillment and appreciation for the action or role you currently take. Many of you are at incredibly different levels in your giving and serving attitudes and actions. Anywhere from doing nothing physically and giving nothing monetarily, to completely abandoning all and giving everything with a complete generosity of wealth and self—a Mother Teresa type!

None of us can give or serve everyone in every time of need. There is too much need. Someone else said it better once. "We can't be all things to all people." But that does not mean we should sit back and do nothing, and not be anything to anyone which is, unfortunately, what some people do. Many of us have probably been that way at some point in our lives. Some feel overwhelmed or guilty, rather than face their responsibility as a custodian of the human race and the planet. Some will simply "shut down" and use an excuse like "there are other people to handle that, they don't need my help." It is vital to become involved, not only for the salvation of others, but for your own self improvement. Prepare your mind, get it into the correct "mind posture" to immediately think and act, so that giving and serving becomes a reflex.

When you hear a report of a local tragedy or another major devastation, do you ever think "How can I help?" "What can I give?" "Can I go there (place of trauma) and be of service in some way?" "Who could I contact?" How many of us say, "Oh, those poor people, it's so sad, so tragic" and then do nothing? Since we can't be all things to all people, there certainly may be a legitimate reason you didn't involve yourself. Perhaps you have helped before and recently in other ways. It is okay to "sit a few of them out" because there will always be more opportunities to give and serve. The American Red Cross says there are over seventy thousand disasters every year! You are the only one who knows what you have done, what you can do and what you will do.

I'm not here to be your conscience. My objective is to expand your thinking. So many of us have become desensitized, built up a resistance and are almost immune because tragedy, hardship, disasters, and poverty have become so commonplace and delivered to us by the media in our homes twenty-four hours a day, seven days a week. So the tendency is to "tune it out". The traumatic events have to be bigger and more devastating to get our attention, and even then it doesn't have the same impact as it once had. Our attention spans are shorter and we forget about it faster. It drops out of our consciousness rapidly. Worse yet, it becomes old, tiring, boring or redundant. Major events that caught our collective attention, like the tsunami off the coast of Indonesia or Hurricane Katrina that devastated the Gulf Coast simply start to fade away as we get on with our daily lives. Does anyone still care? Are there people still living with the devastation and need assistance? Certainly, of course, there are many other people from

different events, past tragedies, globally and locally that are in daily need of assistance. Anywhere from the momentary tragedy like a home burning down, to a daily fight for existence for years because of poverty, lack of basic necessities, food, water, and shelter, or displaced and homeless because of circumstance. The very big idea is this...know that you can make a difference in the world. Even better, *believe* that you can make a difference in the world, that you are worthy, capable and not only will the recipient of your giving and serving benefit but, what is given out by you will be returned to you in abundance. This is important and very powerful!

As I said earlier, you can't do it all, in every time of need, for every person. But you do need to participate in giving and serving! Pick your battles, regroup and refortify but keep fighting for the good of all, including yourself—to grow your life. This is a never ending fight. Whenever you hear of trauma, immediately put your attention on it. Ask yourself a question—"Is this something I should be involved with?" Your spirit will direct you. Decide what you can do. Prepare your mind. Immediately, of course, send the people in need your prayers and positive intentions—this is important and not "way out stuff". It works—it helps. Then take the next action, the next step — if you can, give money and/or give your "self" — SERVE! In other words, find out how you can personally serve, even if it is for a day or an hour. Physically put your body into action! Roll up your sleeves and serve; by doing this everyone will benefit. It will bring you much more than simply writing a check could ever do. Just try it once and you will see what I mean.

As I was writing this book, a tornado destroyed the town of Greensburg, Kansas[1]. Over one thousand five hundred people lost everything. Ten people died. We pray for these people and the families as we do every tragedy. When you heard about this, did you dismiss it? Were you desensitized to it? What were your thoughts? What did you do to give or serve? Did it even register with you? Was the tragedy too small to even pay attention to? Was it too far removed from your consciousness to be of consequence to you? These are not judgments. Simply questions for you to consider. When I heard about it I had certain emotions and thoughts. After two weeks went by I was talking with a new friend of mine in Houston. She is a nurse and during the conversation she mentioned that she would be leaving town for a week to go to Greensburg, Kansas, the town that was devastated by the tornado to lend assistance. This is where her family lives, her childhood home and other family homes are now gone forever. She lost one elderly family member. Wow—that just made that disaster personal for me! Immediately, I can tell you my thoughts and my actions were different than when I first

[1] If you would like to help the people of Greensburg, Kansas, visit http://www.greensburgks.org

heard the news broadcast. We have all heard the saying over and over—"It's a small world." It is really true, and it is getting smaller by the day. What do you do to give and serve?

Many books and articles have been written specifically about giving and money. Joe Vitale has written about it before. And now we are writing about it here, but with one key difference. The distinction and additional point that I want to illustrate and draw your attention to is this—give more than just money! Anyone can do that. A five year old can give part of his allowance and while that is wonderful, important and hopefully continued to be built upon, there needs to be more. What is the "more"? It is simply the act of serving! But how many of us are missing out on the key ingredient? How many of us are physically giving of ourselves and serving? I submit to you that the vast majority of people never venture out of their comfort zone and are missing out on this key ingredient that will improve the lives of others dramatically, and alter their own forever!

Reflect on your life. What has created the biggest impact on you or been the biggest influence? Is it someone's money or is it their love, friendship, companionship, or help? What does a child remember, cherish and grow from the most—a loving present parent or an absent parent who just gives them money as a replacement for themselves? A father who throws the ball or goes on a camping trip with them or one that misses all of the events but gives the child some money or a gift? What influences you more and stays with you for a lifetime, your grandmother who watches a movie, holds you and eats popcorn with you or the five dollars you receive in a card? What touches you more—a friend that shows up and helps you with a repair on your car, your home improvement project, working shoulder to shoulder with you or…well, you get my point.

What do all human beings want? They want to be loved, to love and to have human contact. Countless examples exist in all areas of life. I am sure you can think of many. Human interaction, teaching, and physically being in the moment with another in the midst of their dilemma goes much further than a dollar ever will. What is remembered into the future will be the person, not the dollar. Yes, the dollars are important, but both are needed. The person behind the dollar just goes further with more long term impact. It is remembered and cherished more. What do people remember more? The amount of humanitarian aid money spent in India or the impact Mother Theresa had on human life? We need to strike a better balance between personal involvement and monetary contributions. Remember the old saying: "You can give a man a fish and you will feed him for a day or you can teach a man to fish and feed him for a lifetime."? The long term influence on a person will be the human contact and the

love that is brought into their situation. This is true whether it is one person, one community or one country.

I believe the missing element for creating the world we want (individually and globally) and enjoying the greatest return for all of us (financially, spiritually and harmoniously) is the personal time that we don't spend on our world problems. Simply expecting change by throwing a lot of money at people and their problems certainly helps, but it isn't the total solution. The system is broken. We need to rethink it, rebuild it and have more of the world involved. The United States does more than any nation to improve world conditions. I, for one, am extremely proud of this. Mort Zuckerman wrote an editorial for U.S. News and World Report in November of 2006, and had this to say,

"More than anyone else, Americans have a hallowed tradition of sharing with the less fortunate. This year, the gifts of Americans across the whole range of income groups will add up to approximately three hundred billion, or two percent of our annual gross domestic product."

Wow! That is a huge sum of money. How many other countries can even hope to compete with those numbers? Are we doing our part and maybe more to help the world? Absolutely! Zuckerman goes on to say that ***"this past year almost a dozen individuals have made philanthropic pledges in excess of one hundred million, and we have observed the largest single pledge ever made—the three billion to the Bill and Melinda Gates Foundation from Warren Buffet."*** Of course, that is beyond belief and will make a huge impact on our world, and that's only from a few individuals. If every person stepped up to the plate and donated, the dollars would be astronomical. So where is everyone hiding? Though we are a giving country, why isn't everyone giving? Is it because the world doesn't seem appreciative? Maybe, and I am sure there are as many reasons as there are individuals. But I believe the biggest reason is it hasn't been made a priority in our lives. We haven't been trained or educated to give and serve when we were young.

In spite of our philanthropic history and charitable works and donations throughout the world, we aren't the most loved nation anymore. Money, has a very limited shelf life, (it spoils quickly). It only goes so far and then is barely remembered. For the most part, I believe an attitude of "What have you done for me lately?" exists. To remedy this, we must embrace a better way of creating change. Personal involvement with other people's life problems is what will create a lasting memory and permanent change. A hands-on approach, rather than an "I don't want to get my hands dirty with

your problems so here is some money" approach. This is much like a distant relative who has some money to throw at the problem in the hopes it will go away.

Imagine for a moment this scenario; upon arriving at the site of an accident scene, you get out of your vehicle, go up to the victims and say, "Listen I don't have time to stop and help and in fact I don't know what to do, but I can see you need some help so here is fifty dollars. I think you can use it. Oh, and by the way, do you mind writing me a receipt so that I can write the donation off on my taxes? Thanks."

How insane would that be? Doesn't that sound ridiculous? But listen—at least you ease your conscience and say that you stopped. How many others just kept driving past? I know that's a very simplistic and silly scenario, but is it really that far off the mark? I don't think so.

On one particular medical mission to Honduras that I participated in, we attended Mass at the local church. Afterwards, the priest invited the locals to speak. Person after person stood and thanked us profusely for the effort, caring and love that we showed by coming to their country to help them. I vividly remember one woman who said that prior to us arriving there, she thought no one cared about them. That they had been told lies for years about the United States. She believed that each group of people (different ethnicities) and countries hated each other. That the Mexicans hated the Hondurans and the rest of the neighboring countries didn't get along. She couldn't believe that we traveled so far from the United States to help and how well we treated them. Not only that, but she was amazed by how our mission group was made up of so many kinds of people: Anglos, Hispanics, Mexicans, South Americans, men and women, young and old and we all worked together to help her people. Now she absolutely knew that people cared and also lived in harmony with each other. She now understood they weren't alone and wouldn't believe the lies anymore. It gave her hope! How many dollars would it take to buy that? There aren't enough of them!

After everyone spoke, we were all given a cross made from the nut of a tree. When the nut is opened it was the shape of a cross and on it they painted the picture of Jesus. We helped them, they rewarded us. We will all benefit. We will all remember. These people, as well as many in other countries, receive the benefits of money through foreign aid and charities all the time. And certainly they need more of it, but as human beings they also need the personal touch. This is true whether abroad or in our own backyards. They need real people from every religion and culture to step in and make human, long lasting contact.

"***Actions speak louder than words and money!"***

I love the following Peace Corps ad I read in a magazine. It really speaks very loudly and profoundly.

"Would you stop to give someone directions?
If you were walking that way,
Would you guide them?
What if it was out of your way?
Two miles.
Two thousand miles.
Would you travel that far to teach someone?
To learn something yourself?
Peace Corps. Life is calling. How far will you go?"

Life is calling. How far are you willing to go to not only have the life of your dreams, but to ensure others have the life of their dreams?

Chapter Two

Hardship Plays No Favorites

"It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself."

~Ralph Waldo Emerson

Homelessness, economic disaster, war torn countries, terrorism, class systems, slavery, genocide, prejudice, hate, water and food supply shortages, poverty, droughts, famine, disease, a world in turmoil; symptoms of a world, in many ways precariously close to extreme devastation.

If we are not our brother's keeper, what shall become of us all?

Not everyone in the world or, for that matter, in this country awakens happily to the sound of roosters crowing, the sun coming brightly over the hill, and the birds singing gleefully to greet them and their family for another picture perfect Hollywood movie day. Maybe you head off to work in your beautiful car with fine clothes, a wallet full of cash and credit cards and plenty of choices throughout the day of where to eat, what to buy, and where to entertain yourself. Perhaps you are heading for a wonderful vacation on a cruise line that has enough food capable of feeding many villages of the world for a year. Not everyone in the world has this good fortune. The United States has grown and prospered in a very short period of time—a few hundred years. We are a powerful nation; one of the wealthiest, but hard times has always been a part of our collective fabric and in the not so distant past. Most of us can remember difficult times, but we must take care to remember to always be vigilant.

Many of us, including you and me, are teetering on the brink of personal disaster and yet walk through our days unaware. A life, a career, a business can be dramatically changed in the time it takes for a Tsunami to roll onto shore, a government to topple, a war to erupt, a tornado to come through your town, a fire to ravage your home or a senseless act of terrorism to invade your life.

In the midst of living our lives, life happens! We are born into the world innocent, needing everything and by a design, not our own. The place, time and family were not chosen by us, but for us! We simply begin to exist. Not knowing one thing from the next. Having to learn everything and grow in our environment and circumstance. As we live our lives, people, governments, and natural forces beyond our control start to shape our lives and give it direction and meaning. Some are more blessed

than others by their circumstance. Some have certain advantages others don't. But we all have to find our way on the journey. It's good to remember the past, understand our roots, and be grateful for the life we live and work towards improving the lives of all.

My grandfather was born in Vienna, Austria, but moved a short distance to Moravia, which was soon to become Czechoslovakia. When the First World War began he was a young man of eighteen years. Anyone Austrian was conscripted into the army by the Austro-Hungarian Empire and German Reich. Grandfather wanting no part of this, defected to Italy and became a part of the Czechoslovak Legionnaires, fighting with the allies against Germany and the Austro-Hungarian Empire. After the war, he returned home and as a Viennese educated man, had a great job supervising a flour mill. He married my grandmother and my mother was born in 1923, in the small farming village of Unin, Czechoslovakia. Not in a beautiful, modern hospital, but a small house with dirt floors and a thatched roof, certainly not a beginning of wealth, and prosperity. This is a photo taken of mom's house in 1969.

As a child, my mother didn't know that, not only her world, but the entire world was about to change forever without her wanting it to and all of it was beyond her control.

In 1928, my grandfather made the decision to uproot his family and travel to the Promised Land—America. So in the blink of an eye, my mother's world changed and the ripples of that event eighty years ago are still being felt by our family today. Shortly thereafter, Hitler came to power and Nazi Germany, bent on destroying people's countries and lives, threw the world into another World War, created turmoil within our family again. Though my mom and grandparents had it rough through the great

depression and then the war years, their hardships paled in comparison to our family who stayed in Czechoslovakia. My great grandparent's home was occupied by the Nazis during the war. My grandfather's sister and her family were executed by the Nazis. Then, after the war, occupation by the Soviet Union kept this family in turmoil and separated. The full story is another book in itself!

The new life in America wasn't easy for my mom and my grandparents. My grandparents, like most immigrants, were poor and didn't speak the language. My grandfather was a highly educated man from Vienna who spoke Czech and German. My grandmother spoke Slavish and some Hungarian. My mother spoke Czech and Slavish. They all had to learn a new language—English. Grandma was a live-in maid for one of the wealthiest families in New York City. She was allowed one weekend per month off. My mom and grandfather lived in Perth Amboy, New Jersey where he had a job. So from the age of five until she was eleven years old, mom got to see her mother only one weekend a month. To visit my mom, grandma had to take one bus, one ferry and two trains. My mom never saw her mother for dinner, never had her there to put her to bed at night or to read with her. Not until she was sixteen years of age, when her father was able to get a new job in New York City and they could all live together. Through all of this turmoil, my grandmother only made fifty dollars per month for a twenty-four hour, seven day a week service, and grandfather made only twelve dollars per week. Yes, times were hard and life was difficult, but they persevered and lived the best lives they could.

Life is a dynamic process where one moment you can be on top and feel you have everything and the next you are on the bottom; like relationship problems, deaths in the family, financial hardships and a major relocation after my father's company closed its doors. After thirty-five years of service, there was no job, barely any money to speak of, mom worked two jobs, my father found what he could, and I worked after school. Then we moved to Texas, over fifteen hundred miles away, in the hope of my father getting a job that could sustain him and mom. Most people have family stories like this, some better, some worse. And as with other families who have experienced hardships and overcame them, I could go on and on. But you don't want to read my family's diary, you have your own.

What is my point? We will all experience hardship, some greater than others. It is part of life. Many troubles will be thrust upon us in a moment, with no way to foresee them or prepare ourselves. But, knocked down is different than being knocked out. Getting up each time and brushing ourselves off to continue to fight is the thing. At some point many of us will need the strength of a friend, the love of a family member, and the resources of someone in a better position than us; the outstretched hand that is lent to us

unconditionally with love, trust and respect. I know I am not alone in this sentiment. As Winston Churchill said, ***"We must never, ever give up."***

And yet there are many people in this world who have given up or who feel they have nowhere to go, no one to turn to, and see no way out of their circumstance. This must be one of the darkest, most desolate places to be; devoid of hope with a broken spirit. Can you even begin to imagine the utter strife of tens of millions of people who have lost their homes, become refugees, and are in want for the basics in life, such as water, shelter, food, and clothing? I have seen poverty in Mexico and Honduras where I do medical mission work and in other areas also. But still I have trouble comprehending the overwhelming enormity of global needs. To solve problems we all MUST ACT. Because if you and I are not our brothers' and sisters' keeper, who is? What shall become of those in need? And what shall become of you and me?

We have a shared responsibility to our fellow man, the animal kingdom and the planet. We are the custodians, the care givers and the keeper of our brothers and sisters.

The bible tells us in Matthew 25:40, ***"And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done [it] unto one of the least of these my brethren, ye have done [it] unto me."***

Whether you are Christian, read the bible or not, as an intellectual person, a spiritual person, doesn't this intuitively ring of truth?

The idea of giving and serving another life when they are in need and bringing ourselves closer to our creator is a magnificent one. Who wouldn't want to experience the glory and reward in that? It's not a new idea but it is a great one and very timely. Fundamentally, everyone strives to better their lives and improve their circumstance regardless of what socioeconomic level of life they find themselves in. If you live in a drought impaired area, you desire water. When water is found, you then desire clean water. Next, your wish is for easily accessible water. Then you want it in your home. Eventually you would like the water temperature to be regulated with good flow and to even be hot. Perhaps now you would like to have it freely flowing in multiple rooms and perhaps to collect it in a holding tank or a pool! The wanting and desiring for more is endless. We will always seek to improve our circumstance. Not only do we want what we don't have, but we want more of what we do have. I believe everyone should have the opportunity, not only to have the basics of life—liberty, freedom, education, food, clothing, shelter, safety—but also to have abundance in these things and others.

Certainly, most of us can do with less than what we have but the desire for more is universal. However, many have little left to sacrifice. The disparity between the "haves" and the "have-not's" seems to be growing larger. Therefore, I truly believe that when we have the ability to give and serve, it is our responsibility to do so. As each one

of us strives to achieve all we can in this life, the greater capacity and ability we then have to share it with others. I want you to have more of what you want. I believe that as you spread your wealth, which is your money and your personal gifts and as you learn to give and serve others—you shall be rewarded. Zig Ziglar said it this way:

"You can have everything in life you want, if you will just help other people get what they want."

Chapter Three

The Secret of Accumulating Spiritual Wealth

"Do something for somebody every day for which you do not get paid."

~Albert Schweitzer

I am in service to people every day in my office. The product I endeavor to deliver is health and wellness. As a wellness expert, I advise and counsel my patients, provide a safe, healing environment for them and deliver the highest level of chiropractic and nutritional care that I can. And while I love my patients dearly and I think I can accurately say most of them love me, I am in exchange with them. I am giving and yet receiving an immediate return. I provide a service and they in turn pay for that service. While this is a huge benefit to them, a point of interaction designed to put their bodies into a healing path creating a lifetime of benefit, I still get a reward (paid) right then. Am I doing a worthy service for them, for the well-being of their family, for the greater good of improving the planet by allowing them to realize health and function and vibrate at a higher level? Yes, of course. Does it truly light up my heart and soul to see a person in ill health regain not only their physical health but their spirit? Absolutely!

However, there is a different level of giving and serving that comes with different rewards. For me, this entails involvement in medical missions. Our mission teams consist of a great group of wonderfully giving and talented chiropractors, medical doctors, nurses, dentists, vision specialists, counselors, deacons, priests, translators and other support volunteers. Our team works toward both the physical and spiritual healing (for those that want it) of the people. We routinely travel to several sites in Mexico and Honduras. On these medical mission trips I treat people who have no ability to be in equal exchange with me. In other words, they have no ability to pay for treatment when services are rendered. There is no expectation of reward on my part. It is then, in that moment of pure giving and serving, of pure love for that person and their human condition, that I believe something very spiritual occurs. At that moment of giving oneself to another, of bonding with another human being on a metaphysical level, not just human to human but child of God to child of God, spirit to spirit, is when your life (that of the giver) changes forever. I believe that is precisely the moment that the Divine recognizes and acknowledges your effort, caring, love and service to another spiritual being. This is the moment when, in the big registry book of the universe, your name is entered and you are noted as an advanced spiritual being of noteworthy accomplishment. In this moment you are one with that other spirit and one with the Creator!

It's almost like pulling the slot machine handle but being assured of winning the jackpot. You can't lose! Also, in that same moment of helping another person, the human part of you is experiencing a definite physiological response. You feel immediately different; better, lighter, a feeling of hope and confidence, a surge of power. In other words, at a cellular level, in your gut, heart and soul, you know and feel that something wonderful, something positive just occurred. But at a spirit level, something bigger and beyond our comprehension also just happened. We just made a deposit in our spiritual bank account that will continue to pay off through our physical lives and into our eternal lives. Likely, you have experienced the feeling I spoke of, whether you helped an elderly person carry their groceries or stopped to help a stranded motorist, or consoled a lost child and helped them reunite with their family. It is these moments of service to our fellow humans and our fellow spirits, that mean the most and are the most rewarding to all of us.

I'm no different than most people in wanting to enjoy and experience the great and finer things in life. I desire abundance in all things. I like convenience and comfort. I enjoy recreational trips and the latest gadgets, fine foods, dining and luxury goods. Certainly I derive pleasure from these things, but the happiest moments in my life, the most rewarding moments besides being with my family and friends and treating patients in my office, are the ones when I'm interacting with people during the medical missions. These have been unquestionably my most fulfilling times, serving and giving to another person without expectation of rewards. And yet the beautiful twist is this—though I am not given money for service, I feel I am instantly rewarded! There must be absolute truth in the quote, ***"It's better to give than to receive."*** (Acts 20: 35)

I have felt it. I have experienced it. I am living it! By giving freely and unconditionally, we actually open ourselves up to receive more in this life and in the next.

President John F. Kennedy said in his famous speech, ***"Ask not what your country can do for you but rather ask what you can do for your country."*** I submit to you that it is in the giving that changes not only others but the self. It is in the giving that we are rewarded in ways that we can't possibly see or comprehend. It is in the giving that changes universal substance. President Kennedy was urging us to serve. It's not just a quaint idea but an adopted mind-set and a position to take for a lifetime. Expand the vision to include your church, your community and the planet. So consider this, ask not only what you can do for yourself—ask first what you can do for another.

If you are looking for a great feeling and a true endorphin high, if you want more from your life, if you want to have things you've never had, experience things you've never experienced and get all you can out of life—go ahead—be selfish, get more

pleasure, get more rewards for yourself, simply by forgetting about you and reaching out to serve others. You can have everything, by giving everything.

Bottom line—if you want to experience the most rewarding life, accumulate spiritual wealth, and earthly rewards, then you need to learn to give more of yourself and serve others more. If you **GIVE** to **LIVE**, you will **LIVE** to **GIVE**.

"For it is in giving that we receive."
~St. Francis of Assisi

Chapter Four

The Power of Giving, Reaping Spiritual and Earthly Rewards

"Doing nothing for others is the undoing of one's self. We must be purposely kind and generous or we miss the best part of life's existence. The heart that goes out of itself gets large and full of joy. We do ourselves most good by doing something for others."

~Horace Mann

In January, 2004, I was invited to speak by Joe Vitale at a marketing and entrepreneurial seminar that he was hosting in Austin, Texas called "The Spiritual Marketing Super Summit." The title of my presentation was *The Power of Giving; Reaping the Spiritual and Earthly Rewards*. At first it may seem a little odd to you that I was asked to speak at a business seminar since my work involves natural healing and helping people reach their full human potential. However, it really is inconsequential what occupations the members of my audience have. Because once our jobs are stripped away from us we are simply flesh, blood and spirit. The information I have is vital to everyone! You and I are not our jobs, our titles or our names. We are all spiritual beings, protected and encased by our humanity—our bodies—our person. You can't succeed, or excel in any business endeavor or sport unless your mind, body and spirit are tuned up to the highest level of performance. For me, anywhere people gather is exactly the right place to be to speak on the topic of giving and serving humanity. In fact, an entrepreneurial seminar might be the best format. The past model of business has been, and to some degree still is, ruthless. The ideas of "dog-eat-dog" and "survival of the fittest" have been more the rule rather than the exception. Attitudes that display spite, vengeance, and all is fair in love and war with a total disregard for people have been all too common. Unfortunately, too many in businesses forget about compassion, love, fair dealings, care for others and their own bodily and spiritual health! Now, here comes Joe bringing love and spirit into business and marketing; and asking me to speak about spirit, giving, serving, compassion, love and reward.

After my presentation, I was overwhelmed by the extremely positive reaction of the audience. In part, my amazement stemmed from knowing that the PowerPoint presentation I created had well over an hour worth of information. That was whittled down because of time constraints. Worse yet, I had little time to prepare it. But I was

also amazed because the presentation wasn't delivered to a charitable or service organization, a church or an audience of dedicated volunteers. These would be the groups of people I'd expect to be in alignment with the presentation. But my talk was given to a group of people who were gathered to learn about how to make themselves wealthier. So I was a bit nervous on how well it would be received. When the first person stood and clapped, I immediately knew it resonated with them. The reason it made such a huge impact is simply because the topic touched their souls, their spirit. Regardless of who I was, the audience could see the PowerPoint, feel the emotion it evoked in them and sense the truth. They knew intuitively that this was real! I know in my soul, in the physiology of my body and also in my conscious logical mind that now, more than ever, people are fervently working towards improving their personal lives. They also sense a deep need and yes, even an urgency, to have more of an effect on the world. Those in the room were a small but fair representation of the good of man and the hope for all human beings to have more of everything they want in life. Yes, they were there to create abundance in their own lives, but what I realized was that they were there to gain it ethically, morally and they were also interested in uplifting others as they reached for theirs! And really, isn't that what will make positive change?

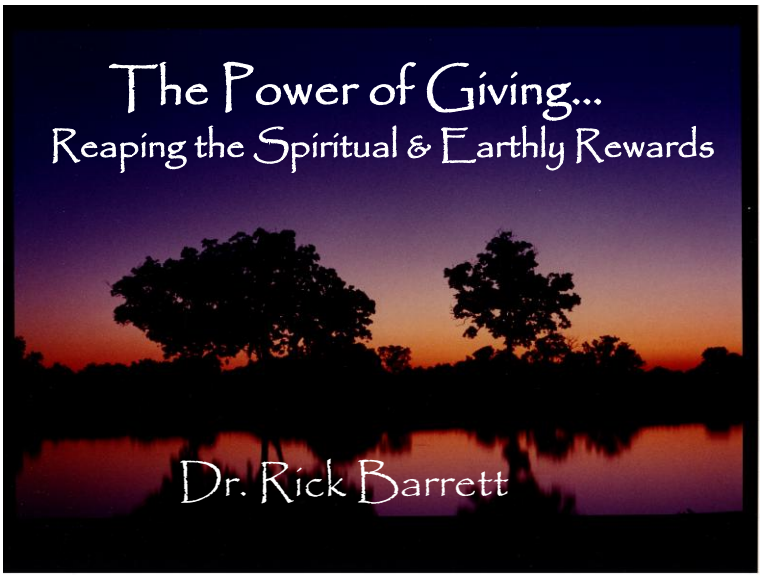
What Joe Vitale did was to bring together a uniquely different group of entrepreneurial specialists. At first, maybe no one could tell that these people were different, but I guarantee, by the end of my presentation it was clearly evident that they believed in a higher power, sought to make the world a better place and were willing to show themselves as the best of the best, even as they were rising to new levels themselves! This display of advanced citizenry is what I call a "World Class Citizen" and it is what all of us should strive to be!

These two hundred people were reacting, not to me, but to the wonderful message behind the words, and the images that were struck in their own hearts and minds of where perhaps they, their families or their friends, had come from and to the feelings and thoughts that they knew that anyone of them could be in one of those pictures if circumstance made it so. They related to the personal triggers of humanity that were true for them. This next chapter is that presentation called *The Power of Giving, Reaping Spiritual and Earthly Rewards*. I hope you enjoy it. After you read the transcripts of the presentation, I will share with you some of the audience's reactions. And the huge impact that it is having on lives, including my own. We are still experiencing the rewards today and I am confident they will not stop.

Chapter Five

Spiritual Marketing Super Summit Revisited

January 2004



Joe: Alright. Dr. Rick Barrett! He's a FAMOUS Chiropractor. He's written THREE books. One of them is *Healed by Morning*, which I love, because that's MY title!

Audience: [Laughing]

Joe: MY TITLE but HIS BOOK. He also wrote *Dare to Break Through the Pain*. He focuses on health, healing and improved life function. He has spoken to U.S. government AGENCIES, major corporations, and to Police and Fire Departments.

He and his wife, who is sitting there, Mary, the beautiful Mary, travel to foreign countries providing health care to the POOR. This is some of their MISSION work. He has successfully treated THOUSANDS of people. He has treated FOUR mayors, the Bishop of Austin, World Champion athletes, and ME!!

Audience: [Laughing]

Joe: He and Mary are actually staying in the suite that Nerissa and I have which you ALL HAVE to SEE. If any of you are staying over on Sunday, at six o'clock drop by the suite, which is just on the other side of the wall here, it's room 250. It's AMAZING! I am going to have some hors d'œuvres and goodies like that. But, Rick has been TREATING ME, every night! So, I am sleeping pretty well. I am pretty RELAXED. I am pretty MOBILE [chuckling], thanks to Dr. Rick Barrett. So, I want to introduce MY friend, famous author, chiropractor, Dr. Rick Barrett.

Audience: [Clapping]

Dr. Barrett: Thank you, Joe. Joe loves to tell that story that I stole the title of the book from him. But what actually happened…we were eating in Houston, eating shawarma chicken as I recall, and we were talking about some of the health problems he was having at the moment and we were talking about my new book.

He said, "This would be a GREAT title for the book! Why don't you use it?"

BUT NOW...

Audience: [Laughing]

Dr. Barrett: ...I STOLE it! [Chuckling]

Well, are you guys enjoying the seminar so far?

Audience: Yeah! [Clapping]

Dr. Barrett: Yeah! Yesterday was just incredible; some great talents and great talent today! Terri was awesome! I have to try and have a little bit more energy, because she was just so pumped up! I have a very short period of time to deliver a message to you. MY message is a little DIFFERENT from everything that everyone else has done SO FAR.

I am going to take you off the track just a little BIT, but...the message I HAVE for you can change lives in a very positive way and also CHANGE the dynamics of the planet! I am going to talk to you about the Power of Giving REAPING spiritual AND earthly rewards.

So, with this message, I don't have a TEMPLATE for you to become more successful. I don't have a PRODUCT for you to have a step-by-step way to MAKE more money. But, I want to give you a little bit of

DIRECTION. Some of the people already have talked about it yesterday. Fran talked about PASSION. I am going to talk a little bit about passion and purpose. Cindy talked about intuition. Terri talked about it...they all talked about it in different WAYS. So, what I wanted to speak to you about is the POWER that you have in your lives to change OTHER lives and thereby receiving some rewards.

I feel like I am a PRODUCT of free giving. In other words, when I GIVE to other people, then I get rewards both in THIS life and then HOPEFULLY, in the next! I am rewarded spiritually and I am rewarded with earthly rewards. For EXAMPLE, coming here TODAY to be able to talk to you, I'll tell you about how that came about in just a second.

This is what I want to share with you. How important it is to tap into your spiritual SELF, to become one with the Creator and extend the Light of YOUR Light to others, so that not only are your lives enriched and changed forever, but so are the lives that you touch!

That's what's happening here TODAY with some of the PEOPLE that have shared their STORIES with you and their PRODUCTS that they have for you. Joe and Robert are giving you some free GIFTS! I hope that everyone appreciates THAT, because that will DEFINITELY change your lives!

We have people at all different levels here. People who have probably STRUGGLED to come to the seminar. People who have struggled to pay ten dollars for a hamburger down at The Grill and then people who have no problem. So, I want to share some of MY experiences with you just real briefly.

As I said, I am a product of free giving. My successes, I BELIEVE, are a DIRECT RESULT of those things that I do for other people. I have been INVOLVED in over thirteen medical missions now. I AM a Chiropractor. I work with other doctors, medical doctors, dentists, pharmacists, nurses, translators.

Last year was a very sacrificial year, if you will, for ME in that I did FOUR medical missions. That was one of the GOALS that I had when I started DOING missions. We NORMALLY do one a year. I said I wanted to do four a year and I was able to DO that last year; one trip to Honduras and three to Mexico.

When I came back from my last trip this past November, Joe and I were speaking about some of the rewards, some of the changes in MY LIFE since DOING the mission, some of the things that I have experienced by not only doing MISSIONS, but also being involved with Chiropractic. So, he asked me IMMEDIATELY if I wouldn't mind sharing some of those stories WITH you.

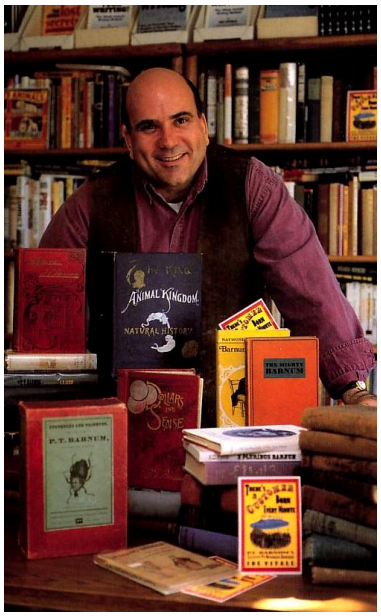
I said, "I'd be happy to DO that, but I DON'T know how I can do it in twenty minutes [chuckle], Joe!"

So, "When I focus on something other than myself, focusing on God's children, I am always rewarded."

Now, people have mentioned spirits. This IS a Spiritual Marketing conference. My focus is not on determining what God you believe in.

There is an interesting quote that I love, that happens to be in my book, *Healed by Morning,* "God has many names though He is one being."

That was from Aristotle. Most of us believe that there is some intelligent POWER that created The Universe and we can tap into that. Whether you want to call that the God within or some...or put a name on that God, intuition or whatever it is, if we tap into those things, then we can be rewarded. So, here's the reward, JOE VITALE!!



Audience: [Chuckling]

Dr. Barrett: Becoming a product of free giving, reaping the rewards as I mentioned really started a long time ago. So, I just want to take you BACK a few

years real quickly to the day my life really changed, the day I DECIDED (IF the decision came from me, which I don't think it did) to change MY LIFE by helping other people.

I was a YOUNG guy who was doing very well. I had my house. I had my cars. I had "TOYS" and all of those things, but I was unrewarded. I wasn't where I wanted to BE in life. I knew there was something else FOR ME; I just couldn't find the direction!

Cindy talked about intuition. There was several times where Chiropractic was presented to me, but I SHUT IT OFF! I absolutely stopped it.

I said, "No, I don't think that's for me."

But one day, I decided, "No, this IS the thing for me."

This is the direction that I am supposed to be GOING in. So, I changed my life completely to go to Chiropractic school. Once I was IN Chiropractic School, I saw the BENEFITS of Chiropractic in terms of what it did in MY life and what it did for the other people and the other students and talking to the doctors and the people who had been in PRACTICE for twenty-five, thirty, and forty YEARS!

It was AMAZING the power that the body has and the ability of it TO HEAL and I wanted to SHARE that message with other people!! So, I wanted to take Chiropractic "on the road" if you will. I KNEW that when I became a Chiropractor, when I got out of school, that what I would <u>DO,</u> would <u>BE</u> to go to other countries and provide Chiropractic care for those people. I'd say the thought was in MY head, but I think the seed was PLANTED in my mind. I don't think it DIRECTLY came from ME! But, when I started DOING that, then THIS is what happened, it was CONTINUAL growth.

Now, I don't say that the road was always easy! We have NEW roads and new challenges appear and they ALL seem to be glorious, even the ones that are fraught with hardships. So, a lot of you had trouble maybe GETTING HERE or have trouble while you are here, but there's a whole lot of TALENT to open up to you, Joe and all the other people. USE them to your benefit and doors will be opened to you CONSTANTLY, but you have to use that intuition that Cindy talked about to know WHAT DOOR you SHOULD go through.

[Pause] Okay.

So, as I mentioned, in Chiropractic College this is what I wanted to do, to become part of a medical mission. I was doing some of the things that many of you probably already do. I was giving a little money to the church here and there, organizations that would provide food or clothing, doing the minimal that we do sometimes in helping other people. But I really wasn't STEPPING UP to the plate and doing MORE. I wasn't doing it FREELY. I wasn't doing it instinctively or intuitively.

I was just saying, "Yeah, I guess I can afford to take this other ten dollars out of my pocket," but I was doing it begrudgingly.

At one point, I even sponsored a Native American child from the Lakota Sioux tribe.

She was a young girl THERE and she is now about twenty-one. I have since sponsored OTHER children, but this required all very MINIMAL energy. It wasn't A LOT on MY PART to be able to do this.

Can any of you identify with what I am talking about? [Pause]

Audience: [Voices of agreement and nods]

Dr. Barrett: Okay.

It wasn't until Chiropractic changed my life, as I mentioned, and I saw the DIFFERENCES that I could provide in other human beings and the differences that I can make in THEIR life that I decided I needed to DO this.

So, what happened was, I got out of college, I happened to pick up a magazine Texas Chiropractic Journal and I read an article by a fellow Chiropractor, Dr. Jerri Moat and Jerri is there with the grayish hair.

She's from Round Rock, Texas and I practice in Houston. I picked up the magazine and I called Jerri.

I said, "Man, this is fantastic! This is what I have wanted to do. I would LOVE to become part of it. HOW can I become part of it?"

She said, "Well, this is FANTASTIC! We NEED another chiropractor on the mission. We are going in about six months!" Immediately, I stepped back and I said, "Oh! Like, in six months, you mean."

Audience: [Chuckles]

Dr. Barrett: "Well, Jerri, I just opened my practice...I am well over one hundred thousand dollars in debt and I don't have very many patients yet."

I found a LOT of excuses NOT to go on the mission!

So, I said, "Maybe in the future. Maybe next year when things settle down and I have more of this… and when… and if this happens… then I'll be able to do that mission."

Well, what occurred, because she had put me to that TEST, was my mind started racing. Of course, I had sleepless nights.

I was CONSTANTLY going over it, "How could I do this mission? I'd have to pay five hundred dollars out of my pocket. I owe such and such amount of money for student loans and the banks for opening the practice. I don't have five hundred dollars. If I shut the practice down, then all of my patients will disappear or if I hire another doctor, well, that doctor is going to cost money, I can't DO this!"

But after awhile, after NAGGING at me in my HEART and SOUL and finally listening to that inner self, God, intuition, whatever you want to call it, I decided to go.

So, I called Jerri back up and I said, "I WILL MAKE this happen. I don't know how yet, but I will make it happen and it's GOING TO OCCUR so I give you my commitment. I will come up with the five hundred dollars and I will BE THERE!"

And that's exactly what happened. So, I became part of that team that I already mentioned to you.

We went to a small community in Mexico called Arteaga. It's a very mountainous community; agricultural. This is just ONE of the towns, with maybe 150 or 200 people in that town right there, and we'd treat the poor people in the mountain villages.

Some of these people had never even seen a doctor of ANY KIND!! I spoke to women who had delivered seven to fourteen babies all on their OWN. It's just incredible the world there!

I think there's a few people in the room that can acknowledge some of this, Maria and Pedro, I know can probably appreciate some of the things that I am telling you. So we went to this town and treated about 800 people. Well, just to let you know, the LAST time that we went on the mission, we treated over two thousand people! The message is getting out there. We are treating more and more patients.

But what I experienced on that TRIP was an incredible reward for ME in many ways. I experienced ONENESS with not only the PEOPLE that we served, but with the other TEAM members.

This is a fellow Chiropractor, a friend of mine, who practices in Cedar

Park, right outside of Austin.

So, we TOUCHED each other in just incredible ways on an innate level, a SPIRITUAL LEVEL. Not just with THOSE PEOPLE, but with the TEAM! Now, what happened afterwards was very unique, as we started TALKING to each other about the mission experience, everyone is a doctor, everyone is a translator… nurses...every part of the team, we had one common thread that ran through.

That was, "We felt very HUMBLED and we felt like what we did for them and the sacrifices that we made for them was NOTHING in comparison to what we actually got back."

We got such a HUGE REWARD from these people. So what was returned to us through smiles, embraces and handshakes, was MUCH MORE than we delivered to them!

"They touched our souls with their strength, the love of their families, their endurance and their faith in God"...incredible people!!!

Now, this is just not true in Mexico or in Honduras, this is true also in the United States. There are people that go out to Indian reservations. There are people in the Appalachian Mountains. There are people in

this ROOM who probably need to be touched in a certain way. I think that Joe is trying to DO that for you. He's trying to TOUCH you in a very SPECIAL way, by giving you certain gifts, his books, his KNOWLEDGE, how to make you a better person.

What they performed, as I mentioned, with spiritual healing and you can SEE their faces are incredible!

This was a woman I treated in HONDURAS.

Many of you probably know Mother Theresa, everybody know her?

Audience: Yes.

Dr. Barrett: Okay. One of the things that SHE said of her work was that she saw the face of Jesus in every person she touched. Now, I don't care if you believe in Jesus, what I'm just SAYING is that whatever entity you believe in, if you DO BELIEVE there is a Creative Force, you HAVE to be able to look in that kind of face and SEE that we are ATTACHED to these people.

When you look into their eyes, you HAVE to feel a Universal connection and KNOW without words, and just an understanding, that

innate intelligence between the two people, we are a whole part of each other. Every person in this room, you are part of me and I am part of you! The people in every country we are PART of.

I think Terri mentioned, "Don't make judgments!"

She doesn't have a road. Don't make judgments about countries and people. Take people for who they ARE! We are ALL SPIRITUAL BEINGS. This is just a SHELL that we are in! [Dr. Barrett pointing to his body]

What we were rewarded with, that I experienced, that everyone on the team experienced, was that AFTER we would treat these people, they would give us BLESSINGS.

Now, here we are, to treat them, because they haven't had medical care. They don't have the money to be treated.

We are trying to do a good deed for them, and yet they turn around and they say, "I want to THANK YOU!"

Of course, they do it in Spanish, right?

This would be the COMMON thing they would say to us, "I don't have the MONEY to PAY you, but God will pay you FOR ME. God will reward you GREATLY and He will PROTECT YOU."

I mean, when I say that right now, I still get chills, because it's incredible that these people, that we are trying to help and TOUCH and think that we are so POWERFUL to come and help them are giving us back SO MUCH MORE! So, the power of GIVING goes BOTH ways, right? It's a flow of energy. It's a flow OUT and it's a flow in! If you don't flow something out, guess what? You are not going to get anything back!

So, "We KNOW that this comes from the depths of their hearts and that good things will be poured out from God. THEY, who are intelligent, yet uneducated (I just wanted to make that point); so they may not have EDUCATION, but they are INTELLIGENT PEOPLE. They are just like US. We are ALL powerful."

I believe Terri said it, right? "Your gifts are no different than any others or anybody else's gifts."

We ALL HAVE these gifts. We just have to be able to TAP INTO IT intuitively. We have to have PASSION about it. So, these people who are uneducated ARE INTELLIGENT and whenever THEY reach out, they know that God rewards us.

So, the reality that God is Spiritual Oneness, gives us rewards, and there are MANY!! As I mentioned, they are immediate. They are instantaneous with what they give to us in their embraces and their smiles. The rewards—spiritually, what we've done for them and what they do back for us. Then, afterwards, we will get rewards. My practice has always IMPROVED every time I have gone on a medical mission, but that's not the INTENT of DOING IT. So, you HAVE TO

HAVE the right INTENT when you are doing your work.

One of the things that the people always DO is they reward us immediately with food. It's AMAZING that they have very little, yet they will bring us gordítas or any little bit of food that THEY have as thanks.

Interestingly, I had a BABY named after me. I'll tell you that story just real quickly. We had a woman who hadn't named her baby and she had had the baby about three months. So, it's a three month old baby, no name! Another doctor and I worked on her and the baby.

So, we inquired, of course, "Why haven't you named the baby?" which she really didn't have a reason for us.

The VERY next day, she came back. She didn't need further treatment, but she came back just to tell us.

She said, "I wanted to let you KNOW that you changed my life so MUCH and we appreciate you being here SO MUCH, that I named my baby Philippe Ricardo after you and the other doctor."

I mean, you know, it doesn't get much better than that! That's an INSTANT REWARD!!!

Audience: [Clapping]

Dr. Barrett: So, these people who don't have very much are very generous and they are giving without regards to their personal hardships.

So, we who have everything in this country, I believe we are so rich, so many blessings and we have everything here and if we can ADOPT their GENEROSITY OF SPIRIT, we can change the WORLD. If we can DO that and if we can pull one person and change that person's life, we will have changed the dynamics of the planet and we will all be rewarded BY IT! So we are only limited by our ambitions to help people and by what our hearts tell us.

So, this past year we went to Honduras.

I just wanted to share a little story about that with you. We treated this young girl, sixteen years old, and she had two children. If any of you thought you had hardships getting here for this weekend, I want to put you to REST. You have NO hardships in your life. I am not telling you, you HAVEN'T had hardships, but most likely nothing like these people experience.

She WALKED for TWO DAYS to get medical care through THOSE Mountains with a newborn baby and a little one by her side. When I treated her she was very faint and that's when I got the story.

"Why didn't you eat?"

"Well, I left two days ago, sleeping by the side of the road, no food."

Then, of course, she gets care, she goes to the dentist, has some teeth pulled, guess how she is getting home? Walking home...exactly right, for two more days! This is typically what we see in many regions.

In Mexico, this past October, we went to two small tiny barrios. You'll notice that their homes are made out of materials that are just discarded, wooden shipping pallets you know where things come to the stores, right?

We worked under some interesting conditions.

This is the church!

Do any of you go to a church like that? [Pause] But they are VERY HAPPY to have that church; the same thing, cardboard walls, wooden shipping pallets!

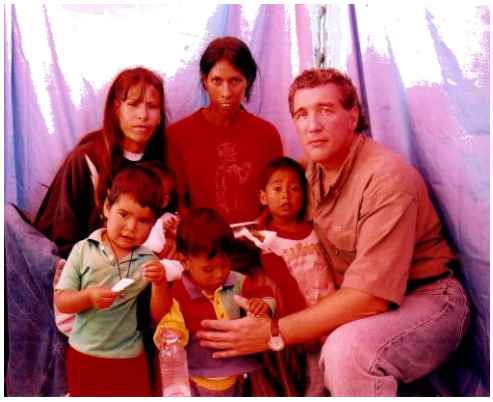
They were SO HAPPY to have us there that IMMEDIATELY when we got out of our vehicles, the children came RUSHING over to HELP US and to TAKE our GEAR. One little boy right there, I just thought this was an important photo, because he started sweeping the street in front of us. [Chuckle]

It's a dirt street, but he wanted to HELP us! He wanted to GIVE BACK because he was so happy to have us there.

A quick story about this little family right here; it was a VERY HOT day. We had been given some food, some tacos, for lunch. This woman came to me and she complained of entire body pain. You can see that she has a sweatshirt on, she has a T-shirt. She had sweat pants. As I laid her down on my table to work with her and I started feeling her spine and her body, every bone was sticking out. I moved her clothing to see what was happening and she was LITERALLY

STARVING to DEATH. So, I inquired about this.

She said, “I just don’t have the money. I don’t know when the last time I ate was. Anytime I have a LITTLE bit of food, I give it to my children.”



Well, of course, that was Divinely PERFECT for me, because I had this half eaten taco and I felt HORRIBLE about it! I gave her my taco, asked her to eat it so she could have some strength. She immediately broke off pieces and fed her children. I gave her ANOTHER taco, she did the same thing! Finally, I gave her a third taco, sat her down, and said, “Eat this YOUR SELF! Okay?” and I bagged up a lot of tacos for her. As I got done TREATING her, her sister came looking for her…same condition.

But, “through all of the hardships these people endure, an amazing spirit shines through and that’s that ‘God’ that we are all connected [to]. They are humble, yet proud; proud, yet vulnerable. They ARE intimately ATTACHED TO US.”

You all probably remember the movie *Schindler’s List*. Yep? Yeah, okay. Good movie! Schindler was credited for saving over eleven

hundred lives! He was a PERSON who was INDIFFERENT to the plight of the people who were AROUND him! But, something CHANGED in him. At SOME POINT, his PASSION changed. What happened was, he started HELPING these people. He is credited now for saving over six thousand people, right, because of the descendants.

What I want to put out to YOU as a CHALLENGE, for every ONE of you, in every work that you are doing, whatever that might be—with radio and TV, with speaking engagements, whatever is true to you, whatever you find is your PASSION, I encourage ALL of you to continue to try and save lives. I want YOU to experience the power of giving in your life PERSONALLY and the rewards that will come from that.

I want YOU to question yourself and say, "How many lives will I save through what I do for another person?"

I guarantee you, that for some of you in this room; YOUR lives were changed by what Joe is doing here for you this weekend. Someone in a year from now, will have a testimony that they can share how Joe changed their life by being at this seminar or one of the SPEAKERS changed their lives by being here...very POWERFUL!

I DON'T want you guys to take your role in life LIGHTLY! Don't ever believe that one person can't make a difference, because ABSOLUTELY EVERY ONE of you CAN! You might not make a difference today, but maybe it will be tomorrow or next month or next year, but you CAN make a difference! So, I am encouraging, challenging, ALL of YOU to do that!

This was a saying that they talked about in the movie. **"WHOEVER SAVES ONE LIFE SAVES THE WORLD ENTIRE".** I think his workers gathered up some of the gold from their teeth, if I remember the movie correctly and they inscribed in a ring that they gave him, "Whoever saves one life, saves the world entire!"

So, YOU CAN make a positive difference! You can do it with the things that you are doing PERSONALLY. You can do it with the MONEY that you have and the money that you will have in the FUTURE by being at this seminar, because I know that everyone in this room is very POWERFUL and you'll have TONS OF MONEY in the next few months. Does everyone believe that they are going to manifest new power, new money?

Audience: 'Absolutely!' [Nodding heads, hands raising]

Dr. Barrett: Absolutely? Good! Fantastic! So, here's the thing that I believe.

"Although some people are called to LIVE the life of the people they serve, like Mother Theresa, who GAVE everything up. I don't think we have to DO that, because if we DO THIS, we become challenged that we may become one of the very people that we are trying to serve. I believe it's BETTER to NOT become part of the PROBLEM, [but to] become part of the SOLUTION. Make as much money as you can possibly make and help other people with that money!"

Is everyone okay with that thought?

Audience: Yes!

Dr. Barrett: Good! Here's an example. Many of you have probably seen the new book that Paul Newman has out. I haven't read it yet unfortunately, but I HAVE seen him on a talk show and I was very impressed with him. I have always liked Paul Newman, but one of the things that he said is that with this special line of salad dressings and foods that he has and popcorn, he has GIVEN over a hundred and fifty MILLION DOLLARS to CHARITY!! That is INCREDIBLE!!

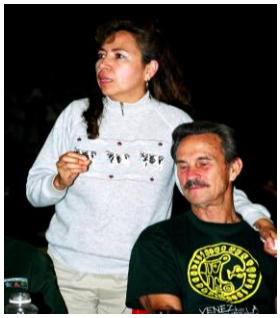
(*Paul Newman and the Newman's Own Foundation donate all profits and royalties after taxes for educational and charitable purposes. Paul Newman and the Newman's Own Foundation have given over $200 million to thousands of charities worldwide since l982. The Newman's Own Foundation makes grants to charities within the United States and abroad.)*

I don't know how many people are in this ROOM, but if we take EVERYONE HERE who is going to make a million dollars a MONTH and take PART of that money and USE IT to help people, we can ABSOLUTELY change the world! I think it's our DUTY and our responsibility to do that.

Just a quick story about this young girl Jessica; she LIVES in Mexico. She lives in one of the towns that we serviced. We have known her for about six years now. Every time we go on a mission, she helps us by translating or doing WHATEVER she can do to HELP us. She IS POOR!

But every time that we go there, with a SMILE on her face, she REACHES OUT to HER people, to her country. She is making a DIFFERENCE and she is being REWARDED. She is NOW in pharmaceutical school and I think rewards have come to HER by the work that she has done. So for over six years she steps out into the POORER VILLAGES and helps these people by HELPING US.

We have some friends, Wayne and Kelvia, to the left there. Wayne was a very successful real estate appraiser in Houston. He basically retired and lives half the year in Mexico and half back in Houston in Clear Lake. This is his wife, Kelvia.



They TRAINED themselves to fit people for eyeglasses.

He knew NOTHING about it before. SHE knew nothing about it. And so, what they do is, they TRAVEL all year, and when they are IN MEXICO, they go to the small villages and CHANGE PEOPLE'S

LIVES by their EYESIGHT. They get donations from the Lions Club International for glasses and they fit them perfectly. They are another example of people who are giving FREELY!

There's lots of ways to give! So, all of these people that we have spoken about and MANY, MANY MORE that I don't have time to talk to you about, are an EXAMPLE of giving, and giving, and giving again! So, when they want to give, what do they do?

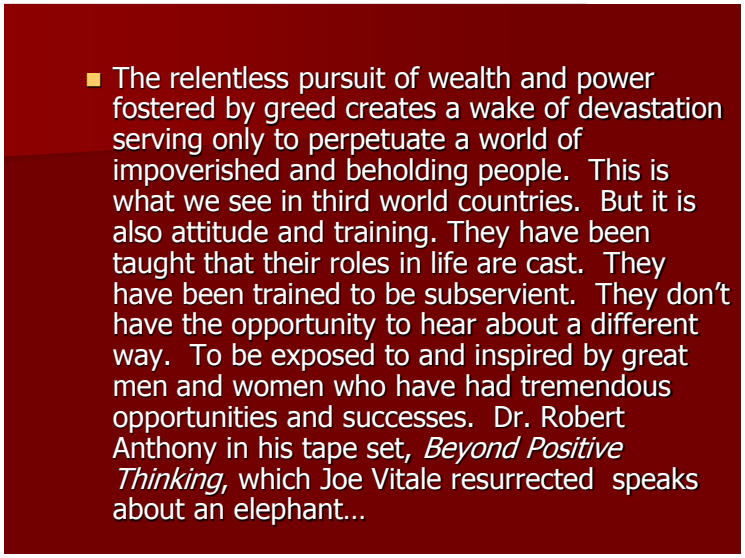
They don't just say, "Here's the ten dollars." They say, "I am going to give ALL I can possibly give for you!"

The Universe SHOWERS these people with blessings and answers their lives and CONTINUES to bring them rewards beyond measure.

JOE VITALE relates a story in his book *Spiritual Marketing.*

I don't know if you remember this, about an Argentinean president who was asked a certain question, "Why he believed that Argentina and South America, with ALL its natural resources, is POOR in comparison to the United States?"

He answered by saying that he believes South America, the Latin American countries, were settled by the Spanish who were looking for gold. Their search was for gold and The United States was founded by people in search of God.



I think this is TRUE, because we SEE it all of the time. There is an OVERWHELMING amount of people who are POOR and uneducated

and they don't NEED to be. It is a SMALL, few people who HOLD them DOWN with their POWER and their MONEY. There is a WAY to use power and there is a WAY to use money. You can use it correctly or you can use it incorrectly. I think in a LOT of these countries, it's DEFINITELY used incorrectly.

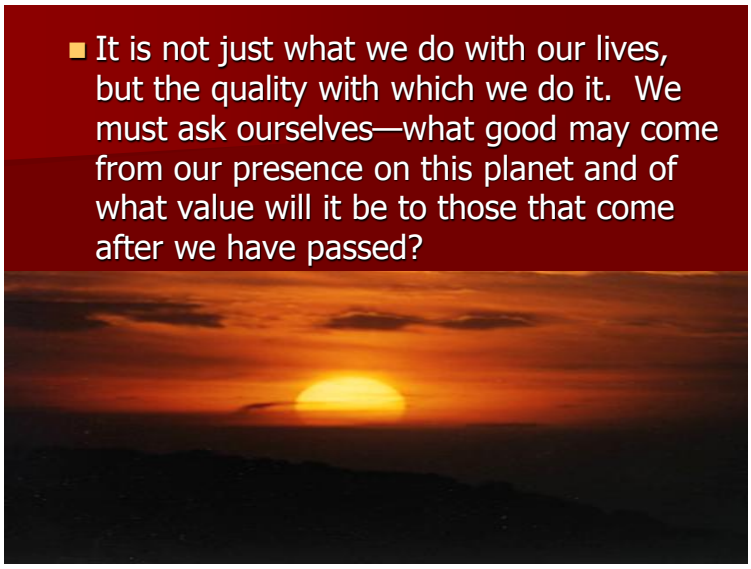
This is my own personal thought: The relentless pursuit of wealth and power fostered by GREED creates a wake of devastation only serving to perpetuate a world of impoverished and beholding people. This is what we definitely see in these third world countries. But, it is attitude and training and what I MEAN by that is that THEY believe that their lives are CAST. They have been TAUGHT to be subservient. They don't have the OPPORTUNITY to HEAR about a different way; to be EXPOSED to and INSPIRED by great men and women like we have in this room today. These people in this room have tremendous opportunities and successes FOR you. A lot of people in Mexico, Honduras, some of the other Latin American countries DON'T HAVE OPPORTUNITIES. Dr. Robert Anthony in his tape set, that Dr. Joe Vitale resurrected, talked about an elephant.

Have you guys listened to that tape set? It's AWESOME! Okay, those of you who have listened to it know that it is AWESOME!! He speaks about an elephant; a young elephant. When the young elephant is growing it wants to, of course, run havoc and run free and it's a POWERFUL little creature. So, they stake it down with a steel stake, put a chain around its ankle and EVENTUALLY the elephant LEARNS that it's not going anywhere. So by the time he grows to be a full grown elephant, this MASSIVE creature, doesn't GO ANYWHERE, because it's MIND has been already SET that it CAN'T MOVE!!!

So, I believe this is what we should do, "ACT towards others in a spiritual and nurturing way. Pursue self-less acts of charity, volunteering, giving, educating others to obtain their desires and dreams and enhance their lives by INSPIRING self-sufficiency."

That's what's happening for you today. All of you can be self-sufficient. This is not only in riches... or the recipient, but that of the GIVER. By doing this we can and WILL elevate ALL people for higher levels of the attainment. Those things that are done with a PURE HEART in spirit will succeed. They will create abundance NOT ONLY then for themselves, but for those AROUND THEM and

we will be rewarded.



So at the END OF OUR LIVES, we want to ask ourselves a question...or BEFORE WE GO! It's not just what we DO with our lives, but the QUALITY with which we do it.

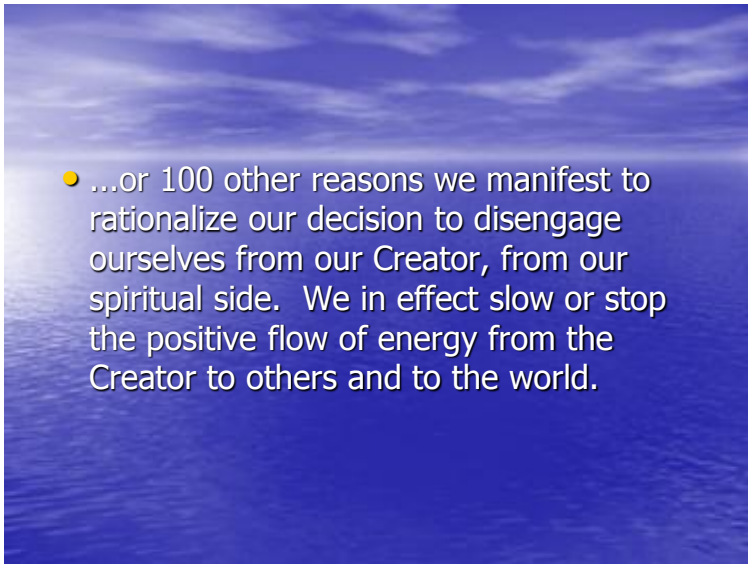
So, ask yourselves, "WHAT GOOD may come from our presence on this planet? Of WHAT VALUE will we be to those who come after we have then passed?"

Because it CAN'T ALL be about ME and YOU individually! If we LIMIT our focus on ourselves, we don't EXPRESS ourselves, we don't let the LIGHT of OUR LIVES shine out for other people, we may not EVER get what we WANT and we definitely do not serve the planet by DOING that.

We should ACT because it's the RIGHT THING TO DO! But we have ABILITY; we have FREE WILL. We have CHOICE, right? We have this ability to BLOCK our own instinctive program. So, we can engage our will and override the programming. Some of the speakers have already TALKED about it.

You might say, "I can't or I won't."

But, I want to CHALLENGE you to do something different; because we have LOTS of reasons why we can't DO something; why we can't HELP another person; why we can't BE where we need to BE. [Pause]



We CAN DO THIS! We can STOP the POSITIVE flow of energy from The Creator to US and to the world!! Do you guys believe that?

Audience: [Nods yes]

Dr. Barrett: By NEGATIVE thinking, by negative self-talk, we can STOP this. We can STOP ourselves from helping at a soup kitchen. We can STOP ourselves from giving a person our coat. We can STOP ourselves from CREATING and MANIFESTING for ourselves and for other people.

So, by saying these things, which I believe Terri touched on a little bit, "I WILL not, I CAN not, I am not CAPABLE of, I SHOULDN'T, it's NOT...it's not possible, it's not within my comfort zone, it's not whatever," this impedes energy, because LIFE is about energy!

ALL OUR LIVES are about ENERGY!! MONEY is energy. GOD is energy. WE are energy. So, if we impede the FLOW of energy, what is it...what happens? Zero growth! Darkness, futility, depression, and EVENTUALLY death! Now, I am NOT trying to get you DOWN [Chuckle]. Let's try to lift you UP! Okay?

We need to OVERRIDE our Conscious Mind and tap into our Subconscious. Because, what our Conscious Mind DOES is it creates a safety-net for us. I've got to be in this COMFORT ZONE and I don't want to get outside the comfort zone. It protects us from HARM and DANGER or embarrassment. But sometimes we need to STEP INTO embarrassment...step into that area that is a little vague and ALLOW our innate intelligence to shine through, ALLOW our intuition that

Cindy talked about come through. We can DO this towards good, towards success and giving and thereby reward ourselves.

So, this is what everyone has already talked about. We MUST DO THIS and KNOW it, not just read the words and say this, we need to BELIEVE IT!!! We need to KNOW IT INSIDE.

"I will! I can! I AM capable! I should! It is!" ALL of this creates ENERGY, POSITIVE ENERGY and flows to us; therefore, we have a FREE SPIRIT! We are allowed to GROW. We can CREATE. We can have HEALTH. We can have ABUNDANCE! We can have LIFE!

I will tell you that I haven't taken a DRUG in over ten years! It's not because I am DIFFERENT than YOU and I'd love to talk to anybody...I'll be here all weekend, about those things that I don't have time to talk to you about.

What I am SAYING IS you have a WAY that you can LIVE and BE, because if you say these things, "I will. I can. I should. I am capable of. It is," you can CREATE all of these things for YOURSELF and SHARE that with everyone in the world!

So, we can get REWARDED THEN in unexpected ways: maybe it's through money, maybe it's through friendships, its LOVE, its RELATIONSHIPS. Joe asked the question, "Where is your focus...on SPIRIT or on MONEY?"

I am not telling you that money is not important...I am not telling you NOT to WANT it in your lives, but if you FOCUS SO HARD on THAT, you LIMIT your opportunities. You need to OPEN YOURSELF UP to other things!

Terri said, "How can I SERVE YOU? How can I help YOU?"

By helping ANOTHER PERSON then, you can receive help BACK. It's the FLOW of ENERGY again, out and in. [Pause] Vicky mentioned this yesterday. She stole my line! [Chuckling] Joe talks about copywriting, right? He says, "Get OUT of your OWN EGO when you are DOING THIS!"

But, I wanted to take you one step FURTHER and APPLY this to other things.

"Be more for OTHERS and you'll have more for YOURSELVES.

LOOK BEYOND YOURSELF and then YOU will be REWARDED. By helping other people REALIZE THEIR DREAM, yours will ABSOLUTELY be manifested."

This is what I mentioned earlier, "I KNOW that the MORE I GIVE, the MORE I RECEIVE. I believe that when I give to God ONCE, I get BACK in multiples."

Successes and rewards are different for different people and different VALUES are placed on them BY people. Ten dollars for someone in Mexico or Honduras or Guatemala is a LOT different than ten dollars to you and me. We put VALUE on certain things and that's a decision and a judgment that we make on it.

I want you to continue to receive rewards, countless rewards, ALL that you WANT: financially, spiritually, opportunities (as I mentioned a minute ago), love, friendships, and HOPEFULLY, we'll have a Heavenly reward sometime.

So, what did I receive? I have received a FANTASTIC practice. I have treated THOUSANDS of people, not only in my practice, but in foreign countries. I get a unique opportunity to meet wonderful, wonderful people. But I HAVE to say, even though I LOVE my patients here in the United States, I LOVE stepping out of my PRACTICE and GOING on MISSIONS. I wish I could DO THAT every month...I will PROBABLY MANIFEST that! [Chuckling]

Audience: [Chuckling]

Dr. Barrett: I have authored several BOOKS on HEALING; just...these books are about Chiropractic. I can talk to you about some of those later. They are about HEALING; some of the things that maybe GOD WANTS FOR US in terms of healing. I experience CONTINUAL GROWTH in ALL ASPECTS of my business and in my personal life, this and MORE, because of the POWER OF GIVING.

So, I am URGING EVERYONE to become something BIGGER. I want you to do this, I want you to give FREELY without hesitation and then give some more!

In The Bible, in Proverbs, it says, *"When one man gives freely, he gains EVEN MORE! Another withholds unduly, but comes to POVERTY."*

Next time there is an opportunity for you to GIVE, DON'T THINK ABOUT IT, JUST DO IT!!!

Don't STOP to THINK, "Well, if I give up five dollars, what am I doing for lunch?"

Just GIVE IT AWAY and more will come BACK to you! One quick story, do I have time?

Robert: You're good.

Dr. Barrett: Okay! One last story, Bob and Suzanne French, they are from California. One of the towns that we go to in Mexico is Tamasopo, a small town. They are the ONLY American couple in the town!

When they RETIRED, they decided that they wanted to do some good

things for other people. They are instrumental in helping our TEAM land in that town. They are instrumental in helping us with the MAYOR to make the Medical Mission OCCUR in that town! This is a town that we just treated over two thousand people in this past November. They are a good example of GIVING, WITHOUT HOPE FOR REWARD. They are not DOING IT for a reward.

They met a man about four years ago. His name is Rodolfo Reyes. He's a POOR man who lives in a poor community, but he SEES some of the devastation in some of the POORER VILLAGES. It's all scale, right? It's all relative. What HE DOES is he makes STOVES for them.

I'll explain that stove to you in a minute, but I've just got to tell you QUICKLY about that woman.

That's a ninety year old woman, on a burro, who traveled over an HOUR on a burro to get to us. Next time you are sitting in traffic, think about it! [Chuckling]

So, the villagers have mere SHACKS for HOMES. [Pause]

It's not unusual to have four or five people living in a SHACK about sixteen foot by sixteen foot space. It could be SMALLER. It might be even a little LARGER. You can notice it's mostly some sticks and logs and some thatch from the sugar cane and maybe some discarded material, maybe some discarded tin or tarp. Whatever they can FIND they will USE.

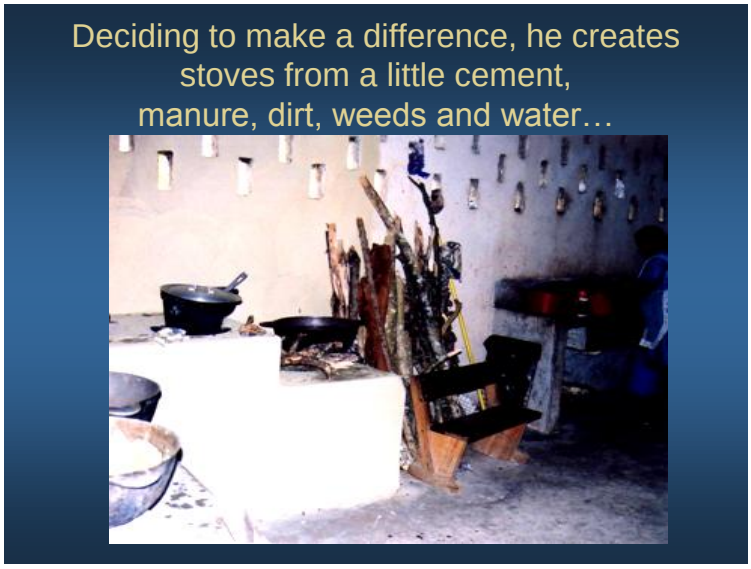
Wayne and Kelvia, who I mentioned earlier, when they come to the United States, they ALWAYS transport BACK used plastic ware. They will go to their families' house, when there is a party, WASH the plastic plates, the plastic ware, the cups, and take it BACK. They take

back TELEPHONE BOOKS, because the people use them for toilet paper in Mexico. OUR TRASH is TREASURE to these people!!

This smoke is from the fires, because they have OPEN FIRES in these little huts...there's no bathroom in that hut...the smoke from these fires is so bad, the walls are BLACK with soot. This is a HUGE problem for cancers, respiratory problems, and the people that suffer the MOST, of course, are the CHILDREN because they are HIGHLY susceptible.

I didn't even know this figure, but one of the doctors that came on our mission is from Massachusetts. He flew down to be with us on the mission and HE told me that over one million children DIE every YEAR because of the problems associated with smoke! That's INCREDIBLE!! One million LIVES that have so much future potential!

So, the reason that I am SHARING this with you is that Rodolfo Reyes, this POOR MAN, goes out to the other villages and he makes these stoves for these people that are incredible! Now, this is NOT the stove, but this is an EXAMPLE. This is actually in Honduras where the nuns cook. They have no electricity here.



But this is very similar to the stove that he makes. So, out of some manure, dirt, weeds, and WATER, he can make a stove for these poor people, these POORER people. You won't IMAGINE how much it costs! TEN DOLLARS!!! For TEN DOLLARS, this guy puts a NEW stove in a person's house that could save their lives! He is DEFINITELY reaching out and HE WILL DEFINITELY be rewarded.

At the end of our last Medical Mission in November, this is part of our TEAM, we wanted to thank Bob and Suzanne for all of their EFFORT in HELPING US, so I put the question out to the fellow team members and we had over forty people on THAT particular mission.

I said, "It would be a GREAT GIFT if we could EACH SPONSOR AT LEAST ONE STOVE, so that Rodolfo could make AT LEAST forty more stoves."

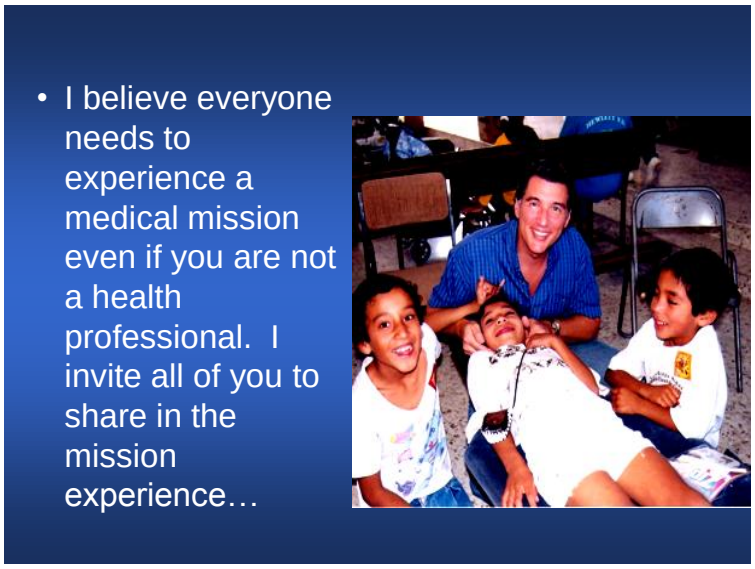
Now, these are PEOPLE that have left their practices, given up thousands of dollars to go on the mission, time away from their office, vacation days spent, ALL the things that went into this mission, a YEAR of preparation, people have GIVEN, and GIVEN, and GIVEN, and then I ASKED THEM, "Do you have an extra ten dollars?"

WITHOUT HESITATION, EVERY ONE OF THEM...EVERY ONE of them, reached into their pocket and said, "ABSOLUTELY," and some people gave MORE, of course.

So, once you are IN THE MODE OF GIVING, you'll FIND that you want to CONTINUE to GIVE, not FOR the reward—you KNOW you WILL be rewarded—but it is that ESSENCE OF GIVING and that reward that you get INSTANTANEOUSLY; that feeling that you get, and then the THOUGHT on THE conscious level that you've just CHANGED someone's life and...

Dr. Barrett: You've PROBABLY saved a child!! These people will all be freely rewarded. I absolutely BELIEVE IT!

Everyone, I BELIEVE, should be on a medical mission. So, here's another CHALLENGE for you guys.



This comes up often, "How can I go on a Medical Mission? I don't have ANY health care experience. I don't know anything about it."

YOU can help in UNBELIEVABLE WAYS!! The reason that I am throwing out to you a MEDICAL MISSION is because when YOU GET to THESE PEOPLE and YOU SEE their lives CHANGE by you TOUCHING THEM, it's a VERY, VERY PERSONAL EXPERIENCE. I went on ONE Medical Mission and I CAN'T STOP. I am ADDICTED!!

Now, that may be a level of comfort that some of you don't want to go through, right?…a comfort zone that you don't want to approach. I BELIEVE doing ANYTHING YOU CAN in your community is very IMPORTANT. Think of your community, think of your nation, think internationally and try and do good for other people with your MONEY, with your TALENT, time, and money...because when you SEE these people and you see the CHANGE that you HAVE GIVEN THEM in their lives, then you know that it's ALL worthwhile! So, that when you watch them become WHOLE and their spirit changes in front of you, it's just incredible!

- Helping people by giving money, building houses, working in soup kitchens is needed and so important to do. But nothing can be as rewarding as seeing a human whose spirit is crushed, whose body is ill,…

- …change because of your touch, your smile, your conversation, or your eye to eye connection.

- To watch them become whole and their spirit change in front of you is miraculous.

- I urge everyone to reach beyond yourself if you are not already. Give freely and openly without hesitation.

So, the CHALLENGE for you guys is to become part of something BIGGER than yourselves. I URGE EVERYONE to reach BEYOND yourselves and give freely without hesitation.

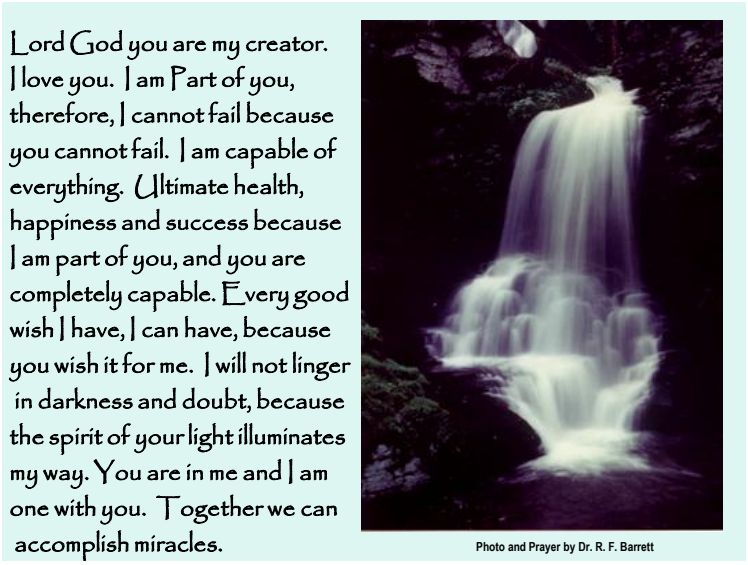
- I guarantee a new world will open up for you and the rewards will flow from the universe to you like water flowing from the mountains.

My thought, "I guarantee a new world will open up for you. The reward will flow to you from The Universe like the water flowing from the mountains. The water from the mountains does NOT STOP. It does not shut off!"

It's just, "Do you want to become PART of that FLOW or do you want to stand outside that flow?"

I suggest you become PART OF the flow.

The LAST thing I have for you is a GIFT! This is a prayer that I wrote for my *Healed By Morning* book.



I'll just read it to you quickly,

"Lord God, you are my Creator. I LOVE YOU. I am part of you,

Therefore I cannot fail!"

None of you can fail!

"I cannot fail, because you cannot fail!

I am capable of everything, ultimate health, happiness and success.

Because I am part of you and you are COMPLETELY CAPABLE, every good wish I HAVE, I can have, because you wish it for me.

I will not linger in darkness and DOUBT because the Spirit of Your Light illuminates my way!

You are in me and I am one with you,

TOGETHER we can accomplish miracles."

You WILL accomplish miracles not only in YOUR LIFE, but in other people's lives. I believe everyone HERE is DESTINED for POWERFUL things in their lives: money and good for other people.

That's ALL I have to say! I will be here all weekend. I hope you enjoyed it. Think a little differently about things. Mary is in the back if any of you has an opportunity to get to talk to Mary about the mission,

she's been on them also! If you'd like to speak to me, speak to me. I just wanted to acknowledge my lovely wife Mary, because normally when I give speaking engagements and I do lectures, I DON'T do PowerPoint. This is the first PowerPoint presentation I have done and SHE put it together for me!

Audience: [Clapping]

Dr. Barrett: Thank you!

Robert: Let's hear it for him!

Audience: [Clapping]

Robert: That was very, very moving. It moved me to tears, believe it or not.

Woman in audience: [Jumps to her feet] I have to do something!

Robert: You do?

Woman in audience: I have to buy two stoves! Anybody else want to be inspired?

Audience: [Whistle]

Robert: TWO STOVES! Alright!! Fantastic!!

Audience: [Clapping]

Chapter Six

The Real Secret of Manifesting Life's Rewards

"The measure you give will be the measure you get back."

~Luke 6:38

Immediately after that presentation, the rewards started flowing and have never stopped. Not only for me but for others! It was almost overwhelming at that time and continues to boggle my mind. Certainly it was exciting and even today the ripples from that event can be seen on multiple levels.

The first thing that happened was that I received a standing ovation. This was both humbling and greatly appreciated.

Second, a young woman jumped up and donated money to the Nahuatl Indian stove project in Mexico which I spoke of in the presentation. She created an avalanche of people donating money and pledging more. By the end of the seminar over thirty five hundred dollars was raised for Rudy Reyes to build stoves for the Nahuatl indigenous and I didn't even ask for a single donation! I simply was sharing a message.

Third, a medical doctor from Canada, Dr. Nathalie Fiset[2], inquired about my mission projects and has since gone on to participate in many medical missions with me and has become an integral part of our team and a great friend.

Fourth, Erick, a young man in the audience and the one who started the standing ovation pulled me aside afterwards to speak with me. He was so inspired and encouraged by the message of my talk that he decided to pursue using his talents with computers to help the underprivileged. He rebuilds donated computers and distributes them to the poor. The program he works with is called Computers for Christ[3].

[2] Visit Dr. Fiset's website at http://www.nathaliefiset.com

[3] To donate please visit http://www.computersforchrist.org

Fifth, Kent McBride, another seminar attendee immediately created an organization with his co-founders, actress Jessica Biel and her father, Jon Biel, called *Make The Difference Network!*[4] Their network helps thousands of non-profits gain exposure so that donors who are interested in giving can be introduced with those people and organizations that are in need. I am humbled and really quite in awe that Kent continues to credit me as the catalyst for his organization!

Sixth, Mark Ryan[5], also in the audience that weekend, donated several boxes of sunglasses, which he later sent me, specifically for the mission. We gave some of the sunglasses to our friends, Bob and Suzanne French, who distributed them to small remote villages in Mexico. Later, we were told that one of the men that received a pair of glasses was so ecstatic, because he was able to see much better with the sunglasses when he spears fishes. Therefore, he could provide more food for his family.

Can you imagine a simple pair of inexpensive sunglasses having that kind of impact on a family's well-being?

All this and more were the rewards from one simple presentation. There are probably other acts of giving and serving that spawned from that talk that I don't know of. But it continues to manifest good things for many people. How did I know that I would be a catalyst for such wonderful people coming forward to serve more of humanity? Well, I didn't—at least not to the extent that it happened. The life of that seminar lives beyond that day, and me.

My wonderful friend, Nerissa Oden (The Video Queen),[6] an expert on video and editing filmed the entire seminar. She then created a DVD for me that I play in my office for patients and use for other events and speaking engagements. So I thank her for her efforts. She has become an instrument for helping and improving countless lives without realizing it. This talk lives and continues to encourage and inspire people to serve and give.[7] So the rewards definitely continue to manifest themselves in abundance!

How could Joe know that by inviting me to speak he would be the orchestrator for these and other wonderful outcomes? He didn't. He could only trust and know

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[4] Visit their website at http://www.mtdn.com

[5] Visit Mark's website at http://www.markjryan.com

[6] Visit Nerissa's website at http://www.thevideoqueen.com

[7] To get a copy of the DVD, please visit www.missionsofhope.com all monies beyond the cost of production will be donated to Rudy Reyes to continue his work building stoves for the Nahuatl indigenous people of Mexico.

intuitively that good would follow. Good things, works and deeds if done with the right intent must foster more good...for everyone!

Shortly after my presentation in Austin, my wife Mary and I traveled to Tamazunchale, Mexico to meet Rudy, Suzanne, and Bob. There we provided chiropractic care to the Nahuatl indigenous, delivered the monetary donations from the seminar and helped Rudy and his wife, Alicia, build some stoves. It was incredibly exciting and rewarding!

The following story is from the e-mail letter Mary sent to inform everyone about our adventure and how the money was used.

The Stove Project

A Letter from Mary Barrett

Hi Everyone!

Dr. Barrett and I went on a fantastic trip to Tamazunchale, Mexico where we met up with Bob and Suzanne (our friends from Tamasopo). They introduced us to Rodolfo Reyes, the man who builds stoves for the poor indigenous people. I'm going to take you back in time for a moment because some of you don't know the full story. So here it is...

Dr. Barrett has been involved in medical mission work since 1995 with a group sponsored by the Catholic Diocese of Austin, Texas. He provides Chiropractic care as part of a multidisciplinary team that includes Nurses, MD's, Dentists and Pharmacists. Through this team, he was introduced to a wonderful couple, Wayne and Kelvia Ford. They live part time in Clear Lake, Texas and part time in San Miguel De Allende, Mexico. When in Mexico, they provide eye exams and fit the poor for glasses. Wayne and Kelvia met and became friends with another couple who live in a different small Mexican town. They are Bob and Suzanne French and the only Americans living in Tamasopo. Through this relationship, Wayne and Kelvia went to Tamasopo to do their eye glass work. During this time, Dr. Barrett and Cordell St. Cyr had been working on establishing a mission team based out of St. Laurence Parish in Sugar Land, Texas, part of the Houston-Galveston Diocese. Wayne and Kelvia were able to coordinate and introduce Dr. Barrett to Bob and Suzanne, the mayor of Tamasopo (Charo), and his wife (Hilda) who run a governmental community needs program called D.I.F.

Because of all of these people coming together, a new medical mission was started in Tamasopo. Dr. Barrett has been back seven times now and I have been back five times. We find all of this a wonderful blessing, as we have come to know and love all of the people in these towns and all of the people involved in both missions, here in the U.S. and in Mexico.

During one of the mission trips, Suzanne and Bob told Dr. Barrett about some work they were doing with a local man who lives in Tamazunchale, a town about 21/2 hours from their home.

He teaches the local people about ecology and helps them build stoves which improves their health and saves much of the forest. What he learned, was that Rodolfo could produce a stove for about $10 to $15 dollars (U.S.). Bob and Suzanne had been helping Rodolfo by providing him with some funds to build stoves. Dr. Barrett told the other medical team members about their project and of course, everyone reached into their pockets to help support the project. About $600 was raised! Up to this time, Dr. Barrett had not met Rodolfo or seen the stoves; we had just seen pictures and heard the stories about the stove building effort.

In January of 2004, a wonderful friend of ours, Joe Vitale was giving a three day seminar in Austin, Texas. Joe asked Dr. Barrett if he would be willing to speak at his "Spiritual Marketing Super Summit Seminar," and of course, he did. The talk was on "The Power of Giving" and he shared his various mission experiences, the impact it has had on his life, my life, the other team members, the locals in Honduras and Mexico and the people we have come to meet, help and love.

During this talk, he spoke about Rodolfo Reyes and the changes he is making in the lives of his countrymen. Dr. Barrett challenged everyone to look beyond themselves, become part of something bigger, go beyond self and step out of their comfort zones to help others and bring abundance to others. What happened next was truly beautiful and magical. Many of you were there, and part of it, so you know what happened. People rose to their feet and one woman (Christy) challenged everyone to become involved as she handed Dr. Barrett money as a donation to build some stoves. It was overwhelming and very emotional as so many gave from their hearts. Some like Scott Hallman and Mike and Teri Levine were extremely generous and gave significantly large amounts. No matter what the size of the contribution it was all wonderful and unexpected. Every dollar would go towards building a new stove and changing the lives of a family. In all, about $2000 was donated towards the stoves from this seminar with additional monies pledged. It truly was incredible. We sincerely thank all of you from the bottom of our hearts.

Because of this generous outpouring, Dr. Barrett promised the seminar attendees he would provide them with additional information on the project and photos to show how their money was utilized. The opportunity to travel to Mexico came about in April of 2004. Although we could only manage a short trip, it was incredible and very productive! Because we didn't have an associate doctor in the office at the time, we could only leave our patients unattended for a few days. So after our last patient on a busy Wednesday, we packed up the SUV and headed to Mexico at about 8:30 p.m.

I drove for about two hours and Dr. Barrett drove the rest. We arrived in Ciudad Valles thirteen hours later at 9:00 a.m. This is where we had prearranged to meet our friends, Bob and Suzanne. We were given instructions to meet at a roadside hut which served a typical Mexican meal outside of town. Remarkably, we found it without difficulty. This meeting place was about an hour from where Bob and Suzanne live but we had not been there before. Amazingly, we reached this spot an hour early, so our friends weren't there yet. And Dr. Barrett didn't even speed to get there (not much anyway). Although early in the morning, it was already about 80 degrees, so we sat at one of the tables they had and drank a beer. (He deserved it after driving that long—besides you don't want to drink the water). When Suzanne and Bob arrived, we were ready to head out again.

Another three hours put us at our destination—Tamazunchale. Part of our drive was on the old Pan American highway. This region is absolutely beautiful. It is below the Tropic of Cancer and just what you would expect—gorgeous lush tropical mountains, heavy vegetation, beautiful rivers and abundant fruit (mangoes, papayas, bananas, oranges, etc.) We went directly to meet Rodolfo and his wonderful wife, Alicia. As we got acquainted over lunch at a roadside eatery, a course of action was decided upon.

Our next step was to go to a nearby village or Xicotla and a few others to see the people, view the conditions, see some of the work Rodolfo had already accomplished and begin the process of building new stoves.

Rodolfo took us to one small village where only 48 families were living. This was a unique village because the auxiliary judge and assistant were females. They have the distinction of being the only females in power in the entire county. These villages I am speaking of are all indigenous people.

They are the Nahuatl Indians. Rodolfo tells us there are 158 Indian villages in the mountains around Tamazunchale. There are seventy-five villages in Matlapa, sixty-seven in San Martin and forty-eight in Tapacan. So you can see there is a

huge need to help these people in many areas, but especially to create a new healthy home environment by building an efficient stove.

Next, Rodolfo took us to Encino Solo, a village of 125 families. Here we were about to help him build the first stove of this community! But before I tell you about the stove building, here's a little background on Rodolfo and how the stoves came to be a part of his work to help the poor.

We are very fortunate to be able to communicate with Rodolfo because he speaks excellent English. He is a Nahuatl Indian but was fortunate to be brought to the U.S. as a child for about seven years. Here he was schooled and learned English. Returning to Mexico, he had a variety of jobs including working for the Ethiopian Embassy in Mexico City. But eventually his heart brought him back to the area of his birth and his family.

He became very interested in ecology and for the past fifteen years has been involved with it. All those years ago, Rodolfo and a few others started an ecology group. He is the only remaining member of the group called Agua, Tierra Y Vida (meaning water, land and life). This group was concerned about the destruction of the forests. The group grew to about thirty people and comprised of teachers, dentists and professional people, but because people become too busy or for one reason or another, mostly frustration, all the other members abandoned the group. This left Rodolfo to the daunting task of educating the people and providing alternate solutions to many of their harmful practices. So what he does is to go to the villages and speak to the people about preserving the forests and saving the water. He would ask, "Why do you cut down the trees?" And of course, the reply was, "I need the wood to cook." Unfortunately, the people can't afford fuel for stoves. So he needed a solution to the problem.

About nine years ago he found the solution in a most unlikely place. In a government office, in one of the larger Mexican cities, he came across a mold and components to build an ecologically efficient wood burning stove. It had just been gathering dust in storage. He inquired about it and it was given to him with complete instructions for the proper mixture to construct the stove. The stove is made by packing a wooden form with a mixture of cement, dirt, cow manure and straw. These are mixed together with water to create a substance that can be packed into the form that will then harden.

So about nine years ago after he discovered the forms for the stoves, Rodolfo went about the task of educating the villagers on the merits of the stoves. Of course, like anyone else they don't like change and initially were a hard sell. But once they see how the stove changes lives, almost everyone wants one.

Rodolfo is currently working with 245 Nahuatl villages, the smallest of which has 12 families and the largest has 286 families.

When we were able to get the word to Rodolfo of our plans to visit him, build stoves and treat his people with chiropractic, he was overjoyed. He arranged for us to start work in the small village of Encino Solo, where no new stoves had yet to be built. We were extremely fortunate to be a part of the building of the first stove in this village. This stove would belong to Doroteo Gonzalez, the auxiliary judge who is the leader of the village.

Rodolfo creates a sign up list for all those who want a stove. After he teaches and has the first person participate in building his family's stove, it then is his responsibility to aid in building the next family's stove. So all the community comes together and shares in the work of creating something new for one another.

As we take part in building this stove, Rodolfo shows us how he coats the form with used motor oil to facilitate the removal of the form after it has been packed with the "mud" and given sufficient time to harden.

Drying time is about an hour and 15 minutes. During this time we get to know the village a little more and learn about the daily existence of the people. We learned that just the wood gathering is an ordeal as the men cut wood daily to stoke the fires for cooking. The quantity of wood needed is larger than the circumference of your arms if you held them in front of you to form a circle. This large bundle of wood is carried by the men from a strap around their forehead that hangs on their backs. Can you imagine cutting and carrying wood like this every day of your life just to cook your food? (Most people think the drive thru or microwave takes too long and is too much effort)! One bundle of wood is needed per day, but with the new stove, one bundle will last seven days! This is a huge savings to the environment and to the amount of work the people have to do. After the allotted time, we return to remove the forms very gently.

Now it us just a matter of time before it can be used. It will take about 15 to 20 days to cure properly; therefore, the family will have to rely on relatives for their cooking needs for a short time. By the time we are finished with this project we are very tired. We head back to the main town where Rodolfo lives and we all talk some more, get dinner and prepare for bed. It's about 11:00 p.m. before we hit the bed very exhausted. After all we have been up for 40 hours! The next morning we start out early and go to another town. Here, Rodolfo has arranged for Dr. Barrett to provide chiropractic care for the people.

Dr. Barrett uses a building to treat patients. Rodolfo, Bob, Suzanne and I organize the people so that their treatments can go as smoothly as possible. Dr. Barrett

explains to Rodolfo the information that he needs to relay to the people because they have no understanding of chiropractic care. It is fascinating because many of the people don't even speak Spanish. They speak their traditional language of Nahuatl. Rodolfo taught Dr. Barrett a few phrases in Nahuatl so he could put the people at ease. Rodolfo said he did very well. Rodolfo did a great job translating Nahuatl to English for the doctor.

As always, the people are very generous with the little that they have. Some of the women got together and made watermelon juice, gorditas and napolitas for us. It was quite a wonderful treat!

Rodolfo did a great job in spreading the word that Dr. Barrett was there because we had people traveling miles to get to him. One young man traveled over two hours to be seen and treated. Most of the people were treated on Friday and a few on Saturday morning before we had to leave.

By the end, about 100 people had been treated. These people live a hard life and have many health problems. Dr. Barrett treated many extremities problems as well as the usual neck and back problems. He showed them exercises and proper lifting techniques as well as handed out supplies of our favorite topical analgesic—**BIOFREEZE®**.

Friday night we had a great meal in a small restaurant in the main town of Tamazunchale. It's hard to describe because it is not like a restaurant you would expect in the U.S. It's really just a small room where the owner/cook and her daughter prepare and cook the food on a small stove. We sat right next to her and watched her spin her magic—the food was excellent. We watched many people coming to pick up food to take home.

On Saturday, we treated some more people and then started the long but beautiful drive home. We had a very successful trip in many ways. We made new friends with Rodolfo and Alicia, treated some wonderful indigenous people, delivered money for more stoves, built stoves and ate very well. Dr. Barrett and I know that from this, more good will come and more avenues to help will be opened up. Dr. Barrett is now working on the possibility of getting good water to some of these communities through an organization here in Houston. We thank everyone who was involved; every one of you who have donated money has made a huge difference in many lives. I hope you enjoyed our journey. We both look forward to talking to all of you about it more and updating you on future escapades.

If anyone is interested in continuing to help Rodolfo build more stoves please let us know. Thanks again for all of your love and support. ~Mary

It is so rewarding to be with people in their environment, to be part of improving their lives and witness firsthand the impact that the generous gift of money has had on their lives and the gift of someone like Rudy[8] who can make it happen.

Thankfully, Rudy has access to a place that provides internet service enabling him to keep in contact with us. This is the e-mail he sent after our chiropractic and stove building mission trip:

> *Hello there Rick and Mary,*
>
> *Yesterday, I got to see and talk to a lot of the people you took care of over in Tezontla. They were speaking wonderful things about you. They were feeling well, and the pains that they had for many years were gone. They were very grateful that we arranged it for you to come to our country. They also said that you are the only doctor that they know of who never stops smiling no matter how tired and sweating you were there at the clinic. They had never seen a doctor so friendly and so efficient. Alicia and I agree with the Nahuatl natives on all that.*
>
> *As for the stoves, I have been checking all the requests that I have had for several years, and I have already picked about five villages where people need this help. I will make about sixty or sixty-five stoves in total at these villages. I will send you the names so that next time you come; we will go there and then you can see what was done with the money you brought us this time.*
>
> *Greetings and best wishes to both of you, and May God bless you always and keep you safe.*
>
> *We all appreciate very much all the help you and all your friends, relatives, associates and patients have given us. God shall reward you for all that. You are very kind.*
>
> *Bye, now.*
> *Rudy and Alicia*

Rudy is a genuine gift to the Nahuatl people and an ecological champion for the region around Tamazunchale, Mexico. He is a man who tirelessly serves his people; constantly sacrificing for the good of those whose needs are greater than his own, though he has little for himself.

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[8] You can read more about Rudy, the medical missions and view some phenomenal photos on my website at http://www.missionsofhope.com

My wife, Mary and I instantly loved Rudy and his wife, Alicia, when we met them in 2004. Happily we supported his efforts to create positive, enduring, life sustaining changes in his homeland. Rudy and Alicia were constantly hitching rides to allow them to travel to the villages to build the stoves. There is never a shortage of "need" in Mexico. When Rudy told us about needing a vehicle to make his life easier, we were fortunate that my nephew, Adam, had a second vehicle that fit Rudy's needs perfectly. Through my sister, Kathy, and Adam who donated the vehicle, we were able to provide Rudy with the ability to be more effective. It was a glorious day when Rudy saw his new (to him) 1995 Ford Ranger. This truck has become Rudy's lifeline to his people.

One's fears, doubts and insecurities don't mean much when you come face to face with people in desperate need. Rudy is real to us. His troubles seem like our troubles. He and his people feel like family, as do the people in other towns and villages we provide health care to. The following e-mails are a sample of life for Rudy and his Nahuatl natives spanning several years. You will witness the love and dedication to his people and the environment, feel his despair and sense the plight and suffering.

Saturday, May 14, 2005

Hello, there...

Well, I have been visiting several Nahuatl villages that are way too far on foot. I have talked to the natives about cleaning up their areas, now that I have a truck to bring all the garbage and take it to our landfill in town.

They all agreed to the idea, and it will not be too long from now that I will have to go back to their villages and start piling up all the garbage in the nice, gray Ranger.

I have already had a meeting with the sixty-eight Rural Health Assistants from four counties, and I told them that now we have a truck that can be used as an ambulance when the need comes. They expressed their gratitude to all of you, and said that for the first time, they will no longer have to walk either to the hospital or from the hospital to their villages, carrying a sick person on a stretcher.

We thank you very much for the truck, and everything else that you have helped us with.

You have made a big change in our lives, for the better, of course. You are our only source of support and aid. We have many needs down here. And you are our only hope.

We thank God for meeting people as nice and helpful as all of you.

Please forward our gratitude to your nephew who donated the truck, and to everybody else who provided some help. We believe that any amount of help is better than no help at all.

May God bless you and reward you plenty for your goodwill. We know He sees everything we do down here to those who are less fortunate.

Will write more later...Greetings and best wishes to all of you.

Bye, now.
Alicia and Rudy

May 19, 2005

Good morning, there...

Well, I just want you and Adam to know that I am going to use the Ranger as an ambulance for the first time today, at about 6:00 p.m.

A Nahuatl lady from a very far village had a baby in the clinic here in town, and she cannot walk back home. She had Cesarean surgery, and she cannot stay too long in the hospital. So, I have been asked to take her back as far as possible in the truck.

She will have to be carried on a chair part of the way, because she lives in a very steep mountain.

We can all be pleased and proud to be able to help somebody who, otherwise, would have had to ride a rough truck, on a gravel road, and do a lot of walking, after having a Cesarean.

This is something that we do not understand about our hospitals here. The doctors have no sense of humanitarianism. They should let these poor women rest longer at the hospital, especially after some kind of surgery, and not to kick them out so soon. Something is not being done properly with the Nahuatl natives and with the poor people from the area. We cannot pay a private service, but that is not our fault. We were born poor, but we should get the same treatment as the rich people get, when it comes to health.

We are all God's children, are we not? This is something to think about...

Greetings and best wishes to all of you and once again, thank you very much for everything.

You are wonderful people and we appreciate all your support. You have helped us and that help goes also to several Nahuatl families who had never before had any aid coming their way.

May God bless you and reward you plenty for everything. You are always in our prayers.

Bye, now.
Alicia and Rudy

May 21, 2005

Howdy, there...

...If I go to the US, it is a must to see you. And I hope to get to meet Adam. I sure want to shake his hand. I want to show him my deep appreciation for the truck. It is helping us in the family a lot, and it is also being of great assistance for the Nahuatl people. I have already used it as an ambulance. I took a Nahuatl mother back to her far away village, and you would not believe how grateful they were for that.

I told them how I had gotten the truck, from some good friends in the U.S., and they said that it is nice to know that there are still good and generous people in the world. They send you their blessings, in the name of God and in the name of their God of life.

Please, keep in touch and greetings to all.

Bye, now.
Alicia and Rudy

June 10, 2005

Hello, there, dear friends...

I thought you may like to hear the latest on the truck. It has been very dry and hot down here and no rain in sight.

All the water holes, streams and creeks have dried up. The Nahuatl natives are all worried to death because there is no water available for them. Many of them have to walk long distances now to get some water for their basic needs. Those who can afford it, buy a bottle of water once in a while. But, the great majority, those who are so poor that they cannot afford to buy water in a bottle, are in deep trouble. I am helping as many as I possibly can by taking water to some villages

in the truck. I have borrowed eighteen big bottles from a friend, and I go fill them up at a water spring, and take it to the natives. This year has been the hottest and the driest, and now the Nahuatl natives (and the cattlemen) have seen the value of water. They did not take good care of it when they had it close by, and now they are suffering because there is no good water available. Everybody has to buy water. Things are rougher for them and for all of us.

I help them carrying drinking water, but there is only so much I can do. I cannot help them all. I do it free of charge. I help only those natives who cannot afford to buy it. But, I have run out of money for gas.

We are just hanging on. Life is very hard for all of us down here. Our economy is way down the creek. No hope in sight.

Will write more later. Please keep in touch.

Greetings and best wishes to all of you, and a special thank you to Adam. He has made it possible for me to continue helping the natives down here...even with water transportation.

Bye, now.
Alicia and Rudy

June 15, 2005

Good morning,

...I have a list of one hundred seventy-eight families who wish to have a stove made, in several villages. Is there any way you can get us some support for the material? Most of these huts have straw roofs, so it is going to take more tin pipes than usual. It is going to cost about sixteen dollars U.S. currency to make a stove.

I had a big meeting with sixty-eight Rural Health Assistants, and they also wish to make a request for some health matters in their villages. They would like to get some blood pressure monitors, to check the blood pressure on people. And they also have a big problem with diabetes. So, they would like to get some blood glucose monitors, or whatever you call them. There are some clinics scattered all over this region, like the one you and us went to work in Tezontla, but they do not have this kind of equipment. We wonder if you could find the people who make them and explain the whole thing to them, and perhaps they would give you a few of these monitors.

We need that badly down here. We have too many diabetics and people with high blood pressure. And they need help.

Please, look around and see what you can find for us. You are our only hope.

Greetings and best wishes to all of you. And may God bless you and keep you well. You are very generous.

Bye, now.
Alicia and Rudy

January 17, 2006

Dear friends,

...Much help is needed down here. And any little support is welcome. Any little help is much better than no help at all. As you know, I have the will and the time, but I alone cannot do it all. Need help from generous people like you. It is a relief to know that there are nice people in the world that want to help those who are less fortunate.

...It is still quite cold down here. And we are getting some windy days now, which will make things worse for the natives up in the high mountains.

Greetings and best wishes to all of you, and I would like to hear directly from you.

Bye,
Rudy

May 7, 2006

Hello, there, dear amigos...just touching base with you two.

We had a one night rain, and then back to hot sun and dry again. Drinking water is still a big problem in many Nahuatl villages, especially for those way up in the high mountains. I have borrowed fifteen bottles and, whenever I go to those places in trouble, I fill the bottles here in town and take those poor people some relief.

The stoves are slow now. There is no money to make them with.

And mange is also worrying me a lot. It is getting hard to keep it down. I am not moving fast enough, I guess. It takes gas, maintenance of the Ranger, and things just do not get any better for us down here.

The garbage situation is almost under control. I am telling the natives, in far away villages, to dig a big hole and bury it in it. It is just too much for me alone to haul to the sanitary landfill. I hate to admit it, but there are times when I just get desperate. I need help to continue with this work.

Today, even though it is Sunday, I have two meetings and it is about the slash and burn technique. Some natives do not want to change, and stop burning their weeds in the fields.

Well, something is being done and that is what really counts.

Greetings and best wishes to you two. Any may God bless you always.

Please keep in touch.

Bye now,
Rudy

February 3, 2007

Hello, dear friends...

Since it is still raining back here, and very cold, I decided not to take any chances and just stay at home. We have had drizzling rain for the last four days and nights—nasty weather. This just makes it worse for the natives because they cannot do any kind of work. And that means more hunger, less pesos, and less food on the table. Rougher times are just ahead of us.

We had strong winds here, up to about seventy kilometers per hour, and that did a lot of damage too. Houses with tin roofs were hurt. Many trees fell. Some natives lost a few of the chickens they had. The wind killed them or just took them.

This is like a never ending story. We wonder what is next. We hear on the news that this year, the hurricanes are going to be very strong, and that summer time is going to be the hottest ever—bad news for those who are very vulnerable, us.

The local Health Department has been doing some sampling on the Moctezuma River, and the results are not too good. They advise that no fish from this river should be eaten as there is DDT and other contaminants, including metals. So, what is going to become of those people who made part of their living by fishing?

We will just have to hang on, and hope for the best. Due to much deforestation in the past, erosion is also doing its share. The corn fields are not doing too well. Nearly everybody has to buy corn that comes from the USA.

Well, time to go back home. Please keep in touch. I like to hear from you. I get lonesome back here when I do not hear from you. And it worries me.

Greetings and best wishes to all of you. May God keep you in good health.

Bye now,
Rudy

February 20, 2007

Hello, there, dear friend...

Just a few lines to let you know that we are still very cold down here. The wind and the drizzling rain have no end. Nine people have died of this nasty weather. We just cannot stand it. And there are still about seventeen more cold fronts coming our way. Pray for us.

I have started forty-seven more ecological stoves in three villages. This is just great. All of this thanks to you, and to the help that you are providing us with. The natives are very grateful, and so am I. Thank you for backing us up. You really make a big and positive difference in our lives.

You brighten our days.

Greetings and best wishes to all.

Bye, now,
Rudy

You may have noticed that after June 15, 2005, Rudy stopped signing his e-mails "Bye, Alicia and Rudy." Tragically in 2005, Alicia was taken from Rudy when a cement truck crashed into their vehicle killing her instantly. I can only speculate, but if this tragedy had occurred in the United States, a judge and jury would likely have awarded Rudy a huge financial settlement for Alicia's wrongful death. Instead, he is left to struggle and persevere with the constant reminder of Alicia's death because he cannot afford to buy a different vehicle. Money can never replace life but it can go to furthering good and I know Rudy would use it to change the quality of life for so many.

For Rudy, his wife's death was the culmination in a long list of tragedies as death took two of his brothers and his mother in a six month period.

Rudy has struggled with all of this as you might imagine, yet somehow finds the strength to continually fight to help his people, his environment and his country. I am

amazed and uplifted by his strength, courage and love. I wish I could do more to help him and I know I will.

Though we knew Alicia of only for a brief moment in time, we loved her and her spirit. We honor her and memorialize her.

Rudy's e-mails speak for themselves and loudly! Life is hard for them every day! Not just temporarily or with a simple momentary setback like so many of us experience. It is a struggle for survival and for quality of life. I know you are not a naive reader, or ignorant of the world's suffering. But for most of us caught up in our own lives, it is easy to forget the hardships of others. This is just how people are. The phrase, "Out of sight, out of mind," tends to ring true. Rudy's e-mails are just another reminder of the plight of so many. And for Mary, Bob, Suzanne, myself and other people who call Rudy, friend, it is very personal. How can someone not be touched by Rudy's words? — **"We are all God's children, are we not? This is something to think about..."** In fact, you can't stop thinking about it, or at least I can't. I continuously play back in my mind the pictures of the places and people I have seen on my missions. I hear the voices, remember the faces, and visualize their circumstance. I replay Rudy's e-mails. I live in gratitude every day that it is not me in that circumstance and try and find ways to help. I also live knowing that any day my world could change and I could be one of those people needing help. It doesn't matter who we help, where we help—just that we do help. There are people in the United States that need help and there are people in every country of the world that need it too. Just find an area to serve that resonates with you and start.

It is unfortunate, but some people have wrong or misguided beliefs about serving. Many in our contemporary society have bought into an entitlement attitude that fosters the idea that others should serve them; that they should get everything that can be gotten, even at the expense of others. Simply because they were born, they believe that life owes "it" to them somehow. Some feel that they should be treated special, like royalty, because they have money, power, prestige, a big ego or "just because," while others feel that some people don't deserve to be served; that they are unworthy. And still, others simply believe it is certainly beneath them to serve another person. They perhaps speak

down to or in a demeaning fashion to hotel personnel, baggage handlers, waiters, waitresses; people that don't dress like them, don't have the same house or car, which are, perhaps, less educated, or speak with an accent, etc. This is a dangerous belief system to "buy into." You get the point.

People who have those beliefs and attitudes are really missing the big idea of life. And someday, maybe in a different life, they will be served something they don't want, can't accept or will suffer from. If you believe in God, heaven and hell, Karma...or simply in the idea of "what goes around comes around" then you know what I'm talking about.

Being a servant does not make one person less than another. They are in no way inferior, or sub-human. We were all designed to serve; in what capacity, at any moment or time—is the question. So if you have a belief about people who serve you or your responsibility to give back and serve, then I suggest you examine it closely. Because it is a cancer that will destroy you slowly, insidiously, eventually consuming you, most definitely!

There is no better calling than to be a servant to others everyday in some way—small or large. Just try it. You will be amazed at the reaction of people and even more amazed by how you feel. My wife, Mary, one day told me about a secret she had been keeping from me. She divulged that when she uses the restroom at a restaurant or perhaps a hotel that if it is a little messy she will straighten it up before she leaves. When she first told me this my first reaction was of disbelief. I think I said, "What?! You've got to be kidding me. Why would you do that? They have employees to take care of that." But she explained that when you are having a nice dinner in a quality restaurant you should expect the restroom to be spotless too. She said, "Have you ever used a restroom and came out and said, 'you have to see the bathroom!? It's a total mess!'" You know you have, you do it all the time and it detracts from the overall experience. You make judgments about others, the quality of the establishment, the patrons and the employees. So if there are paper towels on the floor that someone didn't bother to place in the trash receptacle or there is water all over the counter, it only takes a few seconds to pick up the towels or wipe the counter so that the next person who visits the restroom will have a nice clean restroom and a good experience. I must admit, she is displaying a totally loving attitude and taking on the position of a perfect servant for people that aren't there, and will never know she did it, and with no expectation of a thank you or reward. Heck, she's been doing it for years without ever saying a word to me. She's probably not happy that I'm telling everyone about it, but she'll have to live with that. She's a perfect example of serving; of giving selflessly without expectation of reward, not only in that small and seemingly insignificant example but with other things in her daily life too. But if I say any more she will just be embarrassed and, well—kill me, so enough said. All of

us can find new, different, small, large, secret, observed, or unobserved ways of enriching others lives and serving. Simply use your imagination and start.

As my good friend, Rudy, taught me in his Nahuatl language, **amu xi maj mahue**—which means "don't be afraid!" I'm sharing this phrase with you because I don't want fear to stop you. Most people stop themselves before they even start; conjuring up all kinds of fears and excuses in their minds. It may be about the weather, sickness, diseases, injuries or fear of travel. At times, people worry about fears for personal safety, like muggings and pickpockets. Sometimes they experience culture shock, not knowing the language or fear of the living conditions. Fears can be rational or irrational. Regardless of their basis, we all understand the paralyzing effects of unconquered fear.

"Fear defeats more people than any other one thing in the world."
~Ralph Waldo Emerson

So I'm telling you **amu xi maj mahue**...don't be afraid! Just start helping someone and your illogical fears will disappear and you will have some of the most rewarding times of your life!

"You can conquer almost any fear if you will only make up your mind to do so. For remember, fear doesn't exist anywhere except in the mind." **~Dale Carnegie**

Chapter Seven

What's Engraved On Your Door?

"Giving and serving humanity should never be something that comes in and out of vogue. It is a state of being, a state of higher consciousness."
~Dr. Rick Barrett

You've probably heard the saying—"much is asked of those that much is given." If you are fortunate enough to have power, money, and influence, by all means, use it. Engage it for worthy deeds. The world will certainly be a better place, and millions of people will reap the benefit of the new generation of big money givers. Of course, I'm speaking of people like Warren Buffet, the world's richest man who plans to give thirty-one billion dollars to the Bill Gate's foundation. If you read Business Week's annual list of the fifty most generous philanthropists, you will certainly be in awe and amazed at the shear enormity of dollars being poured into a wide array of humanitarian efforts. This makes you think that massive positive socioeconomic change can actually occur in our lifetime. Wouldn't you like to one day say, "You know we finally ended world hunger and I was a part of that."? Maybe you are one of these people. I am happy to see that many people in big businesses are coming forward to give, but, of course, we always need more. The world needs these companies' presidents and CEOs and anyone with big money, power or influence to step forward for humanitarian causes, for example—celebrities.

I'm not a star struck celebrity watcher. Oh yes, like many others, I have favorite celebrities that I enjoy for one reason or another, but I don't need to join clubs and follow their every move, or invade their privacy. I'm happy for the entertainment value they give me and beyond that, they are human like the rest of us. But I must say I'm impressed with some of the celebrities like Angelina Jolie, Bono, Jessica Biel and Oprah to name but a few, who are stepping up to the plate and involving themselves in humanitarian efforts. Their celebrity star power can draw major attention to world problems. Hopefully, when the cameras are turned off they are still interested in the subject. I think most of them are.

Many celebrities do this well, like Paul Newman, with the hundreds of millions he has donated to charity and the children's ranch he founded for sick kids. Imagine if every celebrity took on a project that resonated with their soul? Can you possibly imagine the differences in lives and the global impact that could be achieved? Certainly there are many other stars that have the projects they love and work tirelessly on. And some do so,

silently, in the background with little fanfare. Like actor, Gary Sinise's project Operation Iraqi Children, which sends school supplies for troops to distribute to Iraqi kids. His project has raised over a million dollars. But the world needs all of the celebrities to jump on board like Oprah has with her Angel Network® building third world schools and other projects, and Angelina Jolie has with the United Nations helping refugees.

As a goodwill Ambassador, Jolie has traveled to Africa, Pakistan and Cambodia. In a Newsweek article she said, "I was changed by the faces of the people." Personally, I know something about this. I experience that every time I go on a medical mission. I have hundreds of photos of people we have treated. I carry these photos also in my mind. I see them all the time. In Newsweek they used the term "celebrity tourism." Apparently, some people refer to Jolie and other celebrities that way. I like her response to this. She says, "I don't know if anybody saying that has spent the last six years of their life going to over thirty camps and really spending time with these people..."

Some are critical of her and other celebrities and I'm sure that will always be true. But I say, whatever it takes to shed light on the darkness of people's lives, is positive and needed. Besides she and other celebrities are actually "doing!" They are actively involved. Who could criticize that? But people do.

Isn't it easy for those sitting on the sidelines to criticize people like Jolie and Oprah? I remember the huge criticism Oprah received when she announced the building of the school in Africa. Some people have nothing better to do than throw stones at others and yet these very people who would speak negatively likely aren't doing anything themselves to give or serve the world. I challenge them to show what their humanitarian efforts are, what money do they spend on philanthropic causes? We don't seem to ever see them (the critics) getting off their butts doing anything to help. Likely, they don't even donate a dollar to a worthy cause but I bet they spend ten dollars a day at Starbucks®. The "critics," whether in the press or the average person on the street, needs to "shut up or put up" as the saying goes. If you don't have anything nice to say—well don't say anything at all.

I, personally, don't want to waste my time and energy on negative people nor should they (the celebrities). I have heard it too; comments about helping our people here in the U.S. rather than going to Mexico or Honduras on missions. There are lots of reasons why I am involved with mission work outside of the U. S. Why one person has a calling, or is intuitively drawn to one project or area of the world isn't important. The bottom line is people need help everywhere. It takes involvement from lots of people with many specialties and areas of expertise to initiate change. If the questioners and critics aren't involved in the process of helping, they simply need to step aside. I have no patience for them. Another great saying, "If you're not part of the solution then you're part of the problem." Vividly, I remember returning from a medical mission and a

colleague's wife said to me, "You just went on the medical mission for the publicity." I was shocked. How cruel, insensitive and, of course, how wrong was that? If you are involved or want to be involved with something that feels right to you, don't be dissuaded by others! There will always be people who have an agenda and want to force their beliefs or intentions on others. Sometimes it's even people that are close to us. Follow your heart—you can't go wrong.

I don't recognize or give power to any of these "critics" of anyone who is involved in philanthropic or humanitarian efforts of any size or caliber. If Oprah wants to build schools in Africa or any other project that touches her soul, then all anyone should do is applaud her and get behind her if it resonates with them. It is her money and she is putting it to work for humanity. If the "critics" don't like how, where, or who others are involved with, the answer is simple. Let them start their own project or organization!

While celebrity power and money is vital and certainly shouldn't be marginalized, we must not discount our own ability to help or minimize our personal responsibility and duty. We, the average citizen, may not yield the same powerful punch as they, the celebrities, but still we can punch away at a problem very effectively. We can be heard, we can make an impact! If we don't have the power, money or visibility to provide, we do have ourselves. Their money has little value if there aren't individuals ready and willing to utilize those resources and implement action! Because someone's wealthier than we are does not give us a license to sit on our collective cans and not participate in the world dilemma. We can all help. If you want to feel great about the hope for humanity pick up a back issue of Newsweek's, "Fifteen People Who Make America Great". You will go through a roller coaster ride of emotions. You will be happy, saddened, inspired, and moved. You will read stories of average people, as well as celebrities like Brad Pitt making a huge difference! You will see where billions of dollars are going and how creative people can be in working towards world issues.

Listen, I am not attempting to be your conscience, it is hard enough dealing with my own. I am still learning, growing and trying to do more in the world. I don't want to exaggerate my contributions but at the same time I won't minimize or invalidate them either. As Nelson Mandela said, ***"Your playing small doesn't serve the World! There is nothing enlightened about shrinking so that other people won't feel insecure around you."*** I, in my way, and Joe, in his, are attempting to be part of the World solution. Others do even more, for example, Zach Hunter, who is pursuing his interest in abolishing slavery! I am in awe of his dedication to changing lives and he is only fifteen years old. What a massive undertaking for anyone, let alone a teenager! I wish I had had his courage and passion when I was that age. My service to others started when I was a kid, but in a much smaller fashion: as an altar boy, learning how to serve my church community and God and as a Boy Scout reaching the coveted Eagle Scout rank and doing

a variety of service oriented tasks through that organization. But somewhere in my college days, I went dormant for a while. After college, I slowly started involving myself in a little bigger way, like sponsoring a child for years and just generally helping others whenever I could. But really nothing that required continuous dedication, and certainly nothing as grand as Zach's project! Then I got the calling to attend Chiropractic College helping others with their pain and other health needs; reawakening a desire and a feeling that I'm not sure how to describe. I had a sense of wanting, needing to be involved with and help people. Then my service and giving world really exploded as I explained in the Power Point presentation. I am sharing my story to illustrate that it is all important and relevant. We all awaken to the needs of others at different times in our lives. Certainly like the rest of life we evolve, grow and change throughout our lifetimes. It all makes a difference and doing the little things matter until a different door opens one day and something or someone makes a major impact on you and changes the course of your life of giving and serving forever. Eventually we all find our passion. For me the major impact to my life was when I came to the door marked medical mission work. Now this door is rather large, rather heavy and like many doors didn't open until I not only knocked on it, but pushed it open! I have now participated in over twenty-five missions with no plans to stop. I am the co-creator of the Medical Missionaries of Divine Mercy and I have a few other ideas that I plan to pursue and fulfill.

Zach's door apparently is slavery; Oprah's is educating children and her Angel's Network. Jessica Biel's is the Make the Difference Network, Bill and Melinda Gates and their foundation is to eradicate malaria in Asia and Africa and eliminate aids. Angelina Jolie's door is saving children and millions of refugees and being a Goodwill Ambassador for the UN Refugee Agency. Brad Pitt's is poverty and disease. There are many doors, and opportunities to go through more than one. So the question I have for you is...

What's engraved on your door?

Chapter Eight

Clear Your Mind—Create A New World

"Ultimately real happiness can come only from seeing what kind of service we can do."
~Ashley Judd

Perhaps you've read some of the self-improvement books by numerous authors on winning, making money or spirituality. Like Napolean Hill's, *Think and Grow Rich*, or Ronda Byrne's, *The Secret*. Maybe you have read Joe Vitale's, *The Attractor Factor*, or *The Key*. A commonality that these books share and the authors speak of is creating abundance and reaching our full potential. Abundance is ours if we not only believe, but take the proper action steps with emotion to attain it. If you are in agreement with these and other self-help authors, even a little bit, consider my next thought. Instead of concentrating your efforts and focusing solely on yourself, consider putting your attention on others. Joe will talk about this more specifically in the second half of this book. But for now, consider utilizing universal laws to not just attract good things into your life, but into other's lives. Use specific techniques to clear your mind if you have any negative beliefs regarding giving or serving. If you are not currently involved with any charitable, philanthropic or humanitarian efforts, it may be time to stop and assess the situation.

I suggest you take an introspective evaluation as to why you are not giving your time, talent, or financial resources or you aren't giving BIG enough. Determine the reasons and clear the negatives that are impeding you when you do, you will then begin to grow in every area of your life. There may be one key objection or many. But you must identify the beliefs that are stopping you, so that they can be erased and replaced. But only do this if you are interested in growing, changing and being MORE!

Some common objections might be, "I'm already on a tight financial budget, and if I give I'll be taking away from my family." "People should help themselves, I did it all myself, so should they." "People in this country need help, why should I help people in other countries?" "It's the government's responsibility to help the poor." "No one ever lifted a finger to help me." "When I'm rich I'll give." "Let some rich person or company help those people." Looking at "why" you don't give or serve will allow you to clear these negatives, and grow your life in abundance and personal development.

Step one: Know what you don't want. I don't want to live a vacuous life. I don't want to be scared of helping people. I don't want to be selfish, prejudiced, etc. Write them down.

Step two: Choose what you do want. Declare what you want, declare your intention on how you see your life of giving and serving and then put your attention on it. Take your belief and reverse it. For example, "I have no skills to help." Reverse it to say, "I have more than enough skills to help the less fortunate and they will benefit greatly from my assistance." "I have so much money that I can give, one million dollars each year to the charities I love." "I have so much love, caring, skills, compassion, etc. to give and people are seeking me out to serve." "I am a valuable asset to the world community and whenever I choose and the spirit moves me to service, I will be of value!" This clears all your negative self-limiting beliefs.

Step three: Feel the emotion of what you want. If you want to minister to sick children, feel all the emotions that you would have while in service to them—joy, happiness, hope, friendship, and strength. Feel it as though you are there with one of those children as they hold onto you, smile at you and call your name. Allow the emotion to well up inside of you. Allow joyous, happy tears to flow. Allow yourself to feel the change you are affecting in this child's life.

Step four: I would even take this one step further. What I'm about to say may really push someone's buttons. This next statement is an exercise in pushing you way out of your comfort zone, making you really confront some issues. Are you ready? Okay. Here it is! Whatever group of people you have a negative on, regardless of the reason, regardless of whether you perceive it to be valid or not, this is the group of people I want you to help. If you have a negative "hot button" on a certain group of people, because of religious affiliations, color, race, or you simply do not like their music or the food they eat, that is the group of people you should find a way to give to and serve.

Though you are helping them, which they will certainly benefit from, you will be "freeing" yourself and experiencing more joy, more happiness, and more rewards than you can imagine. I know it is a big step. I am asking much. Some of you are tensing up right now, starting to sweat, getting angry at those people you are visualizing and me! That's okay. Let it settle in. Think about it, pray about it, meditate on it, fiddle, squirm, be uncomfortable, rant and rave, yell, get angry at me, but work it out and then go to work. Trust me, it will change your life! Are you ready for something bigger and better than you have now? If so, then step up to the plate and take action!

Step five: The next step is to love unconditionally. You might say, "Well, Dr. Barrett, that's easy!" But I'm not just talking about loving your husband, wife or your children unconditionally, but your world family. Your neighbors, people with different

religions, colors, ethnicities, and from different cultures and ideologies. Listen, it's really not that easy. Even with your own family if, anywhere along the line, you have negative thoughts about certain people, hold grudges, encourage or promote prejudices, verbally or figuratively, condemn or denounce a person or group, then you do not love unconditionally and purely and therefore are holding yourself back. These thoughts and beliefs are incongruent, creating static, interference and chaos in the universe. Things must be in balance and resonate smoothly to produce goodness. In other words, you can't be a minister and cavort with prostitutes. Maybe you remember the story of Jimmy Swagart? This doesn't work and the universe will not accept it, so it dismantles it.

This is a process that we all must work on each day. A journey of replacing old, outdated, unwanted, broken down aberrant beliefs that were thrust on us somewhere along the line, but does not serve us. It does not serve humanity. Beliefs like… southerners are all slow and stupid, Yankees are con-artists and in the mob, Muslims are evil and terrorists, all blacks are lazy, the Ku Klux Klan (KKK) represents white America and all whites are racist, Hispanics are all in gangs, the rich are all corrupt, the poor are all thieves, and salesmen are all scam artists. I am sure there are countless other ones. The thoughts, feelings, and slanders are pervasive. No group or person has a monopoly on negative thought and behavior.

Pick any race, creed, color, religion, country, ideology, or age group of people and I guarantee you've heard, said or done something negative or wrong regarding them. It's true and you know it. Unfortunately, it is part of being human.

Make a list of some you have heard or been taught and every time you hear another one write it down. As soon as you say them or write them down, don't they just seem absurd? Now crumple them up and put a match to them. Burn them up—destroy them before they destroy you! Confronting this will help you to clear these negatives from your mind, heart and soul. How can you truly give, freely give, if part of you is living in a very dark, dangerous, insidiously sick place? Stop and assess your feelings and thoughts. Identify problem areas. Erase outdated, irrelevant and erroneous information. Replace it with the truth, with love.

Be able to forgive those around you for past mistakes. Forgive a group of people for the wrongs you perceive that they have done. Forgive the society you hold a grudge about. Forgive the country you believe was wrong in their treatment of another country. Forgive the social prejudices, the wars, and more.

Next forgive yourself for the wrongs you have done to others, both the intentional and unintentional ones. Yes, you have wronged many people directly and indirectly. Maybe you can't see it, because you think your position is correct or justified, but indeed you have violated many people in your lifetime and the negative thoughts and beliefs you

send out to the universe about others while sitting quietly at home, driving the car or reacting to a television or radio program are none the less real. And, yes, they still go out and create damage in the universe, to humanity and to you! You must forgive yourself and others for this.

There are many ways to clear your mind, heart and soul of the negatives. You may want to use the ancient Hawaiian technique of Ho'oponopono that Dr. Joe Vitale wrote about in the book, *Zero Limits* with Dr. Ihaleakala Hew Len. For an in-depth understanding of this, please read the book. But for now just know that we are responsible for everything and everyone in the World. They are the way they are because of us. The technique involves saying the following "I love you, I'm sorry, please forgive me and thank you."

But whatever method you choose first you must realize that you need to work on this. We all do. You must take action and be willing to go through the process.

Imagine for a moment looking at the earth from space and seeing a magnificently clean and beautiful planet. Imagine further that there is an oil well fire with thick black smoke rising out of an uncontrollable well. Now expand your vision and you'll see that there are many more oil well fires in every country in the entire world. The ugly black toxic smoke is billowing out of each well, clouding the sky with its destruction and obscuring any view of the pristine beautiful planet. What if each one of these toxic oil well fires polluting the atmosphere weren't actually fires, but the horrible negative toxic thoughts of every one of the billions of people on planet earth? Now, can you imagine the filth emanating from this world into the universe, into the cosmic consciousness? In good conscience you cannot expect "good" to come out of sending money to help a poor South American family, while at home you are verbally bad mouthing the Hispanics that cut your lawn, clean your home or work at your favorite restaurant. God the creator, the source, ultimate intelligence or whatever word or phrase you wish to congruently define the creator for yourself, has a way of seeing right into your soul and knowing the truth about you. All the smoke and mirror, magic tricks you pull, do not deceive a kind, loving, giving and pure universe. If your intent is to deceive, it will be revealed. Putting ten dollars in the collection at church each week, in order to satisfy your perceived obligation and provide a sense of fulfillment, is probably not worth the money it is printed on, if you in turn are negative, deceitful and hurtful to others. Nor does it serve much of a greater purpose if you are a multimillionaire and drop in a mere ten dollars occasionally. Certainly there was no effort or sacrifice. The disparity is great; the scales are out of balance. If, however, you are working for four dollars an hour and you put ten dollars in the collection plate—now you are making a huge statement to the universe. How could your sincerity and sacrifice not be acknowledged by a kind and loving universe?

Keep in mind these words from a famous Paul Simon song...

"The problem is all inside your head, she said to me
The answer is easy if you take it logically
I'd like to help you in your struggle to be free..."

Regardless of what it is you wish to accomplish, or what obstacles you have to overcome, the real issue is solely inside of your head. It starts with clearing your mind and adopting a pure, loving attitude. Then you can and will create the life you want and accomplish the most good for yourself and humanity.

Chapter Nine

See Every Life Fulfilled

"Nothing brings greater happiness in life than to serve a cause greater than yourself."

~John McCain

How do you measure the true success of a life lived? Is the wealth of a life measured by the amount of money amassed? Is it the accumulation of material possessions such as houses, cars, boats, planes, property and other toys? I don't think it is, but only you can answer those questions for yourself. Most wealthy people will likely tell you that success and wealth don't equate to just having lots of money. It is about substance, quality, love, dignity, compassion, good works and deeds and honor. *Broken Trail* is a great western starring one of my favorite actors, Robert Duvall. It really speaks to the hope for humanity, and contains all those elements that I just mentioned. In one of my favorite lines, Duvall says, ***"Never use money to measure wealth, son."*** This seemingly insignificant line can certainly be obscured by the enormity of the entire movie, but for my wife and me, it jumped right out of the screen.

I wonder how many other people had the initial reaction we did. It was as dramatic as a lightning bolt splitting the sky on a dark night. It was that powerful! I could probably discuss its implications for chapters, but I won't. Let's just say that money, while it has value and is very useful, is just a tool and it does not equate wealth. So many other things determine the worth of an individual—of a life!

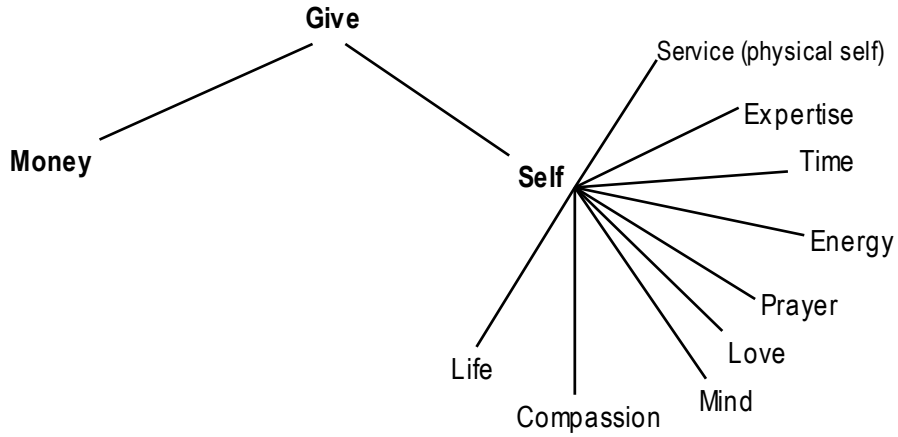
Bill Gates, Ted Turner, Oprah Winfrey, Warren Buffet and others of their social status are in a financial league far exceeding mine, but I am rich in love and skills that allow me to serve my fellow man, both in my office with patients as well as with my humanitarian efforts. I count myself as a huge success and very wealthy. I hope you feel that way about yourself. In the theater of life we all have parts to play though some more developed than others. Some are behind the scenes while others may be in the spotlight. All are important, all are needed, and everyone has to do their jobs to the best of their abilities, but performers can't perform, and the show can't open and run without the efforts and support of the people who can fund the performance. Fortunately, though, the world has financial successes, like Buffet, Gates and many others, who are using their wealth to serve humanity. Sadly, there are not enough of them in the game. We need more. But I don't expect people like Bill Gates or Warren Buffet and others to actually roll up their sleeves, and climb into the trenches to do the hands on work. Not that they couldn't, but the role in which they can serve best is in the creation, coordination,

strategic planning, funding and execution of philanthropic humanitarian works. They need the worker bees to implement the plan. That's us, folks! I am not in competition with those millionaires or billionaires, but with myself.

Use our gifts, blessings, our resources to the best of our ability.

Personally, I feel good about my contributions, but I am also not content to stop. I know I must serve more. I must give more. I must succeed more. And there is a limited amount of time on my clock that only the creator is privy to. We must all ask ourselves questions like, "What do I have to give? To whom can I give it? How much should I give?" But ultimately whether it is you or Oprah there are only two things any person has to give…both your money and yourself.

The following diagram illustrates my thoughts on this. When giving, give from all of your wealth. This includes your money and your SELF. You have more value than you probably realize and your ability to make positive changes in lives beyond your vision is endless. You are a powerful, wealthy individual. Learn to use your gifts to the highest calling and more reward will be entrusted to you.



When you give, why not enjoy the benefits and pleasure of giving both money and self? Obviously most of us have much more of "ourselves" to give than money, but why not give both? Certainly you can and should. Your satisfaction level will rise the more you give. I submit to you that the greatest level of reward in all areas of life will be yours when you give more from your "self" than from your riches!

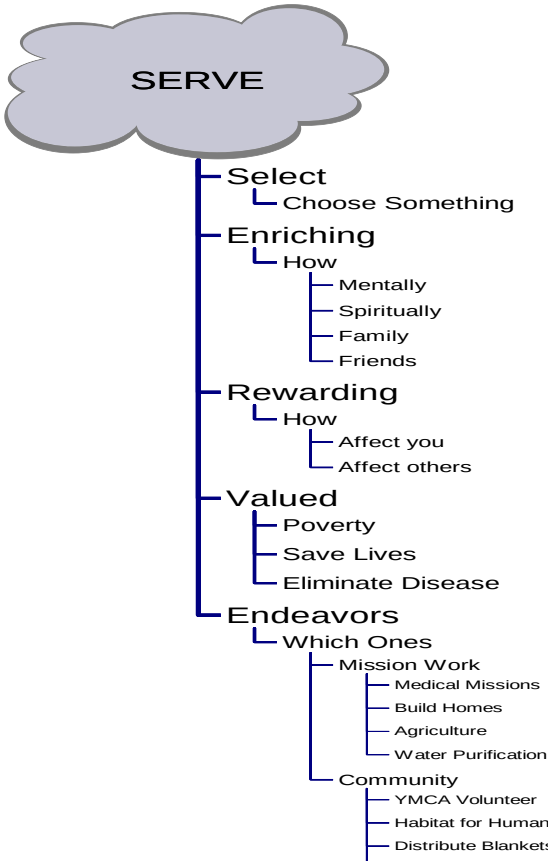
When you think of—yourself—try to imagine putting others' needs in front of yours. Think of **SELF** as **S**ee **E**very **L**ife **F**ulfilled. Ask your "self," "What can I do for this other person to satisfy their needs before I attended to myself?" If you had this as part of your mission or your life's goal, could you be satisfied? Would you be rewarded?

I think so, but again only you can answer those questions. Obviously, the job is too big for one person to **S**ee **E**very **L**ife **F**ulfilled, but if everyone could adopt that thinking and act accordingly…what a difference we would see in our lifetime!

Here is a thought on how to see another word differently when considering how you can contribute to the world community. Consider the word "serve" to mean this:

SERVE

Select **E**nriching **R**ewarding **V**alued **E**ndeavors



Create a list of all the possible ways you could serve. Check the phone book, local paper, the internet, or local churches (it doesn't even have to be your own). My wife, Mary, searched on Google and found the following number of results for the following categories:

Volunteering: 16,400,000
Mission Work: 53,800,000
Charities: 26,600,000

These numbers are staggering. You can't help but find a place to serve that is congruent with your soul. Be creative, start your own organization to give back! Follow your passion, be spontaneous and open to opportunities to serve when they arise.

Since life is all about choices, you must choose to give. You must choose to serve. If you do, then you really have chosen to LIVE!

One day, while on a routine trip to Office Depot, I spotted a woman pushing a cart full of office supplies from the store to the parking lot. The vehicle in front of me stopped as did I. As she attempted to cross she had difficulty traversing the speed bump in the road and the cart overturned, twisting her wrist. Embarrassed and obviously hurt, she tried to reload the cart. The vehicle in front of me pulled around and passed her by and other vehicles passed on the opposite side of her. No one bothering to help, I quickly parked my vehicle and came to assist her, she was struggling—I righted her cart and lifted the heavy box full of reams of copy paper into the cart, helped her over the speed bump and to her car. There I loaded the vehicle for her as she showed me that her wrist was red, already swelling and quite scratched from the cart hitting her as it turned over. She was very grateful and thanked my profusely. Could she have managed without me? Of course she could, but not without some difficulty. I really didn't do that much. I didn't save her from being hit by a car or anything heroic. It was a simple act of human compassion, one human being for another.

Two blessings occurred that day. One for the woman, that I came to her assistance and the second, the greater of the two, I believe, was for me. It was the opportunity to help another, to step up and serve. That opportunity existed for several people. Others, however, for whatever reason chose not to act on it—I did!

This seemingly small and insignificant act of service doesn't seem like much in the grand scale of life, but enough small actions accumulated, can create enormous change. Not only for the recipient of the act but for the giver. And like a fisherman who wants to catch as many fish as possible, I want to accumulate as many acts of service as I can. It serves everyone.

A real physiological response occurs. The giver feels good, enjoys the sensation of that experience and wants more. The more giving and serving that is done, the more it becomes a habit, or even just a reflex to reach out to others anytime, anywhere. And like exercise, the more you do it, the stronger and more able you become. So to with giving and service, you begin to know that you are capable of helping others and that you do make a positive difference in a life and in the world! Everyone wants to feel they are important and can contribute to the greater good at some point in their lives. By working out your service to others muscles, you become more powerful and are able to flex bigger

service muscles. In other words, you are now more capable of handling and performing larger service oriented tasks. We all have within us the ability and the capacity to care for others. The question is, how accessible is it? How easily can it be tapped into? It's all inside of us ready to be accessed and delivered. But "Who will access it and when? And why will some allow it to sit dormant?"

One day my wife and I were visiting my parents and we took them shopping for outdoor furniture. We were returning from a store in the outskirts of Austin, a very beautiful area with some very hilly terrain and winding dangerous roads. We were driving on a four lane road coming down a hill traveling about 60 miles per hour. I was driving and I had looked towards my wife during a conversation, when suddenly she screamed, "Oh, my God! Oh, my God!" As she did this, I turned my eyes back to the road in front of me, only to witness an accident about to happen. A small pickup truck was pulling a trailer and the trailer was weaving back and forth throwing the truck out of control. The truck began to cross into the oncoming lanes of traffic. As you might imagine what was happening only took a few seconds, and is hard to describe. But what we saw was the truck colliding into another car and then slamming into the front end of a Suburban. The Suburban flipped over multiple times and rolled off the road partially down a hill coming to rest on the passenger side of the vehicle. The trailer from the out of control truck had detached and was propelled down the hill in the opposite direction of the Suburban. This all occurred 50 to 100 feet in front of us and luckily there were only a few cars on the road in each direction at the time. Maintaining control of our vehicle, I crossed the highway in front of the accident scene and parked the car on the shoulder. Immediately, I ran to administer help as my wife called for emergency service on the cell phone. As this was happening, other vehicles stopped and many people rushed to help. I checked the people from the first car but they had gotten out, were the least injured from what I could tell and seemed okay. One young man who was in the pickup was cut, bleeding and stumbling in a daze. I was able to sit him down on the grassy hill, calm him down and let him know help was on the way. I then ran to the Suburban as it was in the most dangerous position, and steam came from the engine. When I arrived, I found three women trapped inside. The driver was trapped and dangling, suspended by her seat belt which she couldn't release, a passenger, likely with a broken leg, and a third passenger in the rear seat. The angle that this vehicle was positioned on the hill was such that it was unstable and rocking. It might easily roll onto its roof, making a bad situation much worse. There were now three or four of us attempting to calm these women, stabilizing the vehicle and determining if we could extract them. By now, my father was right beside me doing all he could to help to stabilize the vehicle. I wasn't at all surprised that he was there to help because that's the type of man he is. But at the same time I was surprised because although he was a healthy eighty-one years old at the time he has macular degeneration. This makes it very hard for him to see. So to get from our vehicle

down the hill and to where I was in all the confusion was amazing. But without a thought for himself, he was right there shoulder to shoulder with me doing all he could and subsequently slicing his hands on shattered glass. Thankfully, within minutes, law enforcement, fire and emergency personnel arrived and they were able to take control and finish the rescue. From what we witnessed, it was truly amazing that no one was killed.

There are several reasons I am calling this story to your attention. We never know when we will be asked to make a decision and be called into action. My father and I reacted without a thought for ourselves. We knew people needed help immediately. There were no questions of "should we?" "What could we do?" "There are other people who could help."—none of those questions or thoughts came up. It was immediate, no doubt, no hesitation—just action! If you don't think you have this in you, you are wrong, every one of us does. But many people have it buried under layers of excuses, misconceptions, or erroneous beliefs that were placed on them. Some examples might be, "One person can't make a difference." "You are not capable of helping anyone." "Don't interfere." "Mind your own business." "Wait and let the professionals handle it." "I am too old to help." "I am afraid." "I'm uncomfortable in that situation." "I wouldn't know what to do." "I'm not trained." Can you think of other excuses? I know you can. Write them down so that you can eliminate and reverse the statements from your mind as we talked about earlier. Not only will this empower you but it will inspire you to serve.

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A friend and colleague of mine who I respect greatly, Dr. Bob Hoffman, has a saying that I really appreciate. "You either rise to your greatness, or you fall to your weakness!" Isn't that fantastically insightful and true? The implications of that statement are far reaching. We have both within us, the power to be great, and the ability to be weak. Which one we choose at any given moment is clearly and ultimately up to us. We can choose to be great. Many people stopped to lend assistance during that accident; others may have been paralyzed by the situation and did nothing. Perhaps next time they will choose to rise to their greatness and help. It is within them and within you. Whether it is the small acts of service that need to be performed everyday, like simply helping a woman with her shopping cart or a big act of service like jumping in to lend assistance during a crisis. **Service can and should be our middle name and great rewards personally will be bestowed on those who SERVE!**

"Do not withhold good from those to whom it is due.
When it is in the power of your hand to do so."
~Proverbs 3:27

Karma is defined in Webster's dictionary as: Buddhists and Hinduism—the totality of one's acts in each state of one's existence. Often, people flippantly and casually attach Karma to good or bad things they or someone else does. They might say, "Oh, that's bad Karma" for a perceived wrongful action and, of course, they might say "That's great Karma" for a good deed, fully meaning that there will be a reward or punishment in the afterlife for that action. Certainly some really believe it, and live by those thoughts and others really don't, but the point is this: whether one is speaking of Heaven and Hell, Reincarnation or Karma, most people believe in their minds and feel in their souls that a universal system of reward and punishment exists, that a supreme life force does judge us for our actions in this lifetime and then subjects us to a punishment or reward phase of our next life.

I wrote about Elbert Hubbard's theories in my book, *Healed by Morning*. In the early 1900's, Hubbard wrote that ***"All worthy deeds, all honest work, all sincere expressions of truth whether by pen or by voice—have a survival value."*** This is a great concept. We, as human beings, have a great capacity to create "good" that survives us. Ideally we should be teaching this concept to children. Establishing this as a solid foundation for them will bring about massive positive change. Fostering this idea of doing "good" and experiencing a rewarding afterlife—good Karma. Let's do "good" for the sake of "goodness" itself, let's do "good" for creating the afterlife that most of us deserve and let's do "good" for creating a desirable life for others and ourselves in this lifetime. All this can be accomplished by giving and serving. When asked to write a passage for *Life's Missing Instruction Manual,* I said it this way…

> *The most precious gem that I could pass on to others to enrich their lives can be summed up in one small yet powerful word...SERVICE. To pursue a life of giving to others enables us to learn, grow and appreciate. We become empowered and open to receiving even greater rewards for ourselves.*
>
> *Serving others is to the soul what food and water is to the body. It not only sustains us but allows us to reach our full potential, experience high levels of performance and ultimately attain great riches spiritually and materially. Had I known that I could satisfy all my needs and be rewarded in this life and potentially in the next, I certainly would have begun at the earliest possible age.*
>
> *Learning proper investing techniques at a later age simply means that your financial outcome will be limited. However, learning simple investing strategies as a child can create massive financial reward over a lifetime, so, too, with serving others. How much reward can be attained with simply serving others on a regular basis? I believe it is unlimited!*

When I was young, I had the limited belief that helping others was to be done by donating money to other people whose jobs it was to serve. Monetary donations are fine and wonderful but usually they are minimal and never stretch a person. Much like exercising, if all you ever do is an occasional (whenever you feel like it) push up or sit up you will never make an impact, never producing a result of increased health, weight loss or an improved body. Likely you will not feel any different. In other words, it is a faint attempt and there is no reward. However, if you stretch yourself, work out rigorously with a plan, with regularity, you will see and feel a massive change. You will be the recipient of a great reward!

Giving and serving is much like that. Yes, a few dollars here and there helps someone, but it is like a teardrop in the ocean. It goes unnoticed and creates no (little) change. Giving large sums of money with regularity can and will make a change. Certainly rewards will be brought your way, but to really stretch your soul to expand goodness and to open yourself to more abundance, there is no substitute for personal service involvement!

Most people, including myself, develop an inward-focused mind posture. This mind posture sets us up to believe that life is all about ourselves and that we each have the right to suck out anything we want that this planet has to offer. Which, of course, is the very opposite to the thinking of some groups like Native Americans who believe that we are all part of the earth, the sky, the animals and we must only use what we absolutely need. Don't waste and don't overindulge. It is the difference between being selfish or selfless.

The truth is life isn't all about me! It's about others. Everything I desire and need can be mine if I choose to put attention on giving to others. To become a servant of others allows us to grow exponentially in every area of our lives and I believe into our future spiritual lives. Certainly it's normal to desire and strive to have and accumulate certain things in our lives. But by focusing all the energy inwardly on oneself with the idea of "getting as much as I can and maybe I'll give a little bit away" is not only selfish but limiting, not only to others but to ourselves. Unfortunately, it seems to be the norm in our society. What should be the norm and a better course of action is "helping others achieve and get as much as they can and I'll keep a little for me." By this mechanism many benefit. The greater good that is done for others then can be returned and multiplied many times over.

I am sure you have seen pictures of both explosions and implosions. An implosion directs its energy inwardly. The videos of a building being imploded are magnificent. The charges go off and the whole building crumbles inwardly to the ground in a rather tight circumference of debris. But an explosion like an atomic blast forces its energy outward creating massive destruction over great distances. Both an implosion and an explosion are destructive forces. But take that idea and instead of a destructive force, think of a positive explosion of energy. Wouldn't you rather be an explosive positive energy force that affects untold numbers of people including you and the planet or a small implosive device with a limited impact? Personally I want to be explosive and do more not only for my family and myself but make the biggest impact on the planet that a human being can possibly make. This can be done by keeping a focus on service and outward attention to others. This is what needs to be part of the guide book we are given at birth and taught to implement as soon as we have the ability to understand.

Envision the end of your life. If you had the opportunity before you died to reflect on your life would the reflection be beautiful and abundant or would it be ugly and desolate? The question then is how will we be judged by ourselves, humanity and God? How do we want to be remembered? Did we make a positive substantial difference in people's lives? Or did we squander our lives and ignore our opportunities to help humanity?

Of course, we all tend to believe we will live long lives with plenty of time to accomplish what we want. But reality can be quite different. Life, at least our tangible form, is truly fleeting. We aren't privileged to know how much time we have on this planet. The roulette wheel of life spins and the ball lands on different numbers for all of us; unable to know which number or influence it. For one it might be one hundred and one for another twenty-five and yet for another only ten. Knowing then not the actual number of our days but the absolute certainty that there is a number; shouldn't we act with the best intentions and for the greatest good on a daily basis? Each and every day builds on the last until the last day is reached.

It seems I am reminded of this almost on a daily basis. My wife and I were driving home one Sunday evening in the hills outside of Austin, Texas. We happened upon the scene of an accident. We didn't see the accident but we couldn't have been more than twenty seconds behind the

impact as a few cars on each side of the road were just pulling to the shoulders. As I stopped my vehicle and rushed to lend assistance, a man was bending over the mangled body of a motorcyclist lying in the middle of the road. The scene is too gruesome to describe but as I reached them the man told me he was a physician and he had checked for a pulse and the motorcyclist was dead. As I looked at him it was clear from his head injury that in fact he was dead. It was hard to determine his age, but he was a young man. I thought how sad it was to be gone so young and I hoped he didn't have a wife and children that would have to be told of his fate. It was once again a vivid reminder that none of us know how long our residence on this planet will last.

Immediately my thoughts run to how much time do I have left and am I doing enough? Am I satisfied with all that I accomplished? And will I be leaving the planet at least for some, better than when I came to it?

As I write this I am making plans for more medical missionary trips, writing more books to help others, helping Rudy build more stoves and a myriad of other projects that intuitively feel right to me. Though you didn't receive this instruction manual when you were a child it is never too late to start, unless it is too late. Reflect on how you can start giving more and serving more. Create lists, get your spouse involved, and get your children involved. Make today the beginning of a new era of serving for you and start on the road to great reward. Serving others is like exercise, you can never do enough.

"I don't think you ever stop giving. I really don't. I think it's an ongoing process. And it's not just about being able to write a check. It's being able to touch somebody's life."
~Oprah Winfrey

Chapter Ten

Amu xi maj mahue

(Do Not Be Afraid; in the Nahuatl language)

"To pursue a life of giving to others through service enables us to learn, grow and appreciate all that we have and experience all the riches the World has to offer."

~Dr. Rick Barrett

Find the charity, ministry, social service, community outreach, mission or project, etc. that you can feel good about and get involved. It should resonate with your spirit and have values that are congruent with your beliefs. You will know intuitively when something is right. Make a quick decision, don't labor and ponder over it. Don't procrastinate or research for months and years paralyzing yourself and never acting. Just jump in the water! You may swim in a different lake or pool later but just start swimming in one now!

Since 1995, I have participated in medical missions to foreign countries, going as many as four times a year. In all these years I can think of countless people who have expressed interest in joining me in a mission, wanting to go, wishing to go. These are good hearted, genuine, well-meaning people. Some of whom already do many good things in our community. But when I invite them to journey with us, there is always an excuse why they can't go this year. Maybe next year, they say. Next year comes and goes and still they have not participated in a mission. Some, even though they have great interest, don't even bother to donate money towards the mission.

I often speak about my mission experiences to churches, service organizations, business clubs and even corporations. In conversing with people about serving others after my seminars, the comments I often get go something like this. "Oh, it's so fantastic that you do that. You're such a great person; you have so much to give. If only I had the time, I wish I had something to contribute. Someday I would like to go on a mission." And more...

While those words are being spoken, I'm actually thinking… you are <u>fantastic</u> too. <u>You are a great person</u> and you also <u>have</u> so much to give. And if you really wanted to participate, you could find the time because you actually <u>do</u> have something to contribute, everyone does. And yes, you could go on a mission. It could be any number

of missions—spiritual, medical, building, agricultural, etc. Inside my head and soul I am screaming out at them, YES, YES, YES you can be like me; you can do these things too and probably more or even better than me. But you have to believe you can and really want it. It can't just be a nice idea, someday perhaps maybe, if, when, then I might! Of course, verbally, I tell them they can help and I look forward to their participation. But very few ever come back to me and get involved in my mission or tell me they have found another way to serve. They may never do it unless they set goals for themselves of what humanitarian service they want to be involved with. When, who, by what date, etc., in other words, clearly defined with contact people's names, numbers, possible costs, etc. But even if they do this they must clear their minds of whatever junk is in their heads that is impeding their movement forward, regarding participating in a medical mission. I guarantee if they knew a check in the amount of ten thousand dollars was waiting for them with their name on it and all they had to do was spend one week on a medical mission and it would be theirs, well, they would pack their bags in a minute, get the relatives to watch the kids, and put the pets in a kennel.

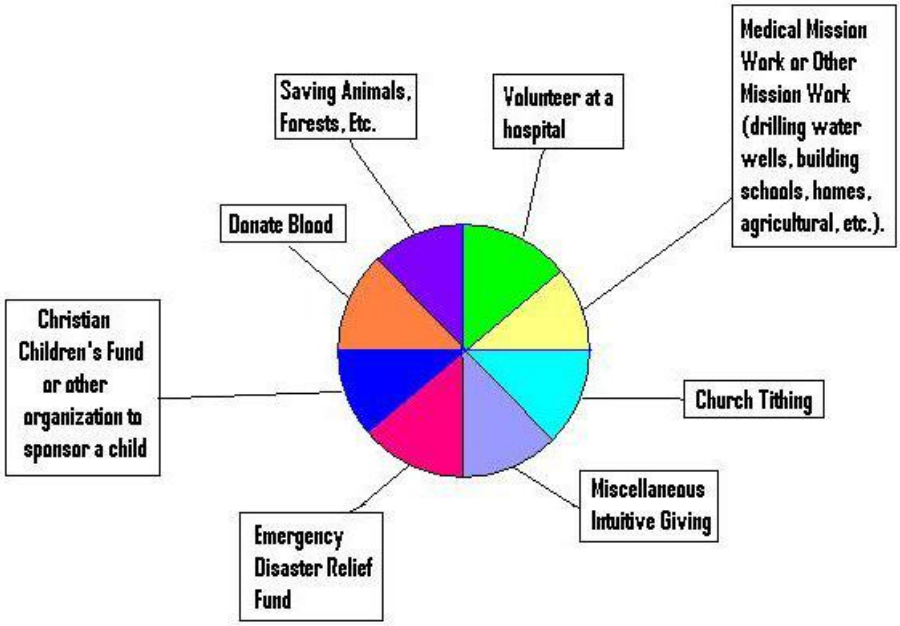
What shifted their consciousness? The expectation of an immediate reward that was commensurate with their level of desire. In other words, a reward of one dollar, fifty dollars, or even a hundred dollars would not have been enough to move them, but ten thousand dollars? Absolutely!

If God, your intuition, your inner voice is speaking to your heart and soul, I encourage you to take action. Don't hesitate, don't procrastinate. Take the plunge. You will be so happy you did. Rewards will flow to you in ways you can't even imagine.

One Sunday while attending church, a mission priest who lives in Guatemala, Reverend Loren L. Riebe[9] of the Mission Teaching Foundation was visiting. He spoke to our congregation about his work and the needs of the people of his area. Afterwards, he had a small table positioned outside of church selling some handmade Guatemalan products. The money made from these sales would obviously help the people where he lived. But Father also had a few folders with bios on some of the children who needed help. Immediately, my wife found one that resonated with her and she signed up to sponsor a child. Even though we already have several adopted sponsor children. This has happened before while visiting a different church. I have to be careful where we go—she keeps coming back with more children she has sponsored! (Just kidding.) The point is: be intuitive, be spontaneous. If it feels right just do it. My wife did and you can too.

[9] To find out more about Reverend Loren L. Riebe, visit the website at http://www.missionteachingfoundation.org

Create your own pie chart like this one to hang on the wall or put it with your dream board. (Your dream board is made of all those things you wish to have, be or do). Yours might look like this one or perhaps something entirely different.



It is also okay to have multiple service projects. In fact, I encourage it. Don't be afraid to grow with this and change it. You are painting the picture of what you want your service life to be. It will evolve and morph as you are open to new opportunities, people, and different projects as they come into your radar. For example, you may have a project or several projects that are your standards. But then have a contingency plan in place for funding or volunteering as an immediate need or emergency arises. You can change your project and flow with it. Let's say you are involved with your local community building houses for Habitat for Humanity. Perhaps you give blood, read to the blind, teach the illiterate to read, or sponsor a child. Suddenly a local, national or international crisis arises and you feel touched by the circumstance and are intuitively drawn to it. Don't hesitate. **GET INVOLVED!** Some examples: hurricanes, tornadoes, mudslides, local family's home burns down, etc. Be ready for spontaneous projects. It's your pie chart. Design it how you like. Its make up is totally determined by your interests. The point is being creative, spontaneous and intuitive. You will know what feels right for you. Have your awareness turned to high and you will be amazed at opportunities to give and serve that will be presented to you. All you have to do is make a decision and choose which one(s)!

I'm always impressed by doctors, nurses, other healthcare personnel, and anyone in a public service occupation who immediately serves the moment a crisis ensues and they feel a call to action within themselves. This behavior is displayed in crises after crises. Just as so many professional servants from all occupations do. What would we do without the hard work and dedication of the Red Cross for example? Chiropractors have a long history of jumping in and serving when the need arises during times of struggle and disaster. I know many of my colleagues step forward routinely and I am extremely proud of them and to be part of a brotherhood of such service-oriented and caring individuals.

They have served by treating other volunteers who have fought forest fires in the west, treated firefighters and volunteers after the Oklahoma City bombing, and were there to assist after the horror of 911. And after the major devastation in Louisiana and Mississippi from hurricane Katrina in 2005, chiropractors were present when thousands of evacuees were transported from New Orleans to Houston and sheltered in the Astrodome. Chiropractors went to work treating as many of these displaced people as they possibly could.

My point is this, firefighters, police, rescue workers, chiropractors, emergency medical services, medics, nurses and scores of other service professionals are wonderfully dedicated people whose lives involve serving on a daily basis. Yet, whether asked or not they will muster up more energy, more money and sacrifice more to serve more in a time of crisis. It is a part of who they are and perhaps is even an unspoken code they live by. This code is not, however, a uniqueness unto them, it is embedded in all of us. Most people just have to find the outlet that is right for them. What's most impressive, though, is the average citizen who musters up the courage to get involved. To step out of their comfort zone and feed the homeless, search the woods for a missing child, or brave the storms to rescue homebound people.

I urge you to become involved in some aspect of humanitarian effort if you haven't already. There is always a way to help—sometimes it is thrust upon us in times of disaster and desperation. But usually it is the daily activities of giving and serving that make the greatest global impact, throughout time. You can be one of these people not just in time of crisis but in daily life—for the everyday needs of all. I know you are one of these people...a giver and a server. Find the area that touches your heart.

Wherever you start the process in giving and serving is not necessarily the place where you will ultimately end up. Just as in the rest of life, different relationships and people come and go in our lives. We move many times, we change careers, etc.; no matter where you are you will have opportunities to give and serve because what is in your heart and mind will be drawn to you and yours to it. Life is constantly about change with one absolute constant—love. So it is when you begin giving freely and become a

servant to others, the universe works in mysterious and wonderful ways that we are blinded to, yet intimately a part of. The opportunities, encounters and abundance are limitless.

Recently, another medical mission opportunity has crossed my path in an unusual way which goes to prove we can't plan any of this. It was way off my radar screen. I could not have foreseen how these chains of events would take place. But here's the story. My wife and I have a getaway home on a lake and another couple had built a house a few lots away from us. We would wave and say "hi" occasionally but they were busy with their house and friends and we were too. Neither parties really took the time to sit and have a meaningful conversation and get to know each other. We had meant to, but circumstances just didn't allow it to happen. Until one day, the universe (God probably tired of waiting on us) aligned some things, nudged us all a little and created the perfect environment. Often times we realize that the world really is a small place and the interconnections are amazing. This was one of those times. It just so happened that our friends, Bob and Suzanne French who live in Tamasopo, Mexico were up in the states and staying with us for the weekend. You may remember these are the folks that were instrumental in helping our team (The Medical Missionaries of Divine Mercy) establish Tamasopo as a medical mission site. It was a beautiful picture perfect morning on the lake, one of those heavenly moments when you really feel at peace and in harmony with the universe. As we sat on the dock enjoying the sunrise and the start of a magnificent day, Steve, our neighbor decided to walk over and visit. What was happening unbeknownst to us was a divine mystery unfolding.

Remember the concept of six degrees of separation? It refers to the idea that if a person is one step away from each person he or she knows and two "steps" away from each person who is known by one of the people he or she knows, then everyone is no more than six "steps" away from each person on Earth. This is mind-boggling but seems to prove itself true more times than not.

We could not have foreseen our good friends, Bob and Suzanne meeting our new friends, Steven and Diane Gelé, who know some of the same people in remote areas of different countries and are now presenting us with opportunities to join them on different medical missions in Panama and Guatemala[10]. They also know our good friend, Bishop John McCarthy the former bishop of Austin, Texas and Dr. Anthony Manfree who created our Austin medical mission team that I have been part since 1995. There are a few other interesting commonalities I could tell you but won't because it's already confusing enough. Suffice it to say, it just gets beautifully strange. How could so many

[10] Steve and Diane's organization is Christian Medical Missions Inc. Visit their website at www.christianmedical.org

lives be intertwined so amazingly? Coincidence—I don't think so. More like Divine Intervention. Now it is up to us to understand the relevance and act on it. All these people have an interconnectedness that needs to be utilized. We all can grow, learn and teach from this encounter.

I suggest to being open to the people, events, circumstances and other directives that come into your path. It may be as simple as reading this book, perhaps passing a copy on to a friend or family member. You don't know the plan just be open to the possibilities...Just be open!

Pick one person today and treat them as you would your mother, father, sister, brother, wife, husband, son, or daughter. (Or maybe you should treat them better than that…some of you know what I mean.)

"Give and spend and God will send."

~Proverbs Maxims and Phrases for all ages

An important tool to utilize in your quest to give freely with your time, talent and treasure is a simple daily journal that you can easily access and make entries in. If used daily you will have practiced 365 or more acts of service and enriched countless lives including your own!

"The best thing about giving of ourselves is that what we get is always better than what we give. The reaction is greater than the action."

~Orison Swett Marden

The journal looks like this:

Affirmation of Service

I choose to carry out my day as if it is my last.
I will give freely and unconditionally that which I can.
I will provide service to one or more persons
With or without their knowledge.
Thought coupled with action equals change, therefore,
As I think and act, I can and will create positive changes in my community and world. I am grateful for the opportunity to serve humanity today. ~Dr. R.F. Barrett

Day 1 Date: _____

Today I: _____

_____

My Act of Service for Today: _____

_____

As my awareness for the needs of others grows, I see opportunities for service in the following areas: _____

Thought of the day: ***Live in gratitude, grow in life. ~Dr. R. F. Barrett***

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Feel free to reproduce and share with others.

By the end of the year, you will have practiced three hundred sixty-five or more acts of service!

The act of service (AOS) e-journal provided free of charge is our gift to you. As it is given to you, the hope is that it serves you well, as you serve others! It will help you to think and act in service to others on a daily basis. Start using it today, and every day! As each day passes, you will be able to reflect on what you have done for others and grow to appreciate your ability to serve and see more opportunities to serve. As your acts accumulate and grow so will you. Your consciousness of the need to help others will flourish. Ideas to help others will spring in your mind and avenues to serve will present themselves in ways that you could not have previously seen. Possibilities for changing not only others lives but yours will spring forth. I invite you to use this journal to capture your service efforts and grow new ideas. To download your journal now go to www.givetolivebook.com Three hole punch this journal, put it in a one inch binder and keep it in an area you have access to daily. This could be your briefcase, desk, car or by your bed. Review yesterday's service day first thing in the morning and write today's service day at the end of each day.

At the end of the week review the services you provided to others for that week. At the end of each month, review it again. Make any corrections needed to give or serve more or differently. And after the end of a year, review it one more time. Take an accounting of all you have accomplished for others. Be proud of your accomplishments even if you didn't get as much done as you would have liked. Please allow yourself to enjoy the emotions that you have helped many. Honor your service! Do not minimize your contribution to society. Any acts of service that you have accomplished have set wheels of positive change in motion that will forever alter many lives. Set new goals for the coming year. Develop ideas on how you can improve on your past service days. Always know that you are making a difference in people's lives and that even one person (you) has the ability to make a global effect!

If you have children, I encourage you to print a journal for each child. Start training them as early as possible. Instill a mind-set of helping others and they will accomplish more to change the world than you and I ever can. They will have great ideas and much more time to see them to fruition!

Research shows to establish a new habit it takes at least twenty-one consecutive days of repetition. I urge you to set aside twenty-one to thirty days to create a new habit of giving and serving. But by using your A.O.S. journal for three hundred sixty-five days of giving and serving will be an incredible journey! What could you do? Well, how about for twenty-one to thirty days writing a check and mailing it to a local charity or church—even if it is just for one dollar? Or go to an area where day laborers congregate.

Provide water, coffee or hot chocolate depending on the season. It gets really cold or hot standing around waiting for a job.

We have included more acts of service ideas for the day, as an example of what you could do. It's just a little mind stimulator. But please also write your own service ideas and thought for the day. We know you will have some great ideas. Joe and I have a simple request for you. That is, once you've started using your journal, provide us with feedback. Let us know how you are using it, and the effect it is having on your life. We invite you to also e-mail these to us. We would love to possibly include them in future work.

Acts of Service:

1) Take in your neighbor's trash cans even if they are able, but especially if they are not.
2) Water your neighbor's garden.
3) Take in a stray animal.
4) Volunteer at a women's shelter.
5) Create a food drive at your office.
6) Donate school supplies to a needy family.
7) Bring hot meals to the homeless living on the street.
8) Send an anonymous card to a co-worker who you know is experiencing a rough time in life (enclose a gift such as tickets to the movies or ball game, certificate for a massage or spa day—anything to uplift them).
9) Pay for a friend or stranger's dinner
10) Pay for a friend or family member's car repair if they are in financial difficulty.
11) Hire a mobile car wash service to clean a co-worker's car.
12) Befriend a co-worker who others shun or dislike (ever seen the show Ugly Betty?).
13) Volunteer at a nursing home.
14) Volunteer at the YMCA.
15) Volunteer at your church.
16) Volunteer at someone else's church.
17) Randomly pick a person's home and deliver a card with a gift.
18) Send a gift and thank you card anonymously to the fire or police department, emergency staff at the local hospital or military reserve unit.
19) Stop and help a stranded motorist.
20) Bring foul weather gear to the homeless during a storm.
21) Give a gift to flight attendants.
22) Help someone with their groceries.

23) Wipe down the restroom sink in a restaurant or other public restroom.
24) Write letters of support to military personnel servicing overseas.
25) Send a care package to military personnel.
26) Give a gift to the maid service next time you stay in a hotel.
27) Go on a mission trip.
28) Offer free home bible study courses.
29) Feed and transport the elderly.
30) Be part of a disaster relief group that prepares meals, cleans up properties, builds or remodels homes (I have several friends who do this with their respective churches).
31) Build houses.
32) Teach someone something you are skilled in.
33) Volunteer your expertise to the elderly, young, disabled, etc.
34) Be part of a church ministry, chair youth groups, ministering at people's homes if they are infirmed.
35) Drive the elderly to doctor appointments, grocery store, etc.
36) Plant trees in the community.
37) Buy or make a meal for someone who is lonely.
38) Bake cookies and give to someone—just because you care.
39) Cut the grass or trim the trees of a neighbor who can't do it.
40) Do any yard or home repairs for an incapacitated neighbor.
41) Work in a friend's business for a day for free.
42) Donate blood.
43) Donate organs.
44) Routinely change the sheets on an elderly person's bed.
45) Return any found items to the rightful owner, i.e. driver's license, wallet, purse, etc.
46) Invite a beggar or homeless person into a restaurant for a meal.
47) Stop and wait with a stranded motorist until help arrives (it could save their life).
48) Adopt a child.
49) Become a foster parent.
50) Become a scout master for the boy scouts or girl scouts.
51) Join a service oriented organization like the Knights of Columbus, Rotary Club International, Lions Club International, Exchange Club, etc.
52) Volunteer at the Red Cross.
53) Serve your church in a ministry—choir, teaching, youth ministry, etc.

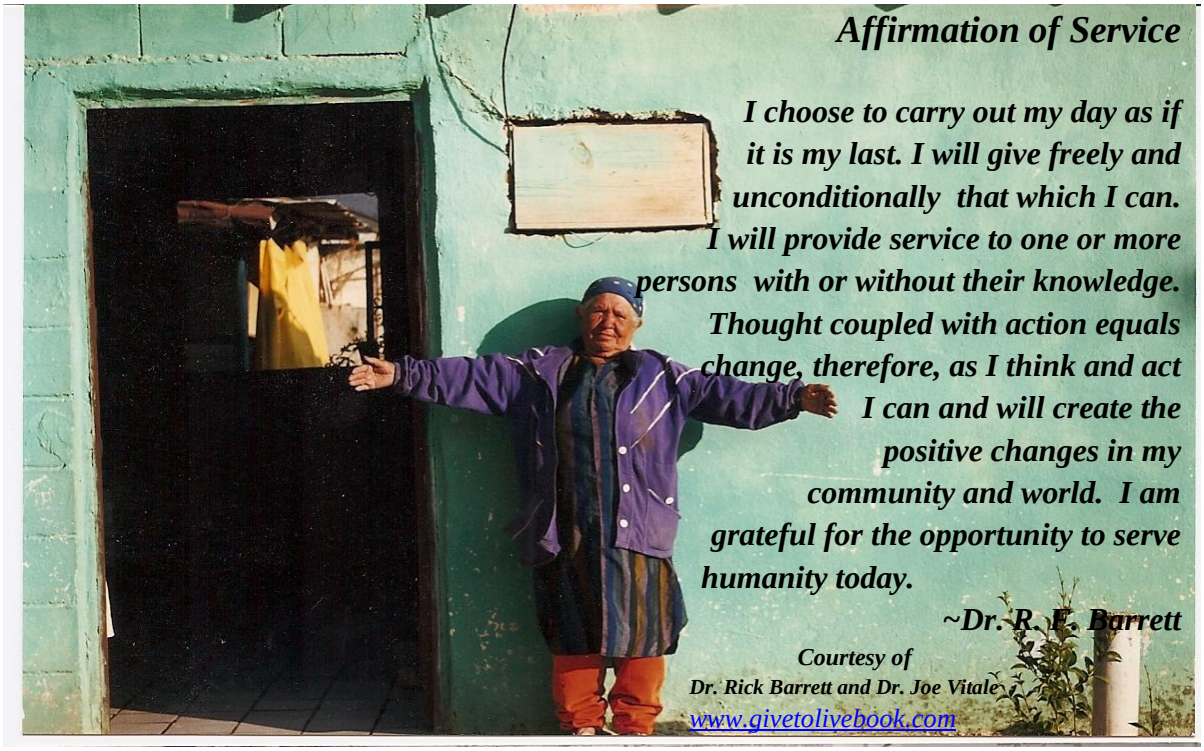
…To infinity…what else can you think of? Are you ready to start your journal? Great! Okay…download it now, go to www.givetolivebook.com

Download the following affirmation cards and

1) Carry in your wallet; give one to your significant other.
2) Put one in all your cars (affix to visor, etc.).
3) Give them to friends, associates or have them download their own. Share the message with everyone you can.
4) Frame it and put it on your desk or tape it to your computer.
5) Put it in your locker at the health club.
6) Tape it to the bathroom mirror.
7) Use them as bookmarks.

Be creative. Use the affirmation whenever you can! It should be a beautiful and constant reminder of how to live your day. What if everyone had these affirmation cards and acted accordingly?

"To give and then not feel that one has given is the very best of all ways of giving."
~Max Beerbohm


Affirmation of Service
I choose to carry out my day as if it is my last. I will give freely and unconditionally that which I can. I will provide service to one or more persons with or without their knowledge. Thought coupled with action equals change, therefore, as I think and act I can and will create the positive changes in my community and world. I am grateful for the opportunity to serve humanity today.
~Dr. R. E. Barrett
Courtesy of
Dr. Rick Barrett and Dr. Joe Vitale
www.givetolivebook.com

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I choose to carry out my day as if it is my last. I will give freely and unconditionally that which I can. I will provide service to one or more persons with or without their knowledge. Thought coupled with action equals change, therefore, as I think and act I can and will create the positive changes in my community and world. I am grateful for the opportunity to serve humanity today.
~Dr. R. E. Barrett
Courtesy of
Dr. Rick Barrett and Dr. Joe Vitale
www.givetolivebook.com

Pick a definite date to start your *Give to Live* program and Act of Service Journal. This is the beginning of a power shift in not only your actions but your consciousness. It is the start of changes in your life but also those around you will be forever influenced and changed by your ability to use your time, talent, and treasure for the greater good. Warning—once you start you will likely never stop. It may be subject to change but it is a continual journey that will accumulate in value and effectiveness.

Note: Take both a mental and physical inventory of where you are now before your starting date. Make a list of observations about your personal life, health, finances, mental state, your family dynamics, and friends you have or don't have. The activities you are involved in, the people you surround yourself with, the television, movies and entertainment you watch and enjoy. Make the list now.

As time goes on you will be able to gauge the results. Look for changes in a family member's life or even your attitude towards a family member. Be alert to mended relationships, better job, ideas for new ventures or products, increased creativity, new and wonderful people, exposure to new friends, better finances, and more opportunities to give in new areas.

Notate your changes in three months, six months, nine months, one year, etc. Reflect on your journey—continually correct and improve it.

Warning: Do not focus your attention on "what did I get today!" Let yourself flow and be open to see when things come your way. Much like driving, don't focus immediately in front of the vehicle. This is a sure way of reducing your vision and crashing. Instead, focusing beyond the vehicle, down the road gives you a more expansive vision of what may lie ahead, opens you up to other possible roads to venture down and gives you distinct markers along the road traveled. Be thankful everyday to the source of everything you have, have had and are going to have.

Travel as far down one path as you intuitively feel. Let the Spirit, the Divine, and God, direct you. Be open to that internal knowingness of what to do next. Be open to external signs that may give you alternate directions and allow other paths to open up before your eyes that were otherwise hidden. There are many righteous paths to travel down, many mountains of humanitarianism to climb. Travel where you can and where you feel the most comfortable. As your skill and competency grow, so will your opportunities to travel further and in different directions. Then you can climb other mountains, touch more lives and enrich your soul as you endeavor to give and serve.

At some point in all our lives, we search for the meaning of life. Perhaps some pursue this more vigorously than others. But still, the search for internal satisfaction, for reward is great within us.

Much of this yearning to be a part of something better than ourselves, whole and divinely good, can be satisfied by selfless acts of giving and serving.

I am humbled by the humanitarian efforts of so many. Even as I write this, I know I have made a contribution to the world and if today is my last day on the planet, I can be satisfied. But I also realize that my attempt to be part of the healing of the planet is but a small one compared to the enormity of the tasks.

As I reflect on the great efforts of so many, it seems as though they are using dynamite to make a huge difference. I stand with my little sledge hammer, chipping away at the problem—but at least I am chipping away and will continue to chip away at the problems of strife and suffering.

I am asking you to pick up your own sledge hammer and join me, Joe, and others to chip away and chip away and chip, chip, chip…away.

Chapter Eleven

The Power to Create a Wonderful Life… For All

"Now more than ever we have endless opportunities to give and serve. Not only is it the right thing to do, but it is the necessary thing to do. It is the salvation of the soul and the hope for humanity that is at stake."

~Dr. Rick Barrett

You are never too old or young to get involved to support a cause and serve humanity. Zach Hunter, fifteen years old, is a great example of a young man who upon discovering a problem, became passionately involved to make a difference in the world. Zach is an abolitionist, he wrote a book and gives speeches in an attempt to end slavery in the world. He even founded a student run organization called Loose Change to Loosen Chains[11] which raises money to free slaves. Most adults are so out of touch with the world and self-involved that they don't even know this horrific treatment of people not only exists but thrives. Zach is very tuned in. Age has no bearing on one's ability to pursue humanitarian involvement. It is intention, passion and a desire to see people's circumstances change, coupled with action that makes the giver, the servant, potent! Remember our friends Bob and Suzanne who are part of our team for the Tamasopo medical mission? Let me share with you a story that Suzanne wrote since becoming involved with our mission team...

With a squeal of delight and a smile of sunshine, Barbara runs to us yelling "Susanna - Roberto." My heart soars at the sight of this beautiful child running and carefree.

Barbara Castilo entered our lives in early 2005. Her single mother was the household worker for our friends, Charo and Hilda, in our Mexican community of

[11] Visit Zach's website at http://www.lc2lc.org

Tamasopo, San Luis Potosi, Mexico. Charo had been President of our Municipio when we began working with the Medical Missionaries of Divine Mercy in 2001. Barbara was born with her left leg missing below the knee. Despite her disability, she was from the beginning, a happy child. All who encountered her treated her as they would a child with two full legs. But as she grew older we began to look into possibilities for prosthesis. In Mexico, this kind of help is available only for those of means and at great cost. We knew it was going to be a tough road ahead.

When Barbara was 6 or 7 months old I began looking into possibilities from agencies in the United States. Five months of writing letters, telephone calls, e-mails, etc. provided no solid results. Then, in November of 2005, while we were participating in the Brigada de Medicos of the Medical Missionaries of Divine Mercy I talked with the Pediatrician for the group, Dr. Richard Byrd. He agreed to examine Barbara and made suggestions of possible places to look for help. One week after the group returned to Texas I received a message from Dr. Byrd to contact a Physician friend of his on the Board of Directors at the Shriners Hospital in Houston. With the help of translators, an application was made, telephone calls exchanged and a first appointment set up for Barbara to be evaluated at the Shriners clinic in La Faria, Texas. Barbara had just turned 14 months and was ready to walk.

My husband Bob, Barbara with her Mom, Sheba, Charo and I drove to the border and with no problem at all, since Shriners had set up all necessary permissions, we crossed and were on our way to La Faria. The clinic there is a heart wrenching experience. Children, all under the age of 18, with every sort of physical disability from the simple to the extreme are there with their parents. Most of them are from Mexico. I was incredibly impressed with the atmosphere being one of joy and hope.

As we sat waiting for Barbara's appointment, we saw a young girl with two artificial legs run down the aisle. Both Charo and I fought tears and he said "maybe a miracle will happen and Barbara will one day walk." Within an hour, Barbara was examined, accepted into the program and a cast of her leg made so the artificial leg would fit properly. With her acceptance into the program she is assured treatment, free of charge, until her 18th birthday.

Two weeks later Bob, Sheba, Barbara and I went to Houston to Shriners Hospital where Barbara was fitted with her new leg and received instructions for therapy. She then, with Mama Sheba holding her hand, took her first steps. Of course, we all cried. My heart was so full of joy.

Today Barbara is 2 ½ years old. She runs, plays, climbs stairs and many upon seeing her do not realize she is a child with special needs.

Barbara's appointments will be ongoing, with new legs required as she grows. Bob and I consider her our other "nieta" or granddaughter and every time we see and play with her are in awe.

For me, personally, this experience has taught me so much and reinforced others I already knew. I have learned no matter the obstacle, that with perseverance, anything is possible. Another great lesson for me is the one that although we cannot make the whole world perfect, we can, on a one-on-one basis, make a huge difference in the life of one or more people. Enforcing the "think globally and act locally" thought that applies to so many aspects of our daily life.

When we made Tamasopo our home in 2001, we anticipated a life of rest and travel. But the universe brought friends into our lives that took us on a path much more valuable and fulfilling. Whether we are cooking for a Medical Mission, helping with a Sight or Chiropractic clinic, preparing used clothing for use, then taking them into needy communities or getting funds to build eco stoves to save trees, we are fully engaged in living our lives to the fullest. Each of these activities brings new friends, ideas and possibilities to us. They have become such an integral part of our lives that no matter where we live, we will continue on the same path.

Bob and I feel blessed that we have had the opportunity to be a part of Barbara's life. Any help we have given her is far overshadowed by our rewards. The smile on her Mom's face, the help received from her Grandfather rebuilding a building at our home, the friendships made and the feeling of peace and contentment when I retire each night are only a few. The future is bright and the possibilities for positive action, giving and receiving are enormous... We look forward!!!!

Isn't that a powerful story? Suzanne and Bob are in their sixties and had started a new life of giving and serving. On many levels they are incredible examples of generosity, love, compassion, giving and being open to serving.

After retiring, my parents volunteered their services for many years every Friday at the Tri City Church Resale Store. Run by volunteers, this store took in merchandise that people donated. Goods were then sorted, tagged and put on the floor to sell. They were sold at dirt cheap prices as to be affordable for the very people who needed the items the most. The funds then went to run the store and to be utilized by certain area churches involved. My parents found this to be a great experience and were one of their ways to give back and serve the community. Zach Hunter, Bob and Suzanne, my parents and many others, regardless of age, are finding ways to serve. The needs of people do not discriminate.

Sometimes it's not easy to find your passion but it is easy to always find someone or someplace to serve. To find what's right for you, I suggest really getting in touch with

your soul, your innate, your spirit. You may find a worthy cause associated with a passion, hobby, or your job. Perhaps you love horses and want to work to save them from becoming dog food or rescue them from owners who mistreat them. Sometimes you will be touched by a news report or an article. If it does happen to touch you, don't let the moment pass! Contact the people involved and ask how you can become a part of what they do. Realize that with the billions of people on the planet there is much need and a diverse array of opportunities to help humanity, the animal kingdom and the planet. Any of it, all of it, will ultimately add in totality to the betterment of us all. The creative opportunities are absolutely endless and if each of us finds a way to serve, we can't help but change the world. Yes, each one of us has a special something that is an extension of the spirit designed for the purpose of changing lives. Find your contribution! Maybe you will find several.

Perhaps you are a math teacher and start up a tutoring program for children who need help but can't afford it. Then maybe once a month you work with Habitat for Humanity[12] to build houses for those in need. Additionally you make a decision to allocate $1000 to be sent to relief funds whenever there is national disaster (and there will be many). And then perhaps you want to provide clean water to the world so you join a group like Living Water International[13] (they are committed to providing safe drinking water to those in developing countries). Then one time per year you travel to a foreign country where they build water wells. Maybe you sponsor a child or you get involved with sending money to the school in Africa that Oprah[14] started. Soon you, yes, YOU are having a global impact on humanity. It's like tentacles of an octopus reaching out. Each person whom you've helped now has a better life, thinks better about other people of your race, belief system, church, etc. Love has been given. Hope has been instilled and this person is now more likely and probably will endeavor to help someone whenever the opportunity arises. This is how we stop crime, terrorism, hate and discrimination, end poverty and live in peace. There is no magic wand to instantaneously create this. It starts with an idea then with people acting on those ideas and moving in the right direction, slowly gaining momentum until the tide of change reaches critical mass and a turning point in society occurs. We must wish this change to occur and attract it. Listen to your

[12] Habitat for Humanity www.habitat.org

[13] Living Water International www.water.cc

[14] Visit Oprah's Angel Network® at www.oprah.com

intuition. Yes, you have intuition; unfortunately, it may have been beaten down by others. Resurrect it. It can serve you well as you determine how to serve others.

My point is illustrated by the incredible story of how Debbie Rodriguez[15], an average American citizen, who transformed her life one day. Debbie left the comfort of her home and country to travel to Afghanistan as part of a group providing humanitarian aid. Though she had no skills in healthcare, she was surrounded by doctors and nurses whose skills were vitally needed. As the Afghans became friendly with her they discovered her skills as a hairdresser. Soon word was spread and the Kabul Beauty School was created.

At the time of writing this book, Debbie Rodriguez has been in Afghanistan for five years and plans to stay until the women she is training are self-sufficient. She has elevated herself from an average citizen sitting on the side lines to a world class citizen. The relationships she is creating, the improved understanding between people, ideologies, and religion is of the highest magnitude. The rewards will be endless and far reaching for Debbie, Afghan women, two countries and beyond. All stemming from a decision to make a difference and her willingness to take action! Divine intervention and opportunities manifest themselves often. But the person has to be open to the possibilities and have a willingness to take action when called to serve. Sometimes your actions may seem like a small endeavor, yet believe me; any action will have huge ripples.

I ask you to sincerely reflect on this question, "What can you do to serve?" "How can you create your best **SELF** and **S**ee **E**very **L**ife **F**ulfilled?"

The story of Jesus and the crucifixion is a well known one. Whether you believe that Jesus is the savior or not you probably can agree that this man has been one of the most influential persons in history and an example of how to give, to love and to serve. His story and impact on billions of people is timeless. Even as he approached death he rose above his own circumstance to give of himself. One small hidden story amidst the greater story tells of Jesus carrying his cross and noticing a group of women on the road who were distraught by his circumstance. But as he struggled, he stopped to offer them hope, and encouragement, even though he was in excruciating pain and was abandoned by so many, including his friends. He placed these women's concerns over his own and took time to help them and minister to them.

Remember earlier I asked you to consider the word "self" to mean **s**ee **e**very **l**ife **f**ulfilled? I also told you that we only have two things to give, either our money or our

[15] Oasis Rescue www.kabulbeautyschool.com

self. And if we can give of our self then we have choices of how we give ourselves. We can give through service, which Jesus did daily, and we can give our life, which Jesus did literally and ultimately. Many of the great givers and servers throughout history didn't have their own wealth to give, they gave of themselves...they served!

"We must give more in order to get more. It is the generous giving of ourselves that produces the generous harvest."
~Orison Swett Marden

Mother Teresa is a universally known figure, and the perfect person to make my point. She had nothing of her own materially. She had heart, faith and created change all through her willingness to serve and give all of herself. Today, with the great wealth of many, there are opportunities not only to give monetarily but to individually serve without necessarily sacrificing everything you possess like Mother Teresa did. Certainly sacrifice all if that is your calling. But it is possible to give and serve, enjoying a quality life the way you wish it to be, all the while helping others to have and enjoy a quality life also.

I encourage you to grow and join us in our efforts to be part of something bigger, for yourself, your family and the world. We need you. I would like to leave you with the words from the wonderful James Taylor song, **Shed a Little Light**:

"...recognize that there are ties between us
All men and women
Living on the Earth
Ties of hope and love
Sister and brotherhood
That we are bound together
In our desire to see the world become
A place in which our children
Can grow free and strong
We are bound together
By the task that stands before us
And the road that lies ahead
We are bound and we are bound..."

As you are well aware, we are living in one of the most complicated and deadliest times in our world history; teetering on the edge of cataclysmic events becoming reality.

We can't alter natural disasters but we can influence people. There is hope. Destiny isn't written in stone. We write it everyday. Change is possible but it takes action! Waiting for the right time or circumstance or relying on the other guy to save the world isn't an option. It doesn't work. The time is now for each one of us to step up to the plate and become a world class citizen, to share our talents, time, energy and resources. We must share our love. It's up to Dr. Rick Barrett. It's up to Dr. Joe Vitale. It's up to YOU!

We believe extending your hand to others in need will serve to improve their lives and enrich your own. They in turn, will have the ability to extend their hand to another and perpetuate an endless cycle of giving and serving.

What are you willing to do to save yourself? To save your country? To save humanity? To save the world? We can create the quality of life we want now and salvage our eternity. We have the power to make this a wonderful life. Consider this your invitation to participate. Let's do it together! Joe Vitale's wish and mine are that you have and experience everything in this life that you wish. That abundance is poured out upon you as rain from heaven, and that all human beings experience this.

If you clear your mind "junk" and really apply the concepts of giving and serving with clarity of purpose and purity of heart, rewards can and will flow to you allowing you to "have" more, "be" more and "do" more.

What you are about to read next is from Joe's original book, *The Greatest Money-Making Secret in History!* along with some new updates. Enjoy *Give to Live Part II, The Greatest Money-Making Secret in History!* and then be open to receiving more so you can truly *Give to Live*!

Give to Live Part II
The Greatest Money-Making Secret in History!

by Joe Vitale

Author of the #1 best-seller, *The Attractor Factor*,
and way too many other books to list here

Acknowledgements

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Cover cartoon by Sean D'Souza of www.psychotactics.com

Proofreading by Jenny Meadows.

I thank the Divine for its love, giving and support of me.

Dedication

This book is dedicated to John Harricharan,
best-selling author, spiritual advisor and dear friend;
A man who has given freely his entire life.

"If ever there is a lack of any kind, whether it is need for employment, or for money, or for guidance, or even for healing, something is blocking the flow. And the most effective remedy: Give!" -- Eric Butterworth, *Spiritual Economics: The Prosperity Process*

The Power of Giving

An Introduction
By John Harricharan

It was a really hot summer's day many years ago. I was on my way to pick up two items at the grocery store. In those days, I was a frequent visitor to the supermarket because there never seemed to be enough money for a whole week's food shopping at once.

You see, my young wife, after a tragic battle with cancer, had died just a few months earlier. There was no insurance, just many expenses and a mountain of bills. I held a part-time job, which barely generated enough money to feed my two young children. Things were bad -- really bad.

And so it was that day, with a heavy heart and four dollars in my pocket, I was on my way to the supermarket to purchase a gallon of milk and a loaf of bread. The children were hungry and I had to get them something to eat. As I came to a red traffic light, I noticed on my right a young man, a young woman and a child on the grass next to the road. The blistering noon sun beat down on them without mercy.

The man held up a cardboard sign which read, "Will Work for Food." The woman stood next to him. She just stared at the cars stopped at the red light. The child, probably about two years old, sat on the grass holding a one-armed doll. I noticed all this in the thirty seconds it took for the traffic light to change to green.

I wanted so desperately to give them a few dollars, but if I did that, there wouldn't be enough left to buy the milk and bread. Four dollars will only go so far. As the light changed, I took one last glance at the three of them and sped off feeling both guilty (for not helping them) and sad (because I didn't have enough money to share with them).

As I kept driving, I couldn't get the picture of the three of them out of my mind. The sad, haunting eyes of the young man and his family stayed with me for about a mile. I could take it no longer. I felt their pain and had to do something about it. I turned around and drove back to where I had last seen them.

I pulled up close to them and handed the man two of my four dollars. There were tears in his eyes as he thanked me. I smiled and drove on to the supermarket. Perhaps both milk and bread would be on sale, I thought. And what if I only got milk alone, or just the bread? Well, it would have to do.

I pulled into the parking lot, still thinking about the whole incident, yet feeling good about what I had done. As I stepped out of the car, my foot slid on something on the pavement. There by my feet was a twenty-dollar bill. I just couldn't believe it. I looked all around, picked it up with awe, went into the store and purchased not only bread and milk, but several other items I desperately needed.

I never forgot that incident. It reminded me that the universe was strange and mysterious. It confirmed my belief that you could never out give the universe. I gave away two dollars and got twenty in return. On my way back from the supermarket, I drove by the hungry family and shared five additional dollars with them.

This incident is only one of many that have occurred in my life. It seems that the more we give, the more we get. It is, perhaps, one of those universal laws that say, "If you want to receive, you must first give."

There is a little rhyme that goes like this:

"A man there was, and they called him mad,

The more he gave, the more he had."

Most times, we think that we don't have anything to give. Yet, if we look more closely, we'll see that even the little we have could be shared with others. Let us not wait for a time when we think we'll have lots and then we'll give. By giving and sharing the little we have, we open up the storehouse of the universe and permit rivers of good to come our way.

Don't take my word for it. Just honestly try to give and you'll be surprised at the results. Generally, the returns do not come back from those we give to. It comes back from sources we could hardly imagine. So give your way to riches.

Take a chance on this universal principle. Take a chance on yourself. Universal principles always work.

Sometimes the return from giving happens very quickly as in the true story above. Other times, it takes much longer. But be assured of this: Give and you will receive -- and you'll receive a lot more than you ever gave.

When you give, don't do it with a heart of fear, but with a heart full of gratitude. You will be amazed at how it all works out. Open the gates of affluence in your life by giving a bit of what you have to those in need. As the great teacher said, "Give and it will be given unto you."

Try it. You'll like it.

John Harricharan is the award-winning author of When You Can Walk on Water, Take the Boat. See a free sample download at http://www.waterbook.com . Also visit http://www.insight2000.com and http://www.powerpause.com

Why give?

When I was homeless in the late 1970s, I didn't want to hear about giving. I wanted to be given *to*. I didn't know at the time that in order to receive, you must first give.

But how do you give when you're broke? Hungry? Jobless? I had heard about the power of giving, but usually from ministers or self-help gurus who wanted me to tithe *to them*. Or so I assumed. Besides, I didn't have anything to give. I was on the streets.

Again, I didn't know I had to start the process. If you have a dollar, give a dime. If you have a dime, give a penny. The act of giving starts the process of receiving. It has to begin someplace, and you have to make the first move.

I still didn't give right away, though. Like most, I was stuck in scarcity thinking. I figured my bank balance was limited. Actually, I didn't have a bank account at the time. Giving anything from a perceived finite amount seemed stupid. I refused to do it.

What helped me awaken were stories of people who lived the art of giving and couldn't give away their fortunes. Percy Ross really hit home for me, though I doubt he was the first person I heard about who tried to give away his money. Percy sold a company for millions of dollars and then gave it away to anyone who he felt needed it or who asked for it in the right way. (In 1981 Ross wrote a terrific book on asking, called *Ask for the Moon – and Get It*. Out of print now but worth the hunt). Turns out Ross had more money at the end of his life than during the years of acquiring those millions. He *couldn't* give it away.

There are many stories of philanthropists, of course. Andrew Carnegie gave away staggering fortunes and built libraries across the USA. Trump and Gates also give away unbelievable amounts. They never seem to lose from their giving, only gain.

But I couldn't relate to those titans. I was homeless. I was in poverty. I wanted to be rich enough to give but I wanted to wait for the wealth to reach me before I started to give it away.

Wrong.

The magic of giving begins when you begin it. You give what you can. At one point I gave away books. Being a book-aholic, I always managed to have them. I started to give them away. Son of a gun if I didn't start receiving books as gifts, as review copies from authors and publishers.

I gave books. I got books.

I began to see a pattern here.

Still struggling to make ends meet, I tried giving away money. Not much, though. I held on tight because I was so afraid of losing what I had, so I squeaked out a few dollars here and there. I tried to give wherever I received spiritual nourishment, like the tith-ers had taught me. I gave to authors, speakers, waiters and waitresses.

As I gave, I noticed changes: A job offer, an article published, a play produced, a client appeared, a book publishing contract, speaking engagements, etc.

Today I give more and experience more. I gave $15,000 to a mother needing to buy a machine for her child who had a stroke after birth. I've given thousands of dollars to causes I believe in. As I give bigger, I get bigger returns: more movie deals, more book deals, my own television show, more unexpected income. The list goes on.

I'm no longer homeless. I have a nice country estate, several cars, a hot tub, a pool, a library, and a luxurious lifestyle. Yes, I've worked hard, but I also contribute a great deal of my receiving to my giving.

I've learned there are at least three reasons to give:

1. Giving leads to receiving. Give what you want to receive. Want money? Give money. Want love? Give love. Pretty simple formula, really.

2. Giving puts you in the flow of life. Watch nature and see that it gives a never ending supply. I marvel at how fruits grow by simply planting a few seeds. Your giving is a seed that brings a harvest later.

3. Giving feels fantastic, which is a powerful way to engage the Law of Attraction to pull in more good feelings. Feel good = attract more good feelings. This alone is reason enough to give.

But wait. I want to make one final, important point.

Giving isn't about receiving. It's about giving. If you give as a type of bargaining method to get something from the universe, you'll gum up the works. You have to give with a pure heart. Yes, you will experience return as long as you don't have limiting beliefs about your own deservingness, but that's not the reason to give. You give for the joy of giving.

My advice is to give recklessly and carelessly. Give with a deliriously open heart without concern for receiving (but welcome it when it comes your way) and with a

childlike sense of wonder, that as you give the world's heart opens and all are blessed – including you.

The Logic of Giving

I don't believe logic exists. I feel what we call logic is simply rationalization. After all, one person's total logical argument often makes no sense to another person. If logic did exist, we would all agree. We don't. We don't buy the same cars, clothes, or houses, or vote for the same politicians or have the same philosophies about life. Yet we have perfectly "logical" reasons for everything we do, say, and believe.

Giving is like that. It defies logic. When you give anything, you tap into a higher spiritual law. You have little to do but give, wait, and receive. This may seem strange. Again, it's not logical. It's intuitive. It's spiritual. It's innate to the way the universe operates. All you have to do is get out of the way and let it cook.

Let me give you a story to illustrate my point: A person read, *The Greatest Money-Making Secret in History*, and decided to try giving. He saw a tape set he knew a friend of his wanted. He bought it. He gave it to his friend. It was a good deed. It could have ended there. But this giver then received an assignment worth over $117,000.

How is that possible?

It isn't possible, if you look at this event logically. A "reasonable" person could look at the giving and say it had nothing to do with the getting.

But what if you tossed logic out the window?

Take another example: Another person read my book and started giving. He wrote back saying: "My weekly income has gone up 113% in the last week. This is my best week financially of the year. New clients started calling me from all over the place. I've never had so many new customers in a week."

Did his giving lead to his increase?

You bet. Again, this defies logic. At least it defies human logic. We are so accustomed to giving and holding our hand out that giving with no expectation of return means we won't get a return. That's our "logical" argument anyway. But that isn't the case. Not in real life. Not here on planet earth. When you give of yourself, you receive - period.

What you're really asked to do when you give is trust. I wear an ancient Roman

gold ring on my hand. It is estimated to be 2,500 years old. It has the word “Fidem” engraved on it, which is Latin for “Faith.” It is a reminder to me to trust; that when I give, I will receive - some day, some way, from some one. All I have to do is practice the principle.

It’s the greatest money-making secret in history.

It’s just not logical.

The Greatest Money-Making Secret in History!

If you want money, you only have to do one thing. It's the one thing some of the wealthiest people on the planet have done and are doing. It's the one thing written about in various ancient cultures and still promoted today. It's the one thing that will bring money to anyone who does it but at the same time most people will fear doing it. What is that one thing? John D. Rockefeller did it since he was a child. He became a billionaire. Andrew Carnegie did it, too. He became a tycoon.

What is the greatest money-making secret in history? What is the one thing that works for everyone? Give money away. That's right. Give it away. Give it to people who help you stay in touch with your inner world. Give it to people who inspire you, serve you, heal you, and love you. Give it to people without expecting them to return it, but give it, knowing it will come back to you multiplied from some source.

In 1924, John D. Rockefeller wrote to his son and explained his practice of giving away money. He wrote, "...in the beginning of getting money, away back in my childhood, I began giving it away, and continued increasing the gifts as the income increased..."

Did you notice what he said? He gave away more money as he received more income. He gave away $550 million dollars in his lifetime.

Some people think Rockefeller started giving away dimes as a publicity stunt to improve his image. That's not true. The public relations man who worked for Rockefeller was Ivy Lee. In *Courtier To The Crowd,* a great biography of Lee, Ray Eldon Hiebert states Rockefeller had been giving money away for decades on his own. All Lee did was let the public know.

P.T. Barnum gave money away, too. As I wrote in my book on him, *There's A Customer Born Every Minute*, Barnum believed in what he called a "profitable philanthropy." He knew giving would lead to receiving. He, too, became one of the world's richest men.

Andrew Carnegie gave enormously, too. Of course, he became one of the richest

men in America's history.

Bruce Barton, co-founder of the famous BBDO Advertising Agency and the key subject of my book *The Seven Lost Secrets of Success*, also believed in giving. In 1927 he wrote:

"If a man practices doing things for other people until it becomes so much a habit that he is unconscious of it, all the good forces of the universe line up behind him and whatever he undertakes to do."

Barton became a best-selling author, business celebrity, contributor to numerous causes, and very, very, wealthy.

While some might argue that these early tycoons had the money to give, so it was easy for them, I would argue that they got the money in part because they were willing to freely give. The giving led to the receiving. The giving led to more wealth.

I'll repeat that:

The giving led to the receiving.
The giving led to more wealth.

Today it's fashionable for businesses to give money to worthy causes. It makes them look good and of course it helps those who receive it. Anita Roddick's Body Shop stores, Ben Cohen and Jerry Greenfield's ice cream, and Yvon Chouinard's Patagonia, are living examples of how giving can be good for business.

But what I'm talking about here is individual giving. I'm talking about you giving money so you will receive more money.

If there's one thing I think people do wrong when they practice giving, is they give too little. They hold on to their money and let it trickle out when it comes to giving and that's why they aren't receiving. You have to give, and give a lot, to be in the flow of life to receive.

I remember when I first heard about the idea of giving. I thought it was a scheme to get me to give money to the people who were telling me to do the giving. If I did give, it was like a miser. Naturally, what I got in return was equivalent to what I gave. I gave little. I got little.

But then one day I decided to test the theory of giving.

I love inspiring stories. I read them, listen to them, share them, and tell them. I decided to thank Mike Dooley of www.tut.com for the inspiring messages he shares with me and others every day by email.

I decided to give him some money. In the past I would have given him maybe five dollars. But that's when I came from scarcity and feared the giving principle wouldn't work. This time would be different. I took out my checkbook and wrote a check for one thousand dollars. It was the largest single contribution I had ever made in my life at that time.

Yes, it made me a tiny bit nervous. But it mostly made me excited. I wanted to make a difference. I wanted to reward Mike. And I wanted to see what would happen.

Mike was stunned. He got my check in the mail and nearly drove off the road as he headed home. He couldn't believe it. He even called me and thanked me. I enjoyed his boyish surprise. It made me feel like a million bucks. *(Note that!)*

I loved making him so happy. I delighted in giving the money to him. Whatever he did with it was fine with me. What I got was incredible feelings of helping someone continue doing what I believed in. It was an inner rush to help him. I still rejoice at sending him the money.

And then something wonderful began to happen.

I suddenly got a call from a person who wanted me to co-author his book, a job that ended up paying me many times over what I had given away.

And then a publisher in Japan contacted me, wanting to buy the translation rights to my best-selling book, *Spiritual Marketing*. They, too, offered me many times what I had given Mike as a gift.

A true skeptic can say these events are unrelated. Maybe in the skeptic's mind, they aren't. In mine, they are.

When I gave money to Mike, I sent a message to myself and to the world that I was prosperous and in the flow. I also set up a magnetic principle that attracted money to me: As you give, so you will get.

Give time and you'll get time.

Give products and you'll get products.
Give love and you'll get love.
Give money and you'll get money.

This one tip alone can transform your finances. Think of the person or persons who have inspired you over the last week. Who made you feel good about yourself, your life, your dreams, or your goals?

Give that person some money. Give them something from your heart. Don't be stingy. Come from abundance, not scarcity. Give without expecting return from that person, but do expect return.

As you do, you will see your own prosperity grow.

That's the Greatest Money-Making Secret in History!

"If you see it, touch it. If you touch it, feel it. If you feel it, love it. If you love it...Give it. Because NOTHING speaks to the UNIVERSE louder of your BELIEF in self, abundance, and love, than giving. And when the Universe hears, more will be added unto you. NOT AS A REWARD, but because you truly believed... in self, abundance, and love."

-- From www.tut.com

The Great Secret To Activating The Law

The lady on the phone had a question.

"I've been giving money away for years and I haven't seen my own prosperity grow at all. What am I doing wrong?"

"Where are you giving money?"

"To my local church."

"Why are you giving them money?" I asked.

"They need it."

"How do you feel when you give it to them?"

"Like I am helping them out of a hole."

"But how do you *really* feel when you give them money?" There was a moment of silence.

"Well, it's a pain," she admitted. "I cringe when I write them a check."

Not good.

"If you feel lousy when you give money, then you are associating money with bad feelings," I explained. "You probably don't want to attract more bad feelings, so you probably won't attract much more money, either."

"Wow. I never thought of it that way."

"And if you give because someone asked for it or even pleaded for it, then you are reinforcing need," I explained. "In order for you to experience increased wealth, you want to give money wherever it makes you feel good to do so. In other words, giving to someone who needs it is a noble thing to do. Do it. But that's not the principle I'm talking about here."

"I get it!" she said. I couldn't help but think some other part of the universe was

helping her understand what I couldn't explain. "What did you get?" I asked.

"I've been keeping the church in a begging mode," she said.

"My heart wants to give money to wherever I feel spiritual nourishment. Sometimes that's my church. Sometimes it's not."

"You got it!" I said.

And there you have it. You can give money to any causes you like. I've helped The Red Cross, the Make-A-Wish Foundation, cancer funds, and more. But I didn't expect my finances to increase from that giving. That generosity was helping, yes, but not necessarily activating spiritual law.

The spiritual law of financial income seems to happen when you give money freely to wherever you get your spiritual nourishment, with a small expectation that somehow, some way, some day, your finances will increase as a result.

Giving to worthy causes might activate the law if you feel you received spiritual nourishment from those causes. But if you didn't, and you give anyway, you are probably just helping people in need. That, of course, is noble. I say do it.

Again, the subject of this book is the greatest money-making secret in history. And you activate that secret when you give freely, joyously, to wherever you currently get spiritual nourishment and nurturing.

"Money is an outer form of spiritual substance."

-- Georgiana Tree West, *Prosperity's Ten Commandments*

The Great Back-Door Secret to Wealth

I received a check in the mail today from a long-lost friend.

The check is for only a portion of the money he owes me. But since he took almost ten years to send this amount, I am glad to see it.

Ten years ago he hired me to write a detailed marketing strategy for him. At that time, I charged a few thousand dollars for such a service. He agreed to it and said he would pay. I did the work and he didn't pay.

Because he was my friend, I let the invoice slide. Months went by, then years. Then he moved to another state; I moved to another city. He went on his way in life and basically dropped out of my awareness. I went on my own way and fairly quickly became somewhat famous on the Internet for my books and tapes.

One day a few months ago, I received an email from someone who wanted to co-author a book with me. He said he knew some of my friends, and mentioned the one who owed me money.

As soon as I saw my old friend's name, my blood pressure rose. I felt myself get angry. I felt ripped off, betrayed, hurt.

I took some deep breaths and calmed myself down. I talked to myself. I reminded myself that the universe is a big place (some understatement) and that wealth can come from many avenues, not just from past invoices. I decided to forgive my friend. And I did, mentally. I sincerely let him and his debt go. I didn't need the money. And I didn't need to be right.

After maybe nine years, my friend sent me an email. He said he knew he owed me money. He explained that he had tough times, that he had moved and he was trying to make it as a professional speaker. He added that he wanted to bring peace to our old friendship.

I wrote him a brief note saying we already had peace. I also invited him to pay off his invoice by sending me a check for a tiny percentage of what he owed me (about twenty percent, as I recall). He agreed.

Well, he didn't send me a check. Not right away, anyway. Several more months passed before I heard from him again. This time it was another email, and this time he was again explaining his situation to me.

I remained at peace. I knew I would have money. It didn't have to come from him. The universe --- whatever you want to call that power bigger than you or I ---would see that money came to me as long as I stayed in the flow. Being at peace is a good way to stay in the flow.

And, as I explained in the beginning of this chapter, the check arrived today. I have no idea how my old friend felt as he wrote that check. I hope he did it with a heart full of joy. If so, he activated the money attracting principle.

I know when I wrote a check for $500 to my brother, who had helped me out of a bind twenty years before and I finally paid him off, I felt *exhilarated.* Writing that check to Ted made me feel like a king and it gave me such an inner sense of peace, that alone was worth a million dollars.

I'm calling this sense of peace --- or forgiveness, if you will --- a back-door secret to wealth.

Where in your life are you holding grudges because someone owes you money? Or maybe because you owe someone money?

Let it go. Talk to yourself. Allow yourself the heavenly awareness that the universe provides, not your friends. Money doesn't come to you from them, it comes to you *through* them.

Once you can let the grudges go, you free yourself to receive.

Beware This Great Trap

The article that gave birth to this book was called The Greatest Money-Making Secret in History, which was a shorter version of chapter one.

That article became so popular that it was distributed to thousands of people across the Internet. Ezine Publishers reproduced and distributed it. Content websites stored the article on their sites. And dozens of people wrote me, most thanking me and praising the article.

But a few of the emails I received were curious. They were from people asking me for money. Apparently they read my article and concluded that I was someone who would give money to anyone who asked for it. So they wrote and asked for it.

The problem is that's not what the article describes as the great secret for attracting wealth. I never wrote, "Ask for money and you'll get wealthy." Instead I conveyed the message, "Give money to wherever you received spiritual nourishment and you'll activate the money-attracting law."

I wrote to every person who had written to me asking for money. I explained the concept.

None of them wrote back.

I'm bringing this experience up for you to consider for two reasons:

1. Don't beg for money and expect to get wealthy. Just look at the beggars on the streets. They are not living prosperous life styles. They are just getting by, if that. Or look at the people who do fund-raising. Most of them are begging, though they would never call it that, and they never seem to have enough. Is that a clue or what?

2. Don't give money to beggars and expect to get wealthy. I didn't say don't help the poor, though it's questionable how much it helps them to hand them things. Instead, I'm saying don't give money to people just because they ask for it and expect to turn on the universe's cornucopia.

I see giving money out of a sense of obligation or duty as a trap. That was always the problem I had with ministers who asked people to give money because either (a) they

needed it or (b) the Bible decreed it.

Either may be true. But if you or anyone gives money without a feeling of joy in your heart, it is highly unlikely that the money you gave will come back to you multiplied.

The best way to determine where to give money is to ask yourself one simple question:

Where did you receive the most joy?

And if you want further clarity, or more questions to assist you in knowing where to give money, try these on for size:

Where were you reminded of your divinity?

Where were you encouraged to go for your dreams?

Who made you feel glad to be alive?

Whatever your answer, *that's* where to give your money.

"Many people have had a psychological block against tithing (giving), because so many theologians have stressed what tithing would do for the church rather than what it could do for the individual."

-- Catherine Ponder, *Open Your Mind to Prosperity*

My Great Confession

Okay, I'll confess. I found it hard to believe I would receive money if I gave money. It just sounded like such a con, like a strategy promoted by people who wanted me to give money *to them*.

Well, I was too smart for that. I decided that I would not give money, but that I would instead give books. That's right, books. I had plenty of books. Since I had worked as a New Age journalist and book reviewer for many years, I had collected a lot of books. I had more than I needed. Why not give some of them away?

I still remember making the decision. I was lying in bed in Houston, where I lived at the time, reflecting on how to get prosperous. I remember thinking, "I can become the richest man in America in terms of books." And right then and there I decided to try out the giving principle on books.

Within days I had called a few friends over and let them pick out books. I didn't let them pick out any books or all my books, of course. But I pulled a few piles of books out and let my friends take what they wanted.

Then, over the course of the next few months, whenever I gave a talk someplace, I also gave out books. I found it a terrific way to hold attention. Whenever someone's attention seemed to wander, I announced a free book for the next person who asked me a question. Everyone in the room perked up.

When I moved into the country estate where I now live, I set about 25 boxes of books in the garage. I then threw a housewarming party and had people come over. I told them that before they left, they were encouraged to go through the boxes and take what they wanted. Everyone did. One person took so many books that he needed a dolly to wheel them to his car.

What was the result of my grand book-giving?

Ever since the day in Houston when I decided to give books to receive books, I have always had an abundance of books.

And today I own one of the largest book collections in the world on marketing, and another on metaphysics. People see my collection whenever they visit here and are in

awe.

What they don't understand is this:

Books will always come to me because I always give books. I was activating the great giving principle, but on books.

Today I know to give money to receive money. And as a result, I have money, far more than I ever did when I lived in Houston.

But in those early days, when I feared losing money and wanted to hold onto all I had, all I could allow myself to give were books. As a result, books came.

Listen and learn: *Give* what you want *to receive.*

"We must not try to fix the avenues through which our good is to come. There is no reason for thinking that what you give will come back through the one to whom you gave it."

-- Charles Fillmore, *Prosperity*

The Great Man Who Gave Away 30 Million Dollars

I just learned that a famous, colorful and charming American philanthropist is dead. I had always loved his book, *Ask for the Moon and Get It: The Secret to Getting What You Want by Knowing How to Ask.*

His name was Percy Ross. Maybe you heard of him. Ross gave away an estimated thirty million dollars to various charities and organizations. He also wrote a syndicated newspaper column, called *Thanks a Million*, for approximately 800 nationwide newspapers for 17 years. The column contained letters from people writing Ross, telling him their story and asking for his help. It was fascinating.

It was fascinating because Ross could always see through people. He would read their letters and sense if they were sincere, or lazy, or begging. And he always replied with words of wisdom --- and sometimes with a check. He gave checks 120 times per week. And in 17 years he gave away about $30,000,000.

The thing is, Ross started with *two* million dollars!

Do you see the giving principle at work here?

Ross began with two million dollars as his source funds. You may not have that amount, but the story still holds true. In 17 years Ross gave away *thirty* million dollars!

Again, giving leads to receiving.

Consider: Have you ever experienced a situation where you were asked to donate money to a particular cause, and looking at your shrinking bank balance you were torn between giving money or not? Many people have told me stories about being in this exact situation, but after deciding to go ahead and make a donation, these same people were very surprised when suddenly a sum of money came to them from some unexpected source to replace the money they just gave away.

The truth is, if you hold on to your money, you risk losing the very thing you are hoarding. On the other hand, if you trust good things flow to those who give freely, you will always have funds available to suit your needs.

To prove this, look at Percy Ross. He started his charitable ways with $2 million dollars and yet over the course of 17 years donated some $30 million dollars!

I miss Percy Ross.

But now *you* can take his place.

What is True Giving? Or, Do You Have An "Equation Mentality"?

I just got off the phone with my dear friend, Dr. Paul Hartunian, publicity genius, philanthropist and true lover of dogs.

I asked Paul about giving and how he saw it working in his own life and with his own personal cause. That's when he told me something truly eye-opening.

"Too many people make an equation out of giving," he said. "They give some money and then wait for it to come back to them ten-fold. That, to me, is not true giving."

This was a shocking statement to me.

"What is true giving then?" I asked.

"I believe true giving is done anonymously," Paul explained. "If someone gives a million dollars to a foundation because they are going to have a building named after them, then that is trading, not giving."

Paul was bringing up a valid point.

I remember a time when someone e-mailed me, asking what they should do if they try to give money to their friends and it's refused. I remember thinking, *"Why do your friends have to know it's coming from you? Can't you give in secret?"*

Paul went on to tell me something even more fascinating.

"I think the secret to giving is in not caring if it comes back to you or not" he explained. "Once you don't care, you're in the flow."

Ah, yes!

That's the secret!

Give without expecting return --- give because your heart moves you to give --- give because it's your joy to give --- and you're in the flow of life itself.

"All I can say is that maybe the Cosmos handles the rest," Paul told me. "I've been blessed in my life but I didn't give to be blessed. The cosmos just took care of me."

I love how Paul Hartunian explained all of this to me. He gave such a practical,

level-headed view of giving.

"I have no problem with someone being recognized for giving," he added. "But if you give *because* you want recognition or you expect a ten-fold return, then you're not giving, you're calculating."

Paul walks his talk. Around Christmas of 2002 he sent me an email and asked if I had anything of a spiritual nature he could give to the readers of his e-newsletter. He said he always gave them publicity and money-making advice. Now he wanted to give them something spiritual.

I suggested he let his fans read the e-book version of my #1 best-seller, *Spiritual Marketing.* I told him anyone could read the e-version online at http://www.mrfire.com/spirit

Paul let his readers know. He was very generous to do so. After all, he didn't make a dime off my book and never would from this endorsement. He was simply giving.

Now the punch line here is that Paul had, at that time, about 76,000 readers. That meant his gift (and my gift, too) touched a lot of lives. Paul gave from his heart. I gave from my heart. How this will come back to us, no one knows---except maybe the Cosmos.

Are you giving?

"The law of prosperity, whose first action is giving, comes so close into the heart of being that we can scarcely expect to weigh and balance it by numbers and calculations... We must give without expectation of return."

-- Ernest C. Wilson, *The Great Physician*

Show Me The Money!

Am I the only one who *really* saw the movie *Jerry McGuire?* That hit movie starring Tom Cruise had everyone repeating the famous line, *"Show me the money!"*

I didn't watch the movie for nearly one year after it was released because I thought it was all about greed. Since everyone who saw the movie smiled and repeated that one line --- *"Show me the money!"* --- as if it were some sort of national mantra, I wasn't interested.

But then one day Nerissa and I wanted to watch something on television. As luck would have it, *Jerry McGuire* was coming on the tube right about then. So we settled in to watch it.

I was amazed. The movie wasn't about greed at all. Yes, Jerry came from a money-hungry place, but he soon learned that mindset wasn't going to work.

Greed was out.

Greed was a dead-end street.

Greed led to a poverty of spirit.

Instead, Jerry, the sports agent, learns about the power of passion. When he truly starts to care for his client, to look for and activate the heart in the one player he represents (who does the same for him), then and only then does he start to taste real success and start to experience real happiness.

Oh, there's no doubt the phrase *"Show me the money!"* is a catchy one. It's done so well in the movie, and said so often, and delivered with such upbeat emotion in the one unforgettable scene, that you can't *help* but remember it.

But that's not what the movie is about. Not to me. The movie is about show me your *heart*, not show me your money.

Giving is like that.

If you give because you want money, you are not giving but simply trading.

If you give because your heart sings to do so, then you are truly giving.

It's the difference between *"Show me the money!"* and *"Show me your heart."*

The universe responds to your heart, not your money. Money is just a symbol.

Give money from your heart.

When you give from your heart, very quickly and in the most surprising ways, the universe itself will then *"Show you the money!"*

But don't give to get. Don't give as a negotiation with the universe.

Give to *give.*

The Greatest Spiritual Mind Treatment

May I offer you a gentle reminder of how the principle of giving works?

I went online and created the following short "Spiritual Mind Treatment" specifically for you. You can go to the same forms I did and create one even more personal and relevant for you. Just go online to http://www.wmop.org/Smt.htm

"A 'Spiritual Mind Treatment' or affirmative prayer is recognition of Spirit's Omniscience, Omnipotence, and Omnipresence, and a realization of humanity's unity with Spirit..." (Ernest Holmes, *Science of Mind* textbook, pg. 149.)

That may be more than you or I can understand, so let's just call a "Spiritual Mind Treatment" a formula for getting in tune with the infinite. Call it magic. Call it a reminder. Call it a lucky charm. It doesn't really matter.

"Treatment is not trying to make yourself believe something that is not so, but is based upon truth," wrote Robert Bitzer in *Collected Essays of Robert Bitzer.* "It is to change your belief so that you can recognize and accept the truth."

In other words, a treatment is a way to remind yourself of what already exists. For example, the law of giving already exists. It is truth. A treatment would be to remind you of that fact.

You can say the words below at night, in the morning, to yourself, or out loud. Most importantly, whenever you are about to give money away, say these words (or ones of your own that have meaning for you):

"I know there is an infinite energy system in the universe that is of me, in me and around me. We are all connected to it, are in it, and are of it. I am connected to you as well as to everyone else through the energy that sustains us. I know that when I give anything into this energy system, it will return to me in kind, multiplied and amplified because the nature of the system is to grow and expand. I am grateful for this realization, and for the gifts I have now, am receiving, and will receive. I trust the process to work for me, as it does for everyone who activates it with giving. So be it. It is so!"

As always, how you feel as you say those words is what matters most. Emotion activates the law. Feel *joyous.*

How To Think Like God

About ten years ago I gave a talk entitled "How to Think Like God." People loved it. The few who were there that day in Houston still remember it. Last year I put the talk online, where anyone could listen to it over the internet. Everyone loves it.

The reason it has such broad appeal is it's so freeing. "Thinking like God" is all about no-boundary thinking. Do you really think God would have limits? Do you really think God would talk about lack and limitation? Do you really think God would have excuses for not doing things?

I don't think so.

In my talk I told stories about Barry Neil Kaufman and his wife, Susie, healing their son of autism.

I also talked about Meir Schnieder, born blind and diagnosed as incurable who now sees and helps others to gain or regain their vision.

And I talked about my work with Jonathan, the miracles coach I had worked with years ago. (Most of the stories are in my book *Spiritual Marketing*).

The point here is this: If you were to pretend you could think like God, how would you think? What would you do? What would you say?

I'm pretty sure God wouldn't balk at giving money (or anything else). I'm pretty sure God wouldn't worry about how money would come to Him (or Her). I'm pretty sure God wouldn't put a limit on what He/She gave, either.

So, *what would you do if you thought like God?*

This wonderful question spills over into every area of your life. How would you act in your relationships if you thought like God? How would you act at work if you thought like God? How would you behave in society if you thought like God?

This is more than a liberating exercise in creative imaging. This is a chance to expand your heart, too.

How do you think like God?

You pretend. You pretend you *are* God. If you were God, how would you think?

Personally, I don't think with *any* limitations at all when I start to role-play thinking like God. My mind starts to consider anything and everything. Cure cancer? Of course! Win millions in the lottery? Easy! Solve world hunger? No sweat!

Of course, implementing those wide-reaching goals is another story. So let's bring it back home, to the individual, to you, and to me. If *I* thought like God in my own life, what would I do different? Well, this book is a good example.

I spoke to John Harricharan on Friday afternoon. He's a dear friend and spiritual advisor. He was in one of his psychic places that day and told me I would soon write another book.

You don't have to be psychic to know that, of course. I'm an author. I'll always write another book.

But something in me triggered when John said another book was coming. We talked about book ideas for a few minutes. He pointed out how popular my article had been, the one titled, The Greatest Money-Making Secret in History. He said a book on that would help the world, and be very welcome.

While I hadn't told John this before, I had wanted to write a book based on my article. John's gentle push was all I needed. I started writing the book the very next day. As I type these words it is now Monday --- three days later.

In short, by thinking like God, I removed all limits to how long it takes to write a book. This one was done over a weekend, more or less. Not bad.

Back to you: If you thought like God, what would you do right now? If it's give money, go give it. If it's write a book, start typing. If it's start a business, get going. There are no limits.

Just *think like God.*

"In my personal experience, the reasons for tithing were never explained clearly enough, and there was always so much pressure from the head of the church that it never seemed like a free-will gift, given in loving gratitude, but rather just another bill we had

to pay. Because of that attitude, tithing usually doesn't have the effect of opening the prosperity flow. The attitude, motive and Spirit with which we give this money back to the Universe are the most important things about our gift. Our motivation ***must*** *be that* ***the money we are giving away is a gift of love we are giving back to the Universe in gratitude and appreciation for our gift of life.****"*

-- Patricia Diane Cota-Robles, *It Is Time For You To Be Financially Free!*

Leo Buscaglia's Big Mistake

I met Leo Buscaglia many years ago. He was the charming, passionate, and colorful author of the best-selling book, *Love*. He once said in a lecture, "I own the copyright on love!"

He was a loveable man. His words warmed my heart and inspired my soul. Marian, my wife at the time, and I used to watch Leo on television. He inspired us.

We were learning about tithing at the time. I was very skeptical. I still thought giving was a scheme. But Marian was always more open-minded and trusting than me. She practiced giving more than I did in those early years.

One day, when Marian looked around to see who she was going to send money to, she easily remembered Leo Buscaglia. She wanted to thank him for all his sharing, and for reminding her through his books and talks to always live a life of love.

So Marian found his address and sent him a check. I remember how happy she looked as she wrote him a note and mailed him the gift. Her heart was alive.

But then something sad happened. A few weeks later, Marian received a letter from Leo Buscaglia. He had returned her check. He added a note that said he had plenty and didn't want or need more, so please give the check to someone in need.

Marian was hurt. She was offended. She felt rejected. She saw the refusal of the gift as a dismissal of her. It was a sad moment.

While we could talk about Marian's response to the letter she received, my point here is more about Leo's action. I think Leo made a mistake. In order to be in the flow of life, you must give as well as receive. Leo cut off the flow.

Much later I learned --- from Leo himself --- that he had experienced several robberies. His house had been broken into and his belongings taken. It happened to him at least twice that I recall.

I can't help but think Leo had inner blocks about receiving. Those blocks showed up in his outer world by losing all he had. I could be wrong, but I really wonder if there was a connection between his refusing gifts and losing what he had.

Let's learn from Leo's mistake. When someone offers you money, accept it. When someone offers you a compliment, accept it. When someone offers you any gift, joyfully welcome it. If you refuse gifts, compliments, and money, you are closing a door on the prosperity that is trying to come to you. The key is to be in the flow. When you give *and* receive, you are participating in the flow of life. After all, money has to circulate to do everyone any good. Give it. And when it returns to you, *receive it*.

Does Free Have Value?

There's a theory in marketing that people don't appreciate what they get for free.

Is that true?

While it is true that the word "Free" is probably the most powerful and persuasive word someone can use in their marketing, it may also be true that anything someone receives for free is usually treated with disregard or disrespect.

This has been proven over and over again. Consultants who give their time and services away often find the people who received their gifts don't appreciate them. In general, only when someone pays for something do they pay attention to it.

But is that true in the art of giving money?

First, I don't think so. Second, it doesn't matter.

Let's look at both statements.

First, I don't think people look down on gifts of *money* because money is such a highly charged symbol in our world. People scramble, fight, work, worry and die for money. They know its value. When most people receive it, they welcome it. Some people will grumble about the money not being enough, but that's their belief in lack and limitation. In general, give money and people will know you gave them something of real value.

Second, I don't think it matters what they think about the money or what they do with it. You're giving the money to activate your own heart.

My friend, Bob Proctor, author of the book *You Were Born Rich,* once told me, "I don't care what they do with the money. They can take it out and burn it for all I care. I'm giving it for me."

That's the point. While you want your gift to be received and appreciated, what you're really doing when you give it is awakening your own spirit and activating a spiritual law.

I remember giving a friend of mine a treasured copy of the now legendary book, *The Robert Collier Letter Book.* The book is extremely rare, highly valued, and worth a lot of money.

My friend was at my house and said he had been looking for the book for years. I had an extra copy and just handed it to him. His eyes popped wide. He was stunned. He couldn't believe it, and he couldn't stop thanking me.

That was also the last time I saw my friend.

"Did he not appreciate the gift?"

"Maybe."

"Was it too much for him to receive as a gift?"

"Maybe."

"Would I give it to him if I had to do it all over again?"

"In a heartbeat." Giving that gift to him made *me* feel great.

Here's another example.

Some twenty-five years ago I was reading books and listening to tapes by Barry Neil Kaufman, founder of The Option Institute. I had little money at the time and found it hard to part with what I had. But I wanted to give something to show my support for Barry. So I sent him five dollars. It was a big deal for me, and I hoped it would somehow add to whatever others were sending to Barry.

Then, in 1985, I went to The Option Institute and studied with Barry or "Bears" as his friends call him. On the last night of my stay there, we had a public Gratitude Night. Everyone who had been to the Institute that week gathered in a room, sat in a circle and took turns saying what we had been thankful for. This lasted *three hours*.

You can't imagine the energy in a room of thirty people thanking each other for three hours for all they had received. It was phenomenal. I still vividly recall that night.

When Bears took a moment to speak, he singled me out. He acknowledged me for

my letters to him, for my support --- and for the five dollars I had sent him many months earlier.

I was stunned.

While it had felt great to help Bears in a small way, I realized he had felt great to receive it. It was a beautiful win-win.

Remember, how you feel as you give is the key. If the other person feels the joy, too --- as Bears did with my gift --- it's further reason to celebrate and feel happy. And if the other person says little and maybe even drops out of your life --- as my friend with the priceless book --- allow it. Again, how *you* feel as you give is the key.

"Money-giving is a very good criterion of a person's mental health. Generous people are rarely mentally ill people."

-- Dr. Karl A. Menninger

47 Limiting Beliefs About Money & And How to Release Them Right Now

By Mandy Evans

I've known Mandy Evans for about twenty years. She is a remarkable belief-clearing counselor. I asked her to compile a list of the most common negative or limiting beliefs about money that she could find. I also asked her to tell us how to remove them. The reason for my request is sometimes people give but have belief blocks keeping them from receiving. Clear the blocks and the prosperity comes. The following article by Mandy offers a truly brilliant way out of the maze of limiting beliefs about money.

What you believe about money will play a greater role in your level of prosperity, and in your enjoyment of that prosperity, than most people imagine. In fact, most people do not imagine the role beliefs play in their financial success or lack of it. Most people never even think about their beliefs. We just act on them.

I have been collecting examples of self-defeating beliefs like squirrels collect nuts for the winter - for a long time. Here are some real beliefs about money from real people in real workshops and classes. These beliefs cut off the in-flow of money into countless lives and/or slowed it to a trickle. Some of them are familiar and some are so unique that they seem strange. Sometimes the same belief can be life-expanding for one person and life-extinguishing for another. Read through this list and see if you identify with any of the beliefs.

1. Money is the root of all evil. (The actual quote is "The love of money is the root of all evil.")
2. If I am successful people will hate me.
3. If I make a million dollars, I might lose it and then I would feel stupid and hate myself forever.
4. There is not enough money to go around.
5. If I have a little more than I need to get by, someone else has to go without.

6. If I have a lot more than I need to get by, lots of people will have to go without.
7. It is better to take less than to be responsible for someone else's hardship.
8. Democrats punish the rich.
9. Republicans punish the poor.
10. If I make a lot of money, I will be betraying my father who never made much money.
11. The rich get richer.
12. The poor get poorer.
13. I am smart and talented; I should get more!
14. You should always use money well.
15. Money is hard to deal with.
16. Money is hard to get.
17. You have to work hard to get it.
18. To save money you have to do without things.
19. Time is money.
20. I can't have money and free time.
21. Money is not spiritual.
22. You have to do lots of things you don't like in order to have money.
23. I do not have enough to share or give away.
24. Accepting money obligates me.
25. It is better to take less than my due and be free from sticky situations.
26. To be a valuable person I have to work more for less money than other people do.
27. Having money stops you from being happy.
28. Money spoils you.
29. I will never have enough.
30. If I don't feel bad about past mistakes and afraid about the future I will make the same mistakes again. (From an investment broker)
31. It's best if I just want enough to get by.
32. You get what you deserve.
33. Being super-conscious about every single penny is the good and the right thing to do.
34. Never buy anything that you don't need.
35. If you were a smart woman you would be supporting yourself easily by now.
36. If you were a smart and cute woman you would have married someone with money by now.
37. I always rent; owning a house would be too scary.

38. I would never feel secure if I had to be responsible for much more than a hammock.
39. I have to own my own home to feel secure and if I had at least maybe a yacht.
40. If I buy something that breaks, I'm stupid.
41. Worrying about money is tacky.
42. Daddy will like me better if I don't spend much.
43. I want to have a lot of money when I get old, then people will be nice to me.
44. I never want people to know I have so much money because people are really mean to rich people.
45. If I get paid a lot people will find out that I am a fraud.
46. Daddy will love me lots more if I don't spend much.
47. Everybody wants more; when it comes to money, less is better.
48. There's somebody else inside me that spends all of my money.

If you identify with any of these beliefs, go through them one by one and answer these three questions about each belief.

- Why do I believe that?
- Is it true?
- What might I be concerned would happen if I did *not* believe that?

By asking these three probing questions of *any* belief, you can dis-charge it and become free to go for your desires. You'll also be free to give, as well as to receive.

Go ahead and work through those beliefs right now.

Mandy Evans has taught thousands of people how to become freer, more creative, and much happier by changing the beliefs that keep them stuck, limit them, and cause emotional pain. Her books TRAVELING FREE: How to Recover From the Past and Emotional Options drew endorsements from Deepak Chopra, Bernie Siegel, John Gray and me. Visit www.mandyevans.com Order her books from www.amazon.com or call 800-431-1579.

"One of the reasons many people do not have money is that they are silently or openly condemning it."

-- Joseph Murphy, *How To Attract Money*

Enlightenment-by-E mail, or, How to Make Your Great TUT Come True

Mike Dooley didn't know what he was going to do. He quit his job at Price Waterhouse. He left the company, his security, and his home. He went to Orlando and sat there, lost, confused, and waiting for direction. None came.

Meanwhile, his brother was making some money from royalties on a few t-shirts he had designed. So Mike, his brother, and later their mother, went into the T-shirt business. They called their business TUT, for Totally Unique T-shirts. Everyone from Disney to Macy's bought and sold them. Within ten years they sold more than one million shirts. Life was good.

As the market began to change, and major buyers began to make their own T-shirts, the family decided to stop business. The artistic brother began a career as an actor and improv comic. The enterprising mother, who had already written two books, began a full-time career as a writer. Mike decided to buy out the family business --- which by that time had come to be known as "Totally Unique Thoughts" --- and run it himself.

"Our most popular T-shirts had always been the ones with inspiring or spiritual sayings written on them," Mike told me over the phone one day. "So I decided to offer a Monday Morning Motivator by e-mail to our loyal list of followers."

The Monday memos were usually poems. His small band of followers at the time amounted to 1,000 names. Instead of writing to these people with an opening that said, "Dear loyal T-shirt customer...," Mike decided on a more unique approach.

"I created an Adventure's Club and invited them to be a member for the sum of only $36 a year," Mike explained. "They would get weekly and even daily messages from me, all of an inspiring, motivational and/or spiritual nature."

"Did it work?"

"No. Almost no one paid for it. So I naturally decided to offer it for free, knowing I would somehow figure out how to make money from it down the road."

Mike's Monday Morning Memos caught on. People loved the inspiring weekly poetry. Eventually he gathered the courage to add his own insightful commentaries that would accompany each poem. His subscriber base grew to 3,000 names.

"About this time I had a friend of mine who was making $15,000 every month from banner ads on his e-cards," says Mike. "So I put all my energy into making free e-cards that people could sponsor click-through ads on. I used the old T-shirt art I had and added some commentary to make the e-cards unique."

But that didn't work out, either. "Within six months advertisers quit taking ads on e-cards. My friend stopped making $15,000 a month. I never made more than $100 from my e-cards. But I'm still glad I did them."

Why is he glad?

"They have become a viral marketing campaign," Mike explains. "People send them to others and suddenly my website is known to potentially millions of people. Those e-cards are still a popular feature on my website."

Around this time, in 2001, Mike decided to take the biggest leap of faith of all. "I recorded 12 audiotapes, packaged them, and called them *Infinite Possibilities: The Art of Living Your Dreams.* They are a combination of my weekly e-memos, old talks I had given, and entirely fresh material."

That tape set became a turning point for Mike's online business.

"People would get an e-card from someone, see a link at the bottom for my tapes, and make an impulse buy right then and there."

Mike sells 40 to 60 tape sets every month, at a retail price of $125 for either cassettes or CDs.

While he's never asked for a single testimonial for his tapes, he has at this point collected an overwhelming amount of them. You can see them at http://www.tut.com/auwc.htm

Here are three quick ones:

"Riveting! Inspiring! Miraculous! Rarely have I heard such wisdom, such mind-stretching beauty, such practical inspiration and proven advice.

"I was blown away! I squealed with delight!"

"I'm listening to the tapes repeatedly... EXCELLENT material, endless new perspectives, spin-offs...your words have set me in motion!"

While Mike has added a daily e-memo to his weekly ones, he has never advertised, done any publicity, or implemented any marketing. His tape sales come from word-of-mouth sharing. His database is currently 5,000 hot names, and growing. He plans to use pay-for-click services to build his database. Next he'll focus on his affiliate program, which he just added to his site.

In short, Mike went from a company drop-out with no mission to a man with a giant mission. He uses the internet as his primary vehicle to help people go for their dreams. His main marketing tool is his "Enlightenment-by-E-mail" daily and weekly inspiring messages, which continue to be free.

What's his advice for building a successful business and making your own TUT---totally unique thoughts---come true?

"As clearly as possible define the end result of what you want in emotional terms," he advises. "Get into that emotion now, even before you start working for the dream or even quitting your job. Having the end result firmly in mind now will help you weather any setbacks that may occur later."

"And don't worry about how you will get to that end result," he adds. "There are a million ways to achieve fame, wealth, or whatever you want. Don't tie the hands of the universe by thinking it has to come in one certain way. The universe has 'infinite possibilities' at its beck and call. Trust it."

Finally, I asked Mike if he would offer a "totally unique thought" specifically for you, the reader of this book. Here's what he sent:

"Success in the world, business or otherwise, is far more a function of how well you engage the universe and its magic, than it is of how well you manipulate the time and space around you. This is every tycoon's secret - whether they know it or not."

"Your job is NOT to out-maneuver the competition, to play into the hands of future clients and customers, or to reinvent the wheel. Your job is to define your dream, to imagine the end result, and to move with your hunches and instincts – that's it. The rest will automatically and effortlessly fall into place...a brilliant marketing strategy, the

best 'location,' the 'clutch' idea, and perfect timing between them. The universe is ALIVE in the unseen, and active in all of your affairs. Learn how to use it."

And here's another very relevant quote from Mike:

"GIVING tells the universe that you believe YOU are provided for. For even as you empty your purse you fear not, demonstrating faith that you will remain whole, that your coffers will be replenished, and that your love for whomever you gave, is what's most important. Verily, as you believe these things to be true, you will experience such truths, and abundance shall be showered upon you as if the heavens had opened up."

You'll note that a large degree of Mike's success came from giving. He gave away (and still gives away) e-cards and he still writes and gives away his inspiring daily and weekly memos.

Total sales, plus speaking fees, and revenues from new books in the mill: *Notes from the Universe, Totally Unique Thoughts, More Reminders Of Life's Everyday Magic,* etc., should top $250,000 this year, and Mike projects $1,000,000 in 2004!

Mike says, "None of this would have happened if I hadn't offered all my mailings, and club membership for free, though at the time I had no idea of where it would take me, or how I would eventually profit. It just felt right. People were grateful, and I was loving my 'job.'"

"Sometimes the Universe doesn't always respond in kind, or by throwing dollars at you, but instead, it returns to you confidence, dreams, and inspiration...which is even better than bucks, because it's like learning to fish (as opposed to being given a fish). You then know how to go get more."

How Giving Led to $1,500,000

By John Milton Fogg

Lots of authors take custody of the "best-seller" claim for their book. Yeah, well...it may be a best-seller at the "Ain't Words Cool" book store in their own home town, but....it's a whole other thing to be able to say that a book has sold a million copies! That's just what John Milton Fogg can claim for his book *The Greatest Networker in the World*. How did he do that? John's answer is...

"I gave the book away."

I wrote *The Greatest Networker*...in 1992. At the time I was the owner/editor of a publication named *Upline* that served men and women in the network marketing profession. At that time, we probably had a couple of thousand subscribers at most.

I didn't have the money for the first print run. A friend and mentor of mine in the business, Tom "Big Al" Schreiter, suggested I "pre-sell" the books to people who could sell them to others: book wholesalers, vendors, network marketers, people who had magazines or catalogs which sold books, tapes and tools. Tom told me to make a great low price deal to these folks so they could make more money. That would pay for the printing, make a profit for myself and generate the money to print more books. Tom bought 1000 copies at $3 each.

I asked him how he was going to sell those books. He told me he wasn't. He was going to *give them away*.

That got my attention, so I asked, "Why?"

Tom explained he was going to "seed" the market. He figured people would like or love the book, and they'd come back and buy more to give or sell to other people. And, it would create word of mouth advertising for the book, which meant more sales for him (and me).

Tom also explained the idea of a "value added" premium to me. He'd make an offer of one of his products to his people and give *The Greatest Networker*...away free as

an incentive to buy. People would get a $10 value, which Tom only paid $3 for.

Good deal for him; helped him sell more of his products. Good deal for them; they got a free gift, felt great and were more inclined to buy his offer.

I don't know how many of my books Tom sold over the years. I do know he made his investment back and them some - lots of some.

I knew a great idea when I saw one, so I started giving *The Greatest Networker* away with every single subscription to *Upline.* My subscribers got a free gift and were more likely to buy the magazine to begin with. I got my book being read by the best possible people who could spread the word and help me sell more.

When the internet came along, I put *The Greatest Networker* up on our website and gave it away there, too. Over the years I probably gave away 40,000-plus copies of my book. The cost of that was, say, $50,000. So one way to look at it was I gave away $50,000.

But I earned a buck a book royalty on all the copies of *The Greatest Networker in the World* that were sold. That doesn't include any "extra" money I earned from the wholesale or retail sales when people bought the book.

Do the math.

My guess would be, all-in-all, $1.5 million of net profit to me. All because I gave my book away.

Here's yet another true story about the power of giving:

Do you know who Seth Godin is? He's the *other* Internet Marketing guru - besides Joe. Seth wrote *The Idea Virus.* That book started a revolution. Seth gave it away on-line. People told him he was crazy. More than a million and a-half of Seth's e-books are out there AND, after he gave it away for free, he printed up a hardcover edition for $45 and made a fortune selling that! Go figure.

I had the fascinating privilege of interviewing Seth Godin for Networking Times magazine. He told me the following "Giving-Marketing" story and it just blew me away. This is utterly brilliant!

Seth knows a great folksinger who does music for kids. She has five CDs and she

sells them on her own. Now, Seth doesn't do consulting any more, but this lady is a personal friend, so when she asked if he had any ideas on how she could sell more of her CDs, Mr. *Permission Marketing* (he wrote that book, too) complied.

Seth asked how much she sold her CDs for. She told him $15. Seth asked how much one cost her to produce and package. She told him 80 cents. So Seth said... "Look, every time someone buys one CD, send them two. Nobody has any use for a second CD, because it's the same music. What are they going to do? They're going to give it away, probably as a present. One of these kids gives one of these CDs to another kid as a birthday present and they're likely to buy two, three or four more, because the parents get tired of hearing the same songs over and over again."

Like I said, "Brilliant!" Each one of those give-away CDs that result in just one additional sale nets the folksinger $14.20. And, as Seth pointed out, parents will probably buy two or three more, perhaps all five. Each time they do, they get an extra one free, that they turn around and give to a friend saying, "This is great! Little Harry will really love this."

Oh, that lady folksinger doubled, then tripled her business with that CD she gave away.

John Milton Fogg's website is at: http://www.GreatestNetworker.com/is/jmf

A Law That Never Fails

By Dr. Robert Anthony

Two years ago I received an email from a friend that said, "I just came across a website that has a quote from one of your books right on the front page."

I checked it out and sure enough, there was a quote from my book, *Advanced Formula for Total Success,* prominently featured on the main page.

After looking over the website, I was impressed with the service the owner was offering. I contacted him and told him so. In addition to the quote, I offered to write a short article endorsing his service. He couldn't believe I would do this for him without compensation.

My intention was to support him and help him to succeed. It never even occurred to me to ask for anything in return. I knew that the universe would take care of any "compensation."

As a result of my endorsement I found out that during the following year he had increased his sales significantly. During that time we never kept in contact and truthfully I had forgotten all about it.

A little over a year later I received an email from him that said, "Someone contacted me because they saw your endorsement on my website and said they wanted to get in touch with you. He says it is very important. Do you want me to give him your personal email address?"

Strangely enough I had no hesitation and said, "Yes, have him contact me."

This is the only communication I had with the website owner since I helped him over a year ago. I followed up and contacted the man who wrote to him. That one contact changed my life.

As it turned out, this individual became a close friend as well as my new business manager and marketer. As a result, with his help, my business increased over 500%! All

this, from giving freely to someone without asking for something in return. This was a clear and direct result of the Law of Reciprocation (giving/receiving) in action.

A law that NEVER fails.

Dr. Robert Anthony is the author of several best-selling books. See his website at www.drrobertanthony.com

Giving Really Does Lead To Receiving

By Bob Burg

Whenever I speak on the topic of Networking, I always make sure to provide my definition of what the term "Networking" means to me.

By and large, the very concept is misunderstood and carries with it a somewhat negative preconceived notion (i.e., shove as many business cards into people's faces as you can while telling them all about yourself and your products or services while attending a one-hour business/social mixer).

I define Networking as "The cultivating of mutually beneficial, *give* and take, win/win relationships." As you can see, the emphasis is on the "give" part.

"But wait," the person asks, "Isn't that just Pollyanna-type thinking that doesn't work in the real world?"

"Not at all. Giving works."

Let me say it again, "Giving works!" and there's nothing "Pollyanna" about it. Giving works both from a practical, as well as spiritual side. Let's look though, at just the practical side.

What I call "The Golden Rule" of Networking is, "All things being equal, people will do business with, and refer business to, those people they know, like and trust."

When we give to, or do something for someone, we take an important step toward causing those "know, like and trust" feelings toward us in that other person. I've often said that the best way to get business and get referrals is to first give business and give referrals.

Why? Because when someone knows you care about them enough to send business their way, they feel good about you. No, they feel *great* about you, and desire to give back to you.

Of course, it doesn't have to be actual business that you give. It could be information, whether that information is something that would help them in regard to their business, personal, social, or recreational lives.

Perhaps you suggested a book (or bought them that book) that you know would be of true value to that person. Maybe you knew their son or daughter was looking for work at a certain company and, knowing someone there who knew the personnel director, you made a call and put in the kind word that helped ensure employment.

It really doesn't matter. Allow me, if you will, to share one example from my personal life. This took place several years after I had begun speaking professionally. There was one corporate client in particular; one with many divisions I had been trying to "land." However, I could not seem to even get a foot in the door. Not only that, I couldn't even find the door to try and stick my foot in.

It happened that at a Speakers' Convention I met a man who had been speaking professionally for quite awhile. I struck up a friendship with him and his family and looked forward to seeing them at various events.

During that time, despite the fact that I knew he was quite successful, I never asked him for anything. I did, however, help him as much as I could. Several times, when I was already booked for an engagement on a certain date, I would refer him to the person from the company who had called me.

Having articles published fairly often in magazines, I would refer him as a contributor to the editor. This was appreciated by all parties, of course, and didn't take anything from me in any way. That's one of the great things about giving, it helps everyone and hurts no one.

It was only a couple of years after meeting him that I found out, through a third party, that the client I had been unsuccessfully seeking was a major client of this speaker friend of mine.

Now, I probably could have come right out and asked him for help but I didn't feel that would be quite right. I didn't want him to feel that because I had gone out of my way for him that he "owed" me anything. I did feel comfortable however, asking for his advice on how I, myself, might best pursue them.

I said to him, "I know this is a huge client of yours and am not in any way asking for you to make a connection for me. I'd love to know, though, how would be the best

way for me to contact the person myself to at least let them know who I am and how I could help them, so that I get the opportunity to establish and develop a relationship?"

Well, to make a long story end, he would have none of that. He said, "I'll have the guy who's my main contact call you." And he did.

That client, together will all the spin-off engagements I've had wetting that company's umbrella over the years has accounted for several million dollars in sales.

That was not the first, and certainly not the only time, that giving first has literally paid big financial dividends. It's the way I run my business; it's the way I run my life.

Giving first, works.

There is a major caution here however: You cannot give with the *expectation* of direct reciprocation or, for that matter, *any* reciprocation. This won't work if you are thinking, "Okay, what is he or she going to do for me?"

Not that you might not get something in return. But that something will more than likely be a one-time something, done out of obligation, and not inspiring the "know you, like you, and trust you" feelings toward you from that other person, that will elicit this person desiring to see you successful.

No, give because it's the right thing, without the expectation of direct reciprocation, and you'll find this principle to be one of the truest of universal truths.

Bob Burg speaks internationally on the topics of "Business Networking" and "Positive Persuasion Skills." His books Endless Referrals and Winning Without Intimidation have each sold over 100, 000 copies. To subscribe to Bob's free weekly email newsletter, visit www.burg.com

"Love must be the guiding principle in all our giving."
-- James A. Decker, *Magnificent Decision*

Giving and Receiving: The Fine Print No One Told You About

By John Zappa

Much has been written about the universal law of giving and receiving, but I have discovered in my dealings with others that there is often a great deal of misunderstanding about how to apply the principle.

The general notion is that the more you give, the more you get. As you sow, so shall you reap. That's all well and good, but I believe the misunderstanding of this wonderful secret could be easily cleared up with a simple corollary to the law of giving. The corollary is that it's not what you do, but why you do it. Intention and motivation are everything.

What this means is that you should only give if you are giving for the pure joy of giving. If you give because you expect to get, you are defeating the purpose. The universe is not so easily fooled.

Giving with the motive of getting is actually an affirmation of lack. Saying that you have to get because you have just given is saying to the world "I don't have enough." Your belief will soon be proven correct. The energy vibration of lack will only attract more lack.

Again, as you sow, so shall you reap.

Many people I know give grudgingly or feel deprived after they have made a gift of time or money. If you give out of a feeling of obligation or a sense of sacrifice, the underlying feeling is one of lack. Dressing up a feeling of lack under a mask of generosity will only lead to disappointment. It's not what you do, but why you do it.

Don't waste your time by giving with the expectation of getting a return on your investment. God is not a share of stock that you trade on the NASDAQ (ticker symbol GODD). "If I give, I'd better get something back or else." Such thinking originates from

a position of "there's not enough."

While some people give with ulterior motives, there are others of us who rarely give at all because of the belief, "I can't afford it." Henry Ford often said that there are two kinds of people, "Those that think they can and those that think they can't," and they're both right. Your beliefs create your experience every time.

So much for the ways NOT to give. What to do instead?

My personal experience suggests waiting until you are in flow with life. We all have mood swings. Sometimes we feel good, and sometimes we feel bad. When you happen to catch yourself feeling good, seize that opportunity to give out of a sense of sharing the abundance that is already yours.

By being grateful for whatever you currently have, it is much easier to pass some of your good fortune onto someone else. In those moments, you get the sense that there is more where that came from.

My first experience with true giving, at least in recent memory, occurred during a relapse of cancer several years ago. Once I got over the initial shock of the diagnosis, spiritual aspects within me started to awaken and I began to count my blessings.

After several months of chemotherapy, I had the opportunity to visit New York City during the Christmas holiday season. My doctor had decided to give me a few weeks off from chemotherapy to enjoy the holidays, and a mini-vacation was just what I needed. The Christmas lights in NYC, the crisp winter air, and the fact that I was still alive put me in good spirits. I was feeling abundant and grateful.

One evening on the way to dinner with my wife and my brother, a homeless man outside the restaurant we had selected asked me if I could spare a dollar. I was feeling great, and I gave him $20 instead. This in turn made him feel great, and it made me feel even better that I had made his day. The important subtlety for me was that I had waited for my wife and my brother to go inside the restaurant before I gave him the money. I wanted the act to be anonymous, and I didn't want anyone questioning the wisdom of giving away a $20 bill while I was on medical leave with a very limited income. If I had to defend or justify my actions to anyone else, it would have taken away the joy and spontaneity of the moment.

At that point, I did not know what the future had in store for me, but in that instant things were perfect. I was feeling good, and I didn't want anyone else to ruin the feeling

of that moment by telling me to be sensible. Waiting until no one was looking to give this man some money seemed like the best means to that end.

It was a win-win situation. The guy felt great, and I continued to feel great the rest of the evening. It was my secret. I was feeling prosperous for no apparent reason, and I made someone else feel prosperous by giving him 20 times more than he had asked for or expected. I happened to be in the flow of life in that moment, and it was a perfect time to give.

Over the next few months, my supposedly "fixed" disability payments somehow increased by 20%. I don't know how or why, and I certainly didn't ask.

I did not know about the law of giving and receiving at that time in my life. I was just acting on pure impulse. It was only after I began my spiritual studies that I came across this principle. With my new understanding and the benefit of hindsight, I began to see the connection.

The most important aspect of this principle to me, and it bears repeating, is to remember that it is not what you do, but why you do it. If you are having a bad day, or you are in a negative frame of mind, don't give just because you think you are supposed to. There is no extra credit for God, and it won't benefit you or the other person under those conditions.

Instead, wait until you are having a particularly good day and are feeling great. Then give while you are in that state, and observe what happens. If you find yourself doing mathematical calculations to decide how much you can afford to give or worry over what others think is sensible, don't bother. You've lost the feeling.

Wait until you're back in the flow and just choose an amount based on your first impulse. Go with whatever amount makes you feel good and won't cause you to feel poorer because there is that much less in your wallet or bank account.

This universal law may take only a moment to understand, but it can take a lifetime to master. But just because you haven't mastered it does not mean that you can't have fun practicing. Give it a try, and let your own experience be the judge.

John Zappa is a publicity consultant in Austin, Texas. As a refugee from Corporate America, he now chooses to invent his own work.

How to Get What You Want

By Susie and Otto Collins

It seems like such a strange concept, but when you give away what you want, you really do get more of it. We're living proof. And here's why...

We have an incredible relationship filled with lots of love, passion and a deep connection with each other and our creator. Our relationships weren't always like this. In fact, our previous relationships were in many ways a mirror for what we didn't want.

Before getting together, totally independent of each other, we each decided we were willing to do whatever was necessary to create the relationship of our dreams. Out of our passion to have this incredible relationship, we read every book, went to every seminar, listened to every tape and spent countless hours talking about and discussing relationships, trying to figure out what it takes to create the relationship of our dreams.

So what did we do next?

We began giving love away.

Out of our own passion for love, connection and having a great relationship, we began sharing with others what we had discovered. As a result of our desire to "give love away" and share with others what we've learned about love, relationships and happiness, not only has our own relationship grown deeper and more connected, but our bank account has grown as well.

People started asking us what we did to create such a great relationship, so in 1999 we started an online newsletter on relationships and personal growth. We simply shared tips and ideas we used to create a great relationship. In other words, we gave away what we most wanted: Love. Now, almost 20,000 people get our free weekly Relationship Gold Newsletter.

We've also written three books on relationships including *Communication Magic, Should You Stay or Should You Go?* and *Creating Relationship Magic.* We have two others planned. We're not counselors or therapists. We simply share from our hearts and

lives what we know about love and relationships that we wish we'd known years ago.

What we have is so great that we want others to know how they can have it too. We have discovered that just like money, there is an abundance of love that is there wanting to be tapped into. We just have to be willing to be open to it.

What we wanted more than anything else was a deep, connected, loving relationship. We are now happy to say that with each other we have the kind of relationship that we want. As a result of "giving love away," we're not only getting love back, but now we're being rewarded with financial abundance as well.

This is an abundant universe we live in.

Give, Give, Give.

There will be more where that came from.

Susie and Otto Collins are Relationship Coaches, Authors and married life partners from Ohio. For more info on their books, tapes, seminars or to sign up for their free weekly Relationship Gold online newsletter, visit their websites at *http://www.collinspartners.com* *or* *http://www.RelationshipGold.com*

What to Give When You Don't Have Any Money

By Christopher Guerriero

About two years ago, although I had several high-income businesses, I had very little personal income from those businesses - but I still felt a passion for giving - I just had nothing to give (or so I thought).

During the months that I stopped tithing (giving), I found that things got even harder. In fact, even proven marketing campaigns, that my company had run many times in the past, stopped pulling in revenue. At times I felt like there was a dark cloud following me.

I knew from years of experience that the more I gave, the more I would receive in return, but again, I had little to give (financially) and several businesses to support, along with all the families of the employees that went along with each of those businesses.

What I learned in those early days was that my giving didn't necessarily have to come from my bank account. And, that during the lean years, I needn't give money, *I just had to keep "giving"* to help set up for all the "receiving" that was in store for me in later years.

I learned that when I stopped giving, I literally "clogged up" all the good that God had in store for me. So I began giving what I did have - time, prayers, and lots of help to those who needed my specialized help.

When I look back, I see those lean years as a test to see if I could learn how to give even when it seemed to hurt to do so. I also look back and thank God for that experience and for what it taught me - which was to never stop giving. I can change the form of my tithing, I can even change the amount of my tithing, but I will never stop tithing.

I now tithe as much as I can financially, then I make up the difference in some other category. I always financially tithe first, because to reach the goals I have in life I

need a lot of money to circulate through me and my businesses.

It's been my experience that giving is the secret to keeping money, success, health, love and happiness circulating through your life.

Christopher Guerriero, Author of the best-selling book "Maximize Your Metabolism: Double Your Metabolism in Thirty Days or Less!"

See www.MaximizeYourMetabolism.com

It Took Me 30 Years to Learn This Secret

By Richard Webster

I have always given, but funnily enough, I gave out of fear.

If someone asked me for money, I would always put my hand in my pocket. If they didn't ask, I would walk past without offering anything. My thinking was that if someone asked, I had a choice of saying "yes" or "no". If I gave them money, it meant I would always have money. If I said "no", I was subconsciously attracting a lack of money. So it was the fear of having a lack of money that made me give. Of course, although I was giving, it was always small amounts.

The Richard Webster Popular Fiction Award changed my life. It developed from a slightly boozy lunch I had with some writer friends. We were bemoaning the fact that authors of popular fiction found it hard to get published and receive any recognition. Writers of literary fiction received grants and other handouts to get their work published, but commercial writers received nothing. I announced that I'd launch an award, with a prize of $1,000. My friends laughed, and the conversation went to other things.

However, the thought stayed with me, and eventually I decided to go ahead with it. I must admit my motives were selfish. I thought that having an award with my name on it would increase my name and reputation, and that might help book sales. I found a publisher who was prepared to publish the winning entry, and two years ago we launched it. I increased the first prize to $5,000, and added a second prize of $1,000. This seemed like a huge amount of money to give away.

To my pleasure, the award did increase my exposure, and I gave dozens of newspaper articles and radio interviews. I don't think any author has ever sponsored an award for other authors before, and this made it newsworthy. I felt good about doing it, but didn't expect any other benefits.

However, to my amazement, this award seemed to open a floodgate of money. My book sales increased. The foreign language rights' sales to my books multiplied and I

received paid offers to speak all around the world. My income, which comes entirely from my books, more than doubled in the first twelve months.

Naturally, I'm much more generous now than I used to be. I love giving money away. And the more I give away, the better off I become.

I wish I'd learned this secret thirty years ago.

Richard Webster lives in New Zealand and has written numerous books, including "Is Your Pet Psychic?"

See his websites at www.psychic.co.nz and www.richardwebster.co.nz

"Act wealthy. Talk prosperously. Be a free avenue through which riches may pass to all. The world needs to learn the spiritual science of wealth, and your home can be a classroom."

-- Annie Rix Militz, *Both Riches and Honor*

How Giving and "Swiping" Led to Passive Income

By Larry Dotson

It was back in September, 2001 when I completed an e-book titled *The Hypnotic Writer's Swipe File*. The term "swipe file" was coined by copywriters who collected sales generating words and phrases throughout their careers to model and use in their own sales letters.

My problem was I wasn't sure how I was going to market the e-book. I really didn't have a targeted customer base at the time. So I decided to ask Joe Vitale if he would co-author the book with me for a share of the profits. I was willing to give him authorship credit and share the profits with him, too.

I knew that Joe's series of "hypnotic" e-books was already branded and famous. When you think of hypnotic writing, copywriting, and marketing, you think of Joe Vitale, "The World's First Hypnotic Writer and Marketer."

Joe agreed. He wrote a truly hypnotic introduction to the book, added a lot of his own material to what I had already compiled, and we released our book later that same year.

The rest is history. Since that first e-book, Joe and I have coauthored 7 more hypnotic e-books. And, when Joe was planning to write an e-book on "Hypnotic Stories" by himself - which he was obviously capable of doing - he asked me if I wanted to be the co-author of it. He didn't have to do that. But because I gave to him, he felt like giving to me. That end result was a beautiful e-book called *Hypnotic Selling Stories.*

By giving to Joe, and him giving back to me, we both received. We make a good amount of money every month from our e-books, and we developed a strong online friendship and solid business relationship. To this date, we still haven't met in person, or even talked by phone. All of our co-authoring has been done by e-mail only.

And it all started from giving.

Larry Dotson is the co-author of several books with me. See http://www.HypnoticWritingSwipeFile.com

How Giving Made A Book A #1 Best-Seller

By Mike Litman

Over the course of a year, I worked to heap life changing value and content on my newsletter readers; information that would literally blow them away from what they were compared to getting from other e-zines on the internet.

Each week, I'd ask myself these questions, "How can I go the extra mile for my valued readers?" and "How can I give them more than they'd ever expect?"

My newsletter subscribers grew to love me and my work. I was continuously giving them all I could.

In the middle of 2001, I wrote a book. A host of book publishers mocked us saying, "No one will read your book C*onversations With Millionaires*. No one wants to read your actual conversations from your little radio show." So we were left to go down this road alone.

My co-author, Jason Oman, and I were first-time authors, self -publishing a book. We didn't know what to do. But we knew we had a list of loyal followers. All we had to do is ask for their help.

What the publishers didn't get is that we had *thousands* of people who were ready to help us because of how we first went the extra mile and served them. That's the power of what I call *Loverage.*

On January 18, 2002, 76 days after the book's release, without spending money on advertising, public relations and without public speaking, we knocked John Grisham off the top spot at Amazon.com and claimed it! We had ourselves a number #1 best-selling book. It brought in over $31,070 in sales!

The power of giving leads to the fountain of receiving.

We've received an abundance of money, new friends, and a "path" that helps many. The book has already been translated into three languages. Since then, this "little book that could" has been touching the lives of tens of thousands of people, all because when you give without expecting anything in return, you get more then you could ever want. As you sow, so shall you reap.

When "they" mock you because you desire to serve and give, think about the story of *Conversations With Millionaires.*

Mike Litman is the co-author of the #1 Best-Selling book—Conversations With Millionaires. — http://www.mikelitman.com

The Principle of Giving and The Hypnotic Interchange Phenomenon

By Allen D'Angelo

Many years ago I discovered the Principle of Giving almost by accident.

Initially, around 1994, I noticed that several business clients sent me markedly more referrals after I sent them a huge box of Godiva Chocolates as a "thank you" for their business. I noticed that the clients who received chocolates referred around 40% more clients to me than the clients who did not receive my tasty gifts. Actually, in earlier years prior to my *chocolateering* endeavors, most of my clients gave me no referrals whatsoever and I might add, in those days quite regularly.

One day upon receiving a swarm of referrals, I decided to deepen my commitment to giving. Initially, honestly, it was for self-serving reasons. I was simply blown away by what appeared to be a strong causal relationship between giving and receiving. At that time all I knew was that I had to learn more because I recognized a new, almost mysteriously powerful, aspect of giving at work behind the scenes here.

For the first time I understood clearly that somehow in the vast scheme of life we are rewarded in direct proportion to the value we create for others. I had heard once that the secret to abundant wealth was in creating massive value for others. But, based on my newfound experiences, I was now discovering with renewed white heat fervor that the Principle of Giving was the "gold-rush flume ride" to expedite that flow of wealth into my life.

My self-serving commitment to discover more about giving soon led to a way of life that I later realized would continue to fuel me much more spiritually than it ever would economically. Little did I realize that my seemingly rare flowering rose-like discovery would soon open up into an entire inner garden paradise for me.

I conducted several, very powerful experiments, on the subject of how giving leads to receiving. I made a deeper, less self-interested, but more self-enlightened commitment. It was out of my simple curiosity to see how I could change others' lives

through profound value-sharing as a regular business and life practice.

I began giving more than merely chocolate candies, although Godiva certainly soothes the deepest recesses of my own soul. I gave valuable advice. There were bonus hours spent with clients, e-books, and article clippings sent to friends about their favorite hobbies. I gave as much as I could to those with whom I had a regular influence.

If someone crossed my pathway, I figured it was for a higher causal purpose and I just shared the most appropriate level of value I could with that person. I did it everyday, one person at a time. I did it with my lists of exclusive business mastermind participants. I did it with my e-list recipients.

For me, it felt like magic. It flowed effortlessly. It transformed my soul. It replaced expensive marketing in my businesses. Best of all, my interior castle would soar into the highest heaven with each person whose life I had the privilege of touching.

Soon my hidden objective was to cause everyone I met to think of me as a value creator. My goal was to become a selfless abundant resource. You see, I had a hunch that if focused more on opening the doorway of my heart to the needs of other people by giving, that this would cause the doorway of my recipients' hearts to open back up to me.

So acting on the Principle of Giving first induces openness in others. This is a powerful precursor for relationship-building and business, personal and otherwise.

I then discovered that as a value creator I must give sincerely, selflessly, abundantly, effortlessly, with absolutely no expectation of a direct immediate reward. I also realized that I must be balanced in giving in order to respect the true value of the gifts I gave. Gifts are not only reflections of us, but actual experiential portions of ourselves embodied in external expressions.

The same goes for you too. Every gift that you give which has exceptional meaning and value for your recipient is actually a portion of yourself. The gift is a part of you that reaches out, makes a connection point and creates a powerful relationship-building bond to your recipient. The act of bestowing value on others exerts a positive supernatural influence upon any recipient who understands and values your gift.

Shortly after committing to the Principle of Giving as a philosophy of life, I began to notice the occurrence of quite a remarkable spin-off phenomenon occurring.

As a disciple of Joe Vitale's *Hypnotic Mindset and Principles*, I named my unique

observation "The Hypnotic Interchange Phenomenon" because it describes a result of giving that is so subtle it flies under the radar of most people's conscious "rejection detection."

The Hypnotic Interchange Phenomenon is this:

The recipient of my valuable gift unknowingly enters into an implied equal psychological exchange with me, instantly upon receiving what I give them.

That's right. By receiving what I had freely given them, my recipients were becoming programmed to look for every way possible to give something of equal value back to me. At times it would be through a kind word they said about me to a friend. Often it would be a referral to two or three other business partners.

Often I would contact someone to ask him or her if they received a gift I had sent to them, and they would usually overflow with gratitude. It was at those times I realized that my gifts were like planted seeds that would produce a good harvest in a very reasonable time.

It is vital to remind ourselves of the importance of giving something that has a true, high-perceived value for those you choose to lavish your gifts upon.

The psychology of human behavior is relatively timeless. Master philosophers of past centuries share incredible secrets about the Principle of Giving. Here is a small sample:

Eric Hoffer, of the 20th century, a profound U. S. philosopher, said, "Someone gives us all he has and we are his."

20th Century German philosopher, Walter Benjamin said, "Gifts must affect the receiver to the point of shock."

Jean de La Bruyere, 17th century French writer, said, "Generosity lies less in giving much than in giving at the right moment."

6th Century Chinese philosopher, Lao-Tsu, said, "The sage does not hoard. Having bestowed all he has on others, he has yet more. Having given all he has to others, he is richer still."

My most recent life work, over two years in the making, has expanded to spurring

others to give extreme levels of value. I have been working hard to successfully funnel-influence my dearest friends who are famous writers and authors to give massive value through me.

These are people who have earned the right to be called rich and famous because they have sold millions of books using the Principle of Giving. They are profound master contributors in our modern world. Now they are freely sharing their secrets with you.

These master contributors include Joe Vitale *(Spiritual Marketing),* James Redfield *(The Celestine Prophecy),* Dick Bolles *(What Color Is Your Parachute?),* Dave Chilton *(The Wealthy Barber),* and many others.

In keeping with my commitment to becoming an extreme value creator, we are lavishing on anyone who visits http://www.TotalBookMarketing.com over $468 worth of valuable book publishing, e-book, and infopreneur marketing insights from masters who have made millions and have given away a lot. They include the best minds I have ever known or worked with in over 14 years of publishing, marketing and consulting.

Most of all, when you visit TotalBookMarketing.com you'll be encouraged, uplifted and overwhelmed to see that there are people who truly want to help others and who take action to give by putting the needs of others before their own needs. That alone is a testimony to giving; that it works and works well.

Interestingly, Joe Vitale was one of the very first friends to jump at the chance to contribute to TotalBookMarketing.com. Joe is the greatest value creator I know because he puts his heart into giving and he is always sharing all the value he's got.

Learn and do.

To see a great example of the Principle of Giving and the Hypnotic Interchange Phenomenon at work on the Internet, visit Allen's website at http://www.TotalBookMarketing.com .

"A gift with reservations is not a gift; it is a bribe. There is no promise of increase unless we give freely. Let go of the gift entirely. Recognize the universal scope of the law. Then the gift has a chance to go out and to come back multiplied. There is no telling how far the blessing may travel before it comes back. It is a beautiful and encouraging fact that the longer it is in returning, the more hands it is passing through and the more hearts it is blessing. All these hands and hearts add something to it in substance. It is increased all the more when it does return."-- Charles Fillmore, *Dynamics for Living*

Why Giving Is Really Hidden Selling

By Jo Han Mok

I was listening to Joe Vitale's best-selling Nightingale-Conant tape set, "The Power of Outrageous Marketing."

Joe's hypnotic voice took me on a road trip.

"Who was the REAL beneficiary behind Bill Phillip's Body For Life Challenge?" he asked on the tapes.

It rang in my head and bounced off the walls of my brain like a rubber ball. I was in deep thought.

There is probably hardly a soul on this planet who has not seen those touching "before" and "after" pictures and how the Body For Life Challenge has radically improved their lives. People were touched. People were motivated. Who did not want to undertake their own Body For Life Campaign and try to get trim?

But aside from implementing your 20-minute aerobic solution and grazing on 6 wholesome meals with nothing but quality fat-free, low-calorie food, what else do you need to accelerate your results? Is it no surprise that EAS Supplements just POP right into your head immediately?

Bill Phillips was the CEO of EAS at that time. Now he's probably enjoying life on some tropical island somewhere, savoring his Myoplex Deluxe. How much do you think EAS made from the Body For Life Challenge, and all its other sources of ancillary revenue like its Muscle Media Magazine which promotes more EAS supplements and success stories of Body For Life?

How would you feel if every success story credited their stunning success to proper supplementation of EAS products and they would never have done it without the help of EAS? Would you want to run out to your friendly neighborhood GNC to buy a truckload of that stuff?

"Who was the REAL beneficiary behind Bill Phillip's Body For Life Challenge?"

You guess.

Yet on the surface, Bill Phillips gave hope to overweight people, changed the life of hundreds of thousands, and re-affirmed people that they could do it, too! And of course, the unseen bracket after that statement would imply - if they used EAS Supplements.

It stirred within me a stunning revelation of the REAL key to unlocking the secret of wealth and abundance.

Giving is really *hidden selling!*

The truth about selling is, if you're gonna' sell something, you'll encounter resistance. It doesn't matter if you're a Zig Ziglar or not. Even Zig Ziglar could not achieve a 100% sales closure rate.

But if you want to GIVE something, guess how much resistance you'll encounter?

Zero. Zilch. Nada.

Not only will you NOT meet any resistance, but chances are people will RUSH to GRAB your gift with open arms. They cannot help but love you and think good things of you when you give them something.

When I started out writing copy I offered to write for FREE, I put in 10,000% of myself in these "free" services. Were people impressed? You bet. Did they like me? How could they not? I delivered everything for free. How would you think my "free" clients would feel about me when they start gaining a lifetime of profits from a sales letter I wrote for them - for free? If all I asked for was just a testimonial for my services rendered, what kind of testimonial would they write for me? Would they have any problems writing me a raving testimonial? Would they be willing to refer MORE clients to me? Did I gain credibility from all the testimonials I acquired? Did my giving of myself work?

I think it did. I literally have people banging on my door asking me to write copy for them.

Recap: On the surface, it seems like I gave myself away as a copywriter. Let's

reframe that: I SOLD myself as a copywriter. Claude Hopkins said, "The best way to sell anything is to give away a free sample!"

I was selling, through giving! Can you think of a MORE POWERFUL method to sell?

I think not.

One of the most powerful engines behind giving is the Law of Reciprocity. It's human nature to want to give back when you receive something for free. The Hare Krishnas knew that, and had a field day in soliciting funds by walking up to people and putting flowers in their lapel pockets. Think about it. You'd feel literally OBLIGATED to give back if you were caught in the same situation.

That being said, however, the REAL key to giving is NOT to expect anything in return. You cannot GIVE if you're expecting to get. A gift will cost you something. To qualify as a gift, it MUST cost you something.

The Biblical King David puts this very aptly when he had an issue with burnt offerings and said:

"I will not offer unto the Lord something that costs me nothing!"

It seems paradoxical, but if you give without any expectation, you'll receive MORE because you never did expect anything in return.

Meditate on that.

Lastly, it's not my intention to preach, but something metaphysical happens when you tithe. A tithe is simply offering 10% of your gross income back to society.

In organized religion, it is regarded as giving back 10% to God.

When you do that, you'll not only experience spiritual fulfillment, but it also opens up more gateways for you to receive more abundance into your life. You can see it as good karma.

As an interesting fact, the area of tithing is the only part in the Christian Bible which allows Christians to actually CHALLENGE God by tithing - in Malachi 3:10:

"Bring all the tithes into the storehouse that there may be food in My house, and

try Me now in this, says the Lord of hosts, If I will not open for you the windows of heaven and pour out such blessing that there will not be room enough to receive it."

You may or may not subscribe to this, but as my favorite author C. S Lewis puts it so eloquently: "It's a win/win situation. Either way, you win!"

Selah.

Jo Han Mok is my co-author on the book, "The E-Code." He is the Director of my Hypnotic Marketing Institute at http://www.HypnoticMarketingInstitute.com , President of Super Fast Profit Enterprise, and has been featured on America's #1 Personal Development Show alongside Tony Robbins, Mark Victor Hansen and other top achievers, as the Internet's foremost expert on Joint Venture Marketing. Visit his portal site and find out how Jo Han can help explode your sales and triple your time in under 7 days. See his main website at http://www.SuperFastProfit.com

The Couple Who Created A Debt-Free Spiritual Empire

I want to end this book of mine with another story or two, and then a call to action.

The success of Unity Church is another case in point:

Founded in 1889 in Kansas City, Missouri, by Charles and Myrtle Fillmore, Unity School of Christianity is the world headquarters of the Unity Movement. After Mrs. Fillmore's remarkable healing using prayer and affirmations, many friends became interested in how she accomplished her healing miracle. From those small prayer circles in living rooms, Unity grew.

Charles and Myrtle Fillmore managed to raise all the money they needed to build and expand their new business. Today Unity Church is a community of people interested in the practical and prosperous messages of the divine. Today their reach expands the globe. They've done it with nothing, and remain debt-free.

It wasn't until 1942 that the real secret of the Fillmore's financial support was revealed. According to Charles Braden's book, *Spirits In Rebellion,* the Fillmore's had created a now-famous—Dedication and Covenant on December 7, 1892, that reads as follows:

> *We, Charles Fillmore and Myrtle Fillmore, husband and wife, hereby dedicate ourselves, our time, our money, all we have and all we expect to have, to the Spirit of Truth, and through it, to the Society of Silent Unity.*
>
> *It being understood and agreed that the said Spirit of Truth shall render unto us an equivalent for this dedication, in peace of mind, health of body, wisdom, understanding, love, life and an abundant supply of all things necessary to meet every want without our making any of these things the object of our existence.*
>
> *In the presence of the Conscious Mind of Christ Jesus, this 7th day of December, 1892 A.D.*

As Charles Braden goes on to explain in his book, "Unity has never put a price upon its

services other than a nominal one, because of legal necessity, on its publications, and Unity has given freely, and yet there seems always to be money available to meet any obvious need."

What greater proof do you need that trusting in the spiritual laws will provide all you will ever need?

And the greatest of these laws is *giving.*

How To Tell If You Will Be Rich

Do you want to know if you will ever be wealthy? There's a simple way to find out. Just answer this question:

Do you give freely, regularly, generously, with no expectation of return and with a joyous heart?

If your answer is *yes*, you are probably *already* wealthy.

If you have a *no* on any part of the question, then take a look at that, release it, and begin to give *freely, regularly, generously, with no expectation of return and with a joyous heart.*

The path is clear.

Giving is the way.

Where Will You Give Today?

Now it's your turn.

Where will you give today?

Ask yourself: *Where did I receive the most joy?* Write down your answers.

_____

_____

_____

Now if you want further clarity, or more questions to assist you in knowing where to give money, try these on for size:

Where were you reminded of your divinity?

_____

_____

_____

Where were you encouraged to go for your dreams?

_____

_____

_____

Who made you feel glad to be alive?

_____

_____

_____

Whatever your answers, *that's* where to give your money.

You can give some money to all the people or places you listed above, or you can pick one and give them something now. And keep these basic principles in mind:

1. Give freely, without expectations.
2. Give anonymously, if at all possible.
3. Give joyously, with a smile.

You are making a difference in the world when you give. You are making a difference in your own life when you give. You are making a difference *right now* when you give. *Give!*

Give to Live Call to Action

We are confident that this book has inspired you, perhaps created a change in your awareness or at least reconfirmed your beliefs of what you know to be true.

To increase your level of joy, love, satisfaction and unforeseen rewards we encourage you to Give and Serve now!

Start with spreading the word. Tell everyone you know about this book. Have them go to www.givetolivebook.com to get their free e-book!

Can you imagine the impact this book can have in the hands of one million people? 10 million, 1 billion or more?

We can!

But we need your help. Let's do this together.

The action steps are these:

- Get free e-books to everyone on the planet! Tell your friends, send them e-mails and have them go to www.givetolivebook.com for their free e-book.

- Next, purchase printed copies from http://www.lulu.com/content/5434310

- Buy them as gifts, give them to your service clubs, Rotary, Lions, etc., donate books to libraries…

When you purchase books, 20% of the proceeds will go to one or more of the authors' projects directly.

Remember the affirmation of service today…

I choose to carry out my day as if it is my last.

I will give freely and unconditionally that which I can.

I will provide service to one or more persons

With or without their knowledge.

Thought coupled with action equals change, therefore,

As I think and act

I can and will create positive changes in my community and world.

I am grateful for the opportunity to serve humanity today.

Thank you for supporting our efforts to give and serve humanity.

Now you are part of the solution!

Drs. Rick Barrett and Joe Vitale

Participation Opportunities

If you would like an opportunity to participate in one of Dr. Barrett's mission experiences contact us at www.givetolivebook.com

-Or-

To provide contributions to support either Rudy and the Nahuatl Indigenous , Medical Missionaries of Divine Mercy, St. Williams Medical Missions, La Gloria, Colonia, Mexico. All monies donated to these mission projects will serve them directly.

Contribute to one of Dr. Vitale's projects such as Operation Y.E.S.

Operation YES - the visionary plan to end homelessness - is about to launch. If you don't know what this is all about, go to www.operationyes.com right now. This is a strategy to help *you* with *your* economic freedom while also helping the homeless. It's a win-win plan and it's supported by numerous people, including fellow Secret movie co-stars such as James Ray and Lisa Nichols and Joe Vitale. Go see.

What Is Operation Y.E.S?

Operation Y.E.S.

"Announcing: The Bold New Initiative By Dr. Joe Vitale To Help YOU Achieve Economic Salvation AND Stop Homelessness in America At The Same Time

Find Out How You Can Say YES… To *Your Economic Salvation"*

Ever wanted to REALLY make a difference?

Dr. Joe Vitale, Best Selling Author of *The Attractor Factor* and one of the stars of "The Secret" and **Craig Perrine**, co-author of *Inspired Marketing*, are inviting you to be a part of this ground breaking and important project.

Precisely because the concern about 'the economy' and world events is rising daily we believe NOW is the perfect time to shift the focus to attracting what we DO want.

Operation YES was inspired by the vision to help you create your OWN economic salvation while directly helping the homeless at the same time.

It's a true win-win-win!

We're launching soon…

In the coming weeks we will be making this urgently needed mission public and reveal the complete details about why this is so powerful for those who join us AND for the homeless in America.

For now, just know that we have some truly wonderful people involved who have contributed to Operation YES, including:

- Lisa Nichols
- James Ray
- Joan Sotkin
- Randy Gage
- Peter Wink
- Asha Tyson
- Jackie Lapin
- Jillian Coleman Wheeler

And many more…

Groups We Care About...

- **www.OperationYes.com**

  Operation YES - the visionary plan to end homelessness - is about to launch. If you don't know what this is all about, go to www.operationyes.com right now. This is a strategy to help *you* with *your* economic freedom while also helping the homeless. It's a win-win plan and it's supported by numerous people, including fellow Secret movie co-stars such as James Ray and Lisa Nichols and Joe Vitale. Go see.

- **Amazing Kirk**

  Read more about Kirk at: http://blog.mrfire.com/secret/kirks-gift/ or http://www.amazingkirk.com/

- **Nahuatl Indigenous/Ecological Stoves**

  Rudy Reyes, Grupo de Ecological

  Contact: Dr. Rick Barrett

  E-mail: drrickbarrett@yahoo.com

  Phone: 281-499-4810

  Rudy can be heard broadcasting every Sunday morning from Tamazunchale, Mexico on radio at www.radioreyna.com.mx

8:30 - 9:00 Hrs. "AREA VERDE"

Locutor: Prof. Rodolfo Jonguitud.
Música: Temas Ecológicos.
Interacción: Promover la conciencia ecológica y ambiental entre los ciudadanos.

- **Medical Missionaries of Divine Mercy**

  Medical Missionaries of Divine Mercy provide medical, psychological and spiritual care to the people of Tamasopo, Mexico and surrounding communities. Over 2000 people are cared for during the 1-week trip each November. Doctors, nurses, pharmacists, priests and deacons are part of this group. Additionally, people without medical training go along as translators, eye clinic and pharmacy technicians, cooks, and photographers.

  For more information please send inquiries to the contact information below.

  Contact: Dr. Rick Barrett

  E-mail: drrickbarrett@yahoo.com

  Phone: 281-499-4810

  Contact: Cordell St. Cyr

  E-mail: cordellmmdm@alltel.net

  http://www.stlaurenceparish.com

- **St. Williams Medical Missionary**

  Medical Missionaries of St. Williams provide medical, dental, chiropractic and spiritual care to the people of Mexico, Bolivia and Honduras.

  Contact: Tino Hernandez

  E-mail: tinomission@aol.com

  http://www.austindiocesemedicalmission.org

- **American Red Cross**

  http://www.redcross.org

- **BOGO Light**

  http://www.bogolight.com

- **Child Care Council of Greater Houston, Inc.**

  http://www.cccghi.com

- **Christian Children's Fund**

  http://www.christianchildrensfund.org

- **Christian Foundation for Children and Aging**

  http://www.cfcausa.org

- **Christian Medical Missions Inc.**

  http://www.christianmedical.org

- **Computers for Christ**

  To donate please visit http://www.computersforchrist.org

- **East Fort Bend Human Needs Ministry Inc.**

  http://www.humanneeds.org

- **Habitat For Humanity**

  http://www.habitat.org

- **Impact A Hero**

  http://www.impactahero.org

- **Knights of Columbus**

  http://www.kofc.org

- **La Gloria, Colonia, Mexico**

  Project coordinator, Loani Anderson

Contact Dr. Rick Barrett

E-mail: drrickbarrett@yahoo.com

Phone: 281-499-4810

To donate or for more information visit Dr. Nathalie Fiset's website at http://mymedicalmissions.com

- **Life Outreach International**

  James Robinson

  c/o Life Outreach International

  P.O. Box 982000

  Ft. Worth, TX 76182-8000

  http://www.lifetoday.org

- **Living Water International**

  http://www.water.cc

- **Make The Difference Network**

  http://www.mtdn.com

- **Oasis Rescue**

  http://www.kabulbeautyschool.com

- **1% For the Planet**

  http://www.onepercentfortheplanet.org

- **Oprah's Angel Network®**

  http://www.oprah.com

- **Reverend Loren L. Riebe**

  Visit the website at http://missionteachingfoundation.org

- **Second Mile Mission Center**

  http://www.secondmile.org

- **The Christophers**

  http://www.christophers.org

- **YMCA**

  http://www.ymca.net

- **Zach Hunter**

  http://www.lc2lc.org/

  Check out these organizations that are doing great work abolishing slavery and send the money you raise through LC2LC directly to them:

  IJM www.ijm.org

  Free the Slaves www.freetheslaves.net

  ChildVoice International www.childvoiceintl.org

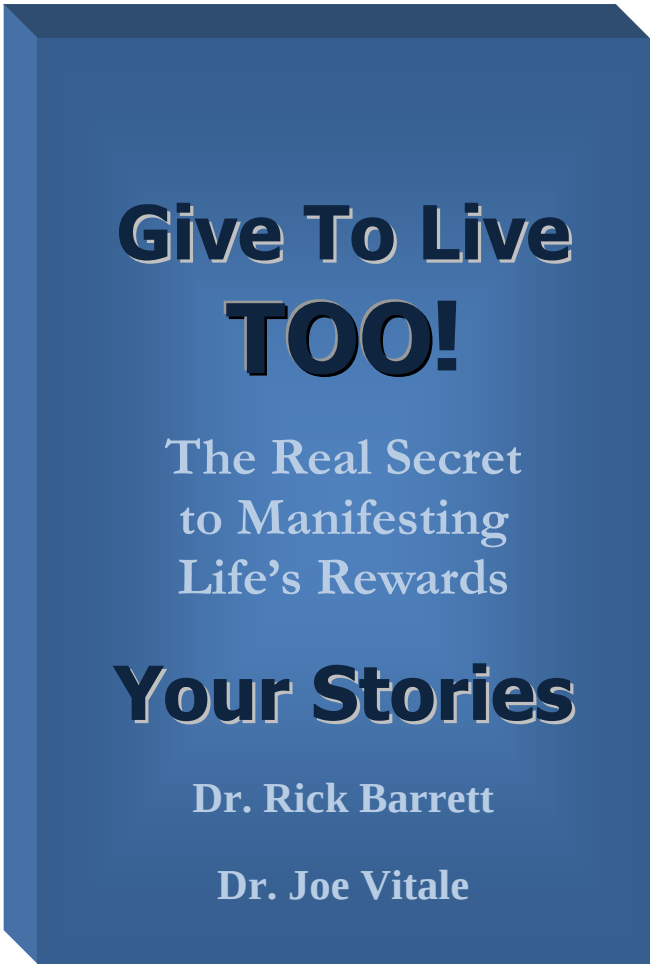
  Rugmark www.rugmark.org

  Justice for Children International www.jfci.org

A Personal Invitation to Our Readers…

We are collecting stories for our next book.

Will you help?



The next book will be about YOU, YOUR GIVING, YOUR SERVING, YOUR PHILANTHROPIC AND HUMANITARIAN WORK!

Our goal is to share the good that people are doing in the World; to overshadow the negativity and corruption, hate, and prejudice that dominates the collective consciousness through media.

Our goal is to show how you can change the World. How you inspire, encourage, enlighten and make a DIFFERENCE on the planet!

The IDEA is to collect 365 stories to be used as a devotional each day of the year!

Can you help? Will you help? Send us your short stories, personal prayers, quotes, and affirmations. To www.givetolivetoo.com

About The Authors

Dr. Richard F. Barrett is committed to his local and world community. This commitment shows through daily service to his patients, from the very young to the elderly. He also routinely gives lectures and workshops at area schools, churches, libraries, U.S. government organizations, police and fire departments, nurse's leagues, foster parent groups, and to companies such as Houston Metro, Fluor Daniel, Texas Instruments, and Chevron. The topics he covers in his talks include, "Improving Your Health Pro-Actively", Peak Performance, ADHD (attention deficit hyperactivity disorder), Healing Naturally, Nutritional and Food Allergy Awareness, and The Power of Giving.

As a wellness doctor and nutritionist, Dr. Barrett is dedicated to educating both children and adults on the hazards of medication and the possibilities of improved health, healing, and longevity through natural healing methods. He strives to empower individuals with education and treatments to fulfill their best human potential.

Toward this end, he has authored two books, *Dare to Break Through the Pain; A Guide to Eliminating Back & Neck Pain Naturally Without Drugs or Surgery!,* and *Healed by Morning, Messages from God for the 21st Century on Herbs, Natural Healing & Drugs* and co-authored *Improve Your Health Pro-Actively*. He has written numerous health articles and contributed to books such as *Life's Missing Instruction Manual*.

By personally sponsoring annual community service events such as food, clothing, toy and school supply drives, Dr. Barrett's support benefits area organizations which include the Human Needs Ministry and Second Mile Mission. He has served the Fort Bend YMCA for many years as a committee member, board member and Partners in Youth program chair.

Dr. Barrett is a medical missionary who has participated in more than twenty-five medical missions to Mexico and Honduras and is the co-creator of the Medical Missionaries of Divine Mercy from St. Laurence in Sugar Land, Texas where he is a member of the Knights of Columbus. Dr. Barrett was honored by the Rotary Club International as a member of the Club Rotario De Arteaga, Coahuila, Mexico.

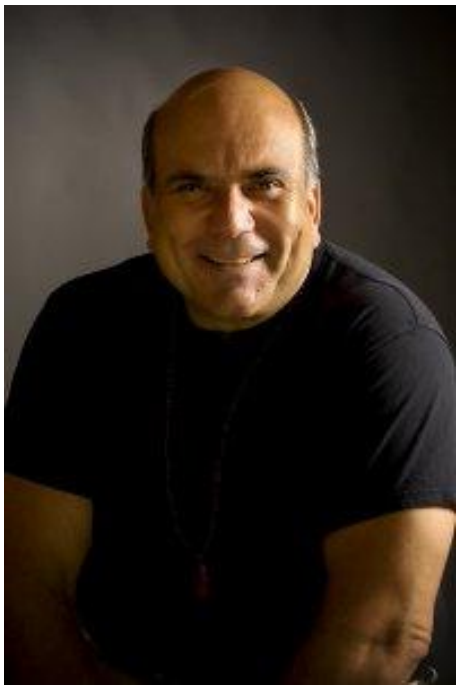
Separately, he provides chiropractic health care to and helps support the funding and building of ecologically sound stoves for members of the indigenous Nahuatl

communities of Mexico. The stoves eliminate the need for open pit fires in Nahuatl homes, which helps save families from health issues such as lung diseases.

Dr. Barrett has been designated one of America's Top Chiropractors by the Consumer Research Council of America in 2004, 2006, and 2007 and was voted as one of Houston's Top Professionals by H Texas Magazine in 2007. In 2008, Dr. Barrett was voted as one of Houston's Top Chiropractors seen in H Texas Magazine. The Child Care Council of Greater Houston, Inc. honored Dr. Barrett with a special humanitarian award called the Community Caring Award in 2008.

For more information visit http://www.barrettchiroclinic.com

or http://www.missionsofhope.com



Joe Vitale is the author of far too many books to list here, including the #1 best-seller, *The Attractor Factor*, #1 best-seller, *Life's Missing Instruction Manual*, the #3 best-seller *The Greatest Money-Making Secret in History*! and the #1 best-selling E-book *Hypnotic Writing.* His most recent books are *The Key, Zero Limits* and *The E-Code: 47 Secrets for Making Money Online Almost Instantly* and *Adventures Within: Confessions of an Inner World Journalist*. He also recorded the #1 best-selling Nightingale-Conant audioprogram, *The Power of Outrageous Marketing*. He has two new audio programs, *The Missing Secret* and *The Awakening* Course. Joe has been seen on *Larry King Live, The Big Idea: Donny Deutsch* and in the movies, *The Secret* and *Try It On Everything.* His main website is at http://www.mrfire.com.

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www.givetolivebook.com

Twenty percent of every book purchase will be donated to the authors' charities.

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Please email *joe@mrfire.com* or visit Dr. Joe Vitale's website at www.mrfire.com