

Change Can Be Good!

Some of the most important elements of our lives, we tend to forget, or put them on the back burner until we can get to them. Personally, I wasted many years pulling this attitude of self-neglect. Never thinking to consider whether or not my way of thinking is hurting others or myself. I found I was empty, miserable, and constantly finding things to complain about. I looked around and saw this same suppressed sadness and anger everywhere in many people.

After years of bashing my head against the wall, I figured out how to work towards changing my thinking, to a much better way of dealing with life, it's trial, pains, joys and change. I put myself to work with these ideas and it has become a lifestyle. It is a much better then the way, to deal with life, then I had been doing.

We all need control, but not done by someone outside of ourselves. This control should be self-control, therefore we all must find the proper way to do this. Learning how to discipline our-selves through love, {tough Love} will lead us to self-control, confidence and trust for ourselves.

Below are some rules I have learned and I practice daily. I would like to share them with you. Maybe you can change your outlook on things and lighten the stress from your mind, as I have been able to do. Work towards taking responsibility for what happens in your life to the best of your abilities, as opposed to just taking whatever happens.

Love begins with a thought, and that thought must first be towards your-self. Proper discipline is self-love.

1. YOU WILL RECEIVE A BODY

You may like it or hate it, but it will be yours for the entire period this time around. Learn to love and care for it.

2. YOU WILL LEARN LESSONS

You are enrolled in a full time informal school called Life. Being willing and open to learn, is more then half the battle. We can never learn enough, so chop down that ego and grow.

3. THERE ARE NO MISTAKES ONLY LESSONS.

Growth is a process of trial and error and experimentation. You can learn as much from failure as you can from success. Make mistakes gracefully and learn to correct them as gracefully. Always look for the jewel in every mistake and hold it tight. Remember perfection does not exist on this planet.

4. A LESSON IS REPEATED UNTIL IT IS LEARNED.

A lesson will be repeated to you until it is learned. When you have learned it as evidenced by a change in your attitude and ultimately your behavior, then you can go on to the next lesson.

5. LEARNING LESSONS DOES NOT END.

There is no age of life that does not contain its lessons. Most think because they have a good education, job, home, family, and place in society that they don't have anything to learn. Nothing could be further from the truth



then that. As life grows and changes, so should we.

6. THERE IS NO BETTER THAN HERE.

The grass is always greener on the other side of the hill!!! Be grateful for all you have and learn to cherish whatever it is, as it is all there truly is. If we can't love what we have why should we be given more.

7. OTHERS ARE MERELY MIRRORS OF OURSELVES

We cannot love or hate something about another person unless it reflects to something we love or hate about our-selves. When tempted to criticize others, ask yourself what behavior of yours they are mirroring in you.

8. IT IS ONLY WHEN WE THINK WE KNOW THAT WE DON'T

The real disappointment arises when we think we know something yet reality proves that we do not. Best be humble. Real wisdom comes when we know nothing.

9. WHAT WE MAKE OF OUR LIVES IS UP TO US.

We have all the tools and resources we need. What we create with them is up to us. Remember through unselfish desire, goal setting and right effort we can have anything we need. Persistence is the key ingredient for success. Appreciating what other do is something that will inspire us to do our best.

10. THE ANSWERS LIE INSIDE US.

The answers to all life's questions lie within us. All we need do is ask, look, listen and trust ourselves.

11. WE WILL FORGET ALL THIS.

We will forget all the above rules unless we regularly practice some means of staying fo-



Angel Femia

cused. Take time to meditate during our day. Remember we can always improve.

12. TODAY WE LIVE.

Live for today as it is all we can truly deal with properly for now.

13. BE THE BEST WE CAN BE.

Before our children will be able to become the best they are capable of being we must be proper examples to them.

Blessings and Love

Angel
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Vaccines Are Like Russian Roulette: Mothers Avoiding Vaccinations!

Vaccines are like Russian roulette - we'd rather take a chance with the diseases, say parents who refuse to give their babies jabs

By KIRSTY ROBINSON - More by this author » Last updated at 01:50am on 6th April 2008

When Max Sullivan was born two years ago, his father Paul, a 41-year-old IT consultant, and his accountant mother Karen, 34, were prepared for their first foray into parenthood.

"We bought the best pram we could, a Bugaboo. It's like a tank," says Paul.

"We checked toys were safe and bought stair-gates and caps for the corners of the tables for when he started walking.

"And when he was two months old we followed the doctor's orders and took him for his first set of immunisations: the five-in-one jab that combines the DPT - diphtheria, pertussis (whooping cough) and tetanus, polio and Hib (haemophilus influenzae type B) vaccines.

Choice: Layla Evans has fought 'pressure' over her daughter Mya

"We took him for boosters at three and four months, as instructed."

The couple were model parents. But then Paul and Karen received a letter inviting Max to have the new meningitis C jab.

"It seemed like too much to be giving such a tiny baby," says Paul.

"We started to look into it online and read reports of headaches and swollen arms to meningitis-like symptoms that have put some children in hospital.

"The nurse did call and try to persuade us

but she couldn't provide us with hard facts about how safe it was and we decided to call things to a halt."

The couple chose to stop vaccinating their son and instead use a healthy diet to boost his immune system.

They claim they were "unnerved" by the uncertainty surrounding the effects that vaccinations can have on children, in the wake of the combined measles, mumps and rubella vaccination (MMR) scandal that controversially linked the triple jab to autism.

Max remains vulnerable to life-threatening diseases having not been vaccinated against meningitis C, pneumococcal - an infection that can lead to pneumonia or septicaemia - measles, mumps and rubella.

He will also not be given boosters to assure continued immunity to diphtheria, tetanus, whooping cough or polio.

"We believe there is a problem with vaccines in general - the MMR debate just put a spotlight on the issue," says Paul.

Protection: Paul and Karen Sullivan stopped son Max, two, having more vaccination jabs and are boosting his immunity with a healthy diet

"I've heard stories from parents who believe that their child's asthma, skin allergies, eczema or autism has been triggered by immunisations.

"They've taken the mercury out of the jabs but I've read online that there's still aluminium in some.

"I accept science has made amazing progress in treating some very aggressive dis-

eases, but injecting these things into a baby is instinctively wrong for me."

Thiomersal, a mercury-based preservative, was removed from inoculations in 2004.

The change was welcomed by anti-MMR campaigners who believed mercury in jabs was linked to developmental problems in children.

The evidence that thiomersal can harm the developing brain is contentious, with several studies producing conflicting reports.

The decision to remove it from new vaccines came after the World Health Organisation (WHO) said it should be avoided on a "precautionary" basis.

"Of course I have wrestled with this and wondered whether we're doing the right thing for Max," says Paul.

"Even if there's a small risk, it still feels like playing Russian roulette with your child's health.

"We'd rather take our chances with the diseases than potentially damage our son for the rest of his life.

"I had measles as a child and my sister had rubella. We're both OK.

"We're trying to give Max a healthy diet so he's got a good immune system.

"If Max did get measles I'd give him a boost with Vitamin C and Vitamin A from cod liver oil.

"If we have a second child, there will be no vaccinations at all."

Because diseases such as measles are infectious, it's a view that many parents will see as selfish.

Anna Watson refused to let her son Sam have any vaccines containing mercury

But far from being alone in their concerns, the Sullivans are part of a growing number of middle-class parents ignoring NHS guidelines on vaccinations and doing things their own way.

For vaccination to work, however, enough of those in a community must be immunised against certain diseases so it becomes difficult for them to pass between those who have not been.

Diphtheria, for instance, has all but disappeared in the UK.

Fears that the MMR triple jab - introduced in the UK in 1988 - could lead to autism caused take-up to fall from more than 90% in 1998 to less than 80% two years ago, say the Health Protection Agency.

Currently, 81% of children have the combined vaccine before they are two.

Last year, 971 cases of measles were reported in the UK, up 30% in 12 months.

The disease claimed the life of a 14-year-old boy in 2006, the first death since 1992.

According to the WHO, more than half a million children under five die from measles every year - half the number claimed by the disease ten years ago, after successful vaccination programmes in developing countries.

In the UK, since the introduction of the MMR in 1988, the total number of infant deaths from the disease is four.

Action: Anna Watson has set up a parent network

The Formerly Affluent

by Bill Thrush

*The Formerly Affluent, what a pitiful group
They thought they were in, but were out of the loop
They let their funds ride in the markets of paper
And never even suspected the caper*

*The Formerly Affluent, with their starched collars
Those doctors and lawyers and clergy and scholars
Never helped the homeless, the orphans, the hungry
They have better things to do with their money*

*The Formerly Affluent, what a God-less brunch
They'll live through the crash, but not through the crunch
Their god was their money, and they had quite a lot
They were quick to show off all the things that they bought*

*The Formerly Affluent, what a self-centered crowd
Never gave to the poor, for they were too proud*

*Their backstabbing ways were a means to an end
How else could they get their Mercedes-Benz?*

*The Formerly Affluent, all prideful and smiling
Just loved to watch all the wealth they're compiling
They look down their noses at those that have less
The sweet name of Jesus they never confess*

*The Formerly Affluent, I pray you're not one
For the bad times ahead have just begun
If you're blinded by greed and have no compassion
You'll be cut down to size in a Biblical fashion*

*The Formerly Affluent, just like the rest
Will stand before Jesus at the final contest
They'll be weighted in the balance, and found to be wanting
For when they could have helped people, they found the task
daunting*