

**WOLFGANG RIEBE**

**THE BEST TIPS OF**

**&**

**2015**

**2016**



**More inspirational thoughts & observations shared  
in Wolfgang's monthly 'Useletter' during 2015/16.**



Publisher:  
MindPower Publications  
[www.mindpowerpublications.com](http://www.mindpowerpublications.com)

Layout, Drawings & Cover Design: Elof Gribwagen

Copyright © 2015  
by Wolfgang Riebe  
[www.wolfgangriebe.com](http://www.wolfgangriebe.com)

This E-Book is copyright under the Berne convention.  
No part of this book may be reproduced in any form,  
or by any means, without prior permission in writing  
from the author and publisher.

**ALL RIGHTS RESERVED**

### **Disclaimer**

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

The Publisher will not be responsible for any losses or damages of any kind incurred by the reader whether directly or indirectly arising from the use of the information found in this Ebook. This publication is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting, and finance field.

No guarantees of success and/or income are made. Reader assumes responsibility for use of information contained herein. The author reserves the right to make changes without notice. Much of the information is based on 'personal opinion' and all opinions are given based on the international 'freedom of speech' laws. All opinions are expressed with love and caring and no malice is every intended.

The Publisher assumes no responsibility or liability whatsoever on the behalf of the reader of this report.

## FOREWORD

Welcome to my two years worth of tips from my monthly 'Useletter' for 2015/6.

Unlike the last two compilations of tips and insights from my previous 'Useletters', 2015 & 16 were very eventful years on planet earth with much hatred and fighting. Hence the selections of insights from the last two years are pretty hard-hitting and very different to my normal style of writing, simply because I believe 'nice' isn't working anymore. Sometimes one has to be 'hard' to be kind. Please note all the advise is shared with love from my heart and a deep caring for humanity.

## CHAPTERS

[New Year Tips](#)

[The Month Of Love](#)

[The Secrets of Success](#)

[5 Quotations On Success](#)

[Do Hero's Still Exist?](#)

[Self Belief](#)

[Stop Being A Sheeple!](#)

[Laughter And Its 7 Benefits](#)

[5 Essential Life Rules](#)

[Stop Judging Other Races & Cultures](#)

[Detox Your Life In 4 Easy Steps](#)

[Tackle Everything Head On!](#)

[Your Are Responsible For Your Own Thoughts](#)

[Find Direction](#)

[Another New Year!](#)

[Attitude And Creating That Magic!](#)

[A Lesson From A Cruise Ship](#)

[Original Quotes To Think About](#)

[Religion, Hypocrisy And Responsibility](#)

## NEW YEAR TIPS

This month I want to share some practical New Year's Resolutions with you.

For most people, a New Year's resolution is something that goes in one year and out the other.

In fact some people don't understand why anyone celebrates the end of a year. It only means that the car depreciated again! If anything, they call their car 'Old Acquaintance'. Because every New Year they forget where they parked it!

In fact last year my wife was terribly upset with me when I came home late from the New Year's Eve party - in February!

Jokes aside, I believe that many New Year's resolutions don't happen because they are uttered in the spur of the moment, while slightly inebriated for want of a better word.

I have a question for you; did you achieve all your resolutions of last year? If not, wouldn't you love to start over and be able to go back in time?

Actually we can! It is a New Year – it is a new beginning! Have you ever heard that classic quote, "Today is the first day of the rest of your life!" This is the case here! Additionally it's a New Year, so there is an added reason to change.

Regardless of whether you have achieved your New Year's resolutions in the past, and whether you, or those around you believe you have the strength to pull it through, TODAY is a NEW start. Today YOU can change everything. Basically you have a clean slate. Last month I spoke about the Magic Bank Account that deposits 86400 seconds into your life every morning! It's exactly the same here. You have a NEW beginning every day.

The choice is yours to continue with the old, or to change your mind-set and go for the new. Most importantly, remember, even if you decide not to make a choice, that is still a choice in itself to remain in the old state of mind!

Fair enough, it's not always so easy to change and make new plans. Or is it? Maybe it's just a mind-set. I believe the world today has wrongly conditioned people not to believe in their own abilities. Not because we can't achieve our dreams, but because we have been misinformed and hence wrongly believe we cannot do it ourselves.

Let me explain, one goal is to learn to bake a cake. Most people just see the end result and have no idea how the process works, believing it to be too complex. Yet the first step in baking a cake is the easiest of them all! Find out

how! Turn on the computer (we can all do that!), open Google and type in, "How to bake a cake?" Guess what, there are articles and videos on the first page on how to do it. By reading, or viewing one of these, you will already be so much more informed and pretty much know what is needed to bake a cake. The problem is, most people won't even put in the effort to actually ask the question and look it up on Google. And believe it or not, the easiest and if not the MOST IMPORTANT step in achieving any New Years' resolution is finding out how to do it!

Fair enough, this is a simplistic example, but no matter how difficult your goal may be, simply ask and seek advice. If you don't have a computer, ask family, friends & colleagues – go seek guidance. We come back to the fear of the unknown and lack of self-confidence, believing that we cannot do it. All the time forgetting that merely by asking, 99% of the time we actually see how easy something is and that we ALL have the ability to achieve what we want.

Here are 6 simple rules to turn your New Year's goals into reality:

**Firstly, let go of the past!**

If you haven't achieved your New Year's resolutions in the past, it doesn't mean you cannot achieve them this year. Drop the negative mind-set!

**Think about things you want to change**

Don't try come up with crazy resolutions in the pub on the night – take a few days, weeks to think about them.

**Consider practical & sustainable changes**

Wanting to lose 10 pounds in two days is impractical! Be realistic! Have an end goal in mind and divide it up into monthly smaller goals, and then weekly and daily goals if needs be. Let's look at the baking a cake example again. If you have never baked a cake, you cannot bake one straight away. You first need to learn how to do it and what ingredients are needed. Then you need to buy the ingredients and have/buy the equipment with which to make the mix and bake it. Plus you need an oven. These are all the further smaller goals to finally achieve the bigger goal. Some may take a day – others may well take a few months.

**Write them down**

Very important, write each resolution down and specifically in detail how you want to achieve it. Stick it on your bathroom mirror so that you can see them when you wake up and before you go to sleep.

**Read aloud every day**

Read them aloud to yourself as a constant reminder and re-enforcement of what you want to do. And very important, visualise them with all your senses so

that you embed these desires as a seed thought within your subconscious mind, as once your subconscious mind believes, that is when you move mountains and achieve all your dreams.

### **Follow through**

By following this process all that is left for you to do is follow through on what you have written down and achieve all your New year's resolutions.

## **THE MONTH OF LOVE**

It's February again and I see all the shops cashing in on the commercialisation of Valentine's Day once again. In fact in my local supermarket yesterday, I noticed that chocolates are now twice the price they were over the Christmas holidays. Talk about a money racket! I really hope you bought your Valentine's chocolates a long time ago if you are not keen on paying premium prices in the next two weeks!

And no, I am not being negative in my comments, but stating facts. Actually I also want to 'wake you up' a little and make you realise that 'man-made' holidays and special occasions should not be the only time you show your appreciation for a loved one. If anything, you should be planning surprises, giving gifts (even home-made ones) throughout the year!

I am amazed at how the marketing and conditioning of Valentine's Day is the only reminder for people to be romantic. Huh – we should be romantic every day!

But before we can do that, we need to understand the true meaning of love.

Sadly, many people believe that when they love someone, only that person can make them happy. They also wrongly believe that their love gives them a right to attempt to change that person and that this partner must do things for you in order for the love to be complete. The biggest mistake people make is thinking that love means that you are always in a good mood, see the brighter side of life and are constantly positive about everything around you, and that this feeling is all because of the person that you love. Interestingly, and this may come as a shock to you, love is not being scared of getting hurt and being jealous over another person.

Phew! If that's the case, then what is love really all about?

Firstly, love is about acceptance. It is about accepting the person you love for who they are. Not wanting to change them, not believing that they could be better, but accepting that person for exactly who they are in this very moment. Therefore, unconditional love is the second important aspect of love. Once you

fall in love with this person, it doesn't matter what they do, or who they become, where they live, how their circumstances change or whether they become ill - your love remains the same. And finally, love is completely selfless in that when you love, you expect nothing in return. This means that your love has no boundaries or expectations. Basically you love the other person unconditionally without any expectation of love in return. Whether they stay with you or leave you, your love remains the same.

I suppose that doesn't make sense right away? But think about it, this definition means that love is never just about one person or thing, but also includes you family, friends, colleagues and basically everyone you meet! Love is about being non judgemental and living in the moment. Being in the now and seeing the beauty in everyone around you. Because once you learn to live in the now and not be judgemental, then you start loving everyone and everything to the same degree and you suddenly realise the true meaning of inner contentment.

It all boils down to the fact that we have been conditioned by the world and the society we live in to expect. Expectation is the biggest depressant ever! Once you learn not to expect and simply accept everyone for who they are, and then love the soul of that person, guess what, then love starts taking on a new meaning and you truly start understanding the universal power of love.

So for this month, don't just use Valentine's Day to show your love – do it every day. Don't just tell your partner that you love them, tell everyone! Including your children, your parents and your colleagues. Stop, look into their eyes and mean what you say! And remember that physical gifts are NOT a token of love. Yes of course it's nice to receive chocolates, but your physical actions towards the other person are what counts. It is how you behave towards them, what you say and what you do. Yes of course a nice gift is special, but for once try think out of the box and try give a gift that will last forever. Write a meaningful letter that contains all the reasons why this person is so special in your life. And hey, don't just do it for your spouse, do it for your parents, mother-in-law, children and your boss! Show someone else that you care. We don't say, "I love You" enough these days – start now and make every day a Valentine's Day!

And to get you going, here are a five awesome love quotations by anonymous authors.

Love can neither be bought or sold, its only price is love.

A man in love mistakes a pimple for a dimple.

A heart that loves is always young.

You don't love a woman because she is beautiful, but she is beautiful because you love her.

Love has nothing to do with what you are expecting to get, it's what you are expected to give - which is everything.

## **THE SECRET OF SUCCESS**

Last week I was appearing at a function and had to introduce the CEO of the company who imparted some wisdom with his staff. He shared an incredibly powerful story on the secret to success that I had never heard before. It really hit home with me. So when I arrived back in the office, I immediately searched the Internet to find that it was indeed past wisdom that had been shared throughout the ages, and that there have been variations written about it. The original source is unknown, but it is based on the knowledge imparted by Socrates to his student Plato.

This story particularly resonated with me because I remember studying the dialogues of Socrates and Plato as a young undergrad student studying communication. I clearly recall enjoying the incredibly insightful, yet simple truths that Socrates would impart with Plato. When it came to the art of oration, he truly was a master. Today I read many of his quotations and am in awe of the deep rooted knowledge and insight he shared. Take the following quotations as an example;

*Let him who would move the world, first move himself.*  
Simple and direct, yet so very true.

Here's one of Socrates quotes that some people don't like;  
*Worthless people live only to eat and drink; people of worth eat and drink only to live.*

Think about that for a moment, people who really achieve things in life and are successful are movers and shakers – they don't sit around eating the whole day complaining how tough life is – they actually go out there and make things happen!

My favourite quote of his must be;  
*To find yourself, think for yourself.*

Wow! If anything, this quotation is more relevant to today's world than any time before. Why? People are so conditioned today and manipulated by the media. Do you really think for yourself, or do you act out of habit and manipulated control? Think about it!

Our world is all about change and often we think we are unique. In fact had



change not existed thousands of years ago, we would not have developed as a species. Change happens to be part of who we are as human beings. Here's what Socrates had to say about change a few thousand years ago!

***The secret of change is to focus all your energy, not on fighting the old, but on building the new.***

Okay, that's enough brain food! Let me go back to the original story on the secret of success that this enigmatic Greek philosopher shared those many years ago and that was part of the many accounts to have survived antiquity, as so comprehensively recorded by his student Plato.

In fact today, much of our western philosophy is founded and influenced by Socrates' & Plato's contributions.

The secret to success:

Plato approached Socrates one day after many years of being his student and asked what the secret to success was. He had learnt many insightful things over the years, but this was still one mystery he had not mastered. Socrates responded that the secret to success was within every person and that it would only be revealed if an individual really wanted it. This confused Plato, so Socrates asked him to go take a walk with him to a nearby lake.

As they walk, each remained silent in their own thoughts. When they arrived Socrates asked Plato to follow him into the water. First ankle deep, then waist deep and eventually they were standing shoulder deep in the calm waters. Suddenly Socrates grabbed Plato's head and dunked him under the water. Naturally a few seconds later Plato started struggling, yet Socrates, a strong man held his grip on the struggling Plato.

Eventually with the remaining strength left, Plato managed to free himself. Gasping and spluttering he wondered what had made Socrates nearly drown him and act so irrationally. Plato angrily questioned the action of Socrates who merely responded rhetorically with another question (this was the way he worked).

He inquired from Plato what the one thing was which he wanted more than anything else while he was under the water. Obviously Plato replied that air was all he needed. This was what he desired the most while under the water.

At this point Socrates gave Plato the answer, re-enforcing his earlier statement where he mentioned that the secret of success was already inside of us. He said to Plato, "when you desire success as much as you desired air – that's when you will be successful!"

Wow! Isn't that just so true! When you are under water – all you need and desire is air to survive and breathe, That desire is primal and powerful and the most important thing in your life.

So when it comes to success, what role does the desire to become successful hold in your life? Is it as important as the need for air?

Think about that!

## 5 QUOTATIONS ON SUCCESS

My topic today is... 5 Quotations to help you achieve success!

I am going to share 5 powerful quotations by unknown authors and explain their meaning in deeper detail with the hope that you will take home a powerful message this month of knowing that by thinking big you truly can achieve all your dreams.

### ***Confidence in nonsense is a requirement for the creative process.***

Okay, in all fairness I am an entertainer and creativity is all part of what I do. However I must add that people tend to get caught up in the routine and mundane through conditioning and habit. **STOP!**

You need to start having fun! For some reason people are scared of having fun – ask me, I am German. Ve du tings by ze book! Joking aside, life is all about balance and yes life is serious too. But you CANNOT just be serious and a slave to money. You have to understand that happiness is NOT and NEVER will be linked to materialism and wealth alone. You may have all the money in the world, but can that cure an incurable disease? Can that bring back a loved one that has passed on? No! So you need to set time aside to be silly and creative; i.e. have fun. Above all have fun with your loved ones too. Start cuddling again and laugh with each other. Do fun stuff, watch a crazy movie, try something challenging together. You need to get your mind out of the daily rut. Only then will the creative juices flow again and that's when you start coming up with inspirational ideas again!

### ***Great minds think independently and not alike***

This quotation follows on perfectly from the latter. How many really successful people are there in this world? Only a small percentage at most. By successful I am again not referring to wealth, but to individuals that have left a legacy and changed the world for the better. Think about this for a moment – do you think that they have the same thoughts as all the conditioned 'sheeples' out there? I doubt it! If anything they think differently than everybody else. My dad always (and still does) asks me that if everyone jumps into the harbour, will I follow suite? He always made this point when I wanted to join friends on an outing and used the argument, "But everyone else is going?" Today I look back and am

thankful for this, as I make a point of doing the opposite to what the masses do.

Guess what, so far my life has been pretty awesome and people often come up to me saying how lucky I am and wishing they had the opportunities I had. Huh? Luck had nothing to do with it – I made a point of thinking and being different – that's the secret to my success. Today I come up with a new idea/concept/routine/keynote and within days others are copying it. Does it bother me? No because I am the originator and no one can ever take that away from me. Hey, and those that copy me will never have the success I have as they don't have the desire and passion to come up with their own ideas. It is the 'thinking differently' and the passion behind it that is the secret to success – and of course the internal contentment as well.

***It doesn't do any good to sit up and take notice if you keep on sitting.***

Sometimes I find quotes that just rock me and communicate with every fibre of my body – this is one of them. This is so important in achieving success. I recently finished a roadshow with a financial institution and used an example where I held up a high value monetary note and asked the audience who would like the money. Everyone put up their hands. I asked the question three times and out of six events, only two people actually came running up and took the note from me. The message. Sitting on your butt wanting something does not result in you getting in. Actually getting up off your butt and taking the steps towards the goal – well that's a different story – only then you are likely to achieve.

It's the same with people who say that they want to change things as from tomorrow, yet they do exactly the same as they did yesterday, but expect different results – that's my definition of insanity!

**Keep your conscious mind focused on what you want, and your subconscious mind will unerringly guide you to it.**

Fair enough, we are constantly bombarded by materialistic conditioning via the media as well as negativity which results in most people being constantly negative. This constant bombardment affects your subconscious mind and hence your behaviour. I firmly believe that you must run away (and very fast as well) from everything and everyone that is negative. We are all only human and any constant bombardment of negative will logically make anyone negative. However, in the same light, constant positivity will thus also make you positive.

Therefore I don't hang out with complainers, I don't listen to negative news broadcasts and do not read the first few pages of newspapers. In fact the older I get the more aggressive I get towards negative people and chase them away. Life is too short to complain constantly. In my own life I have seen that when I fly constantly and am left with only a newspaper to read on a plane, I start

becoming negative from all the sensationalist crap that sells papers. It becomes a major mission for me to get my feet onto the ground again and balanced in my outlook. I don't think people realise today just how bad the media is negatively influencing everyone. It is hard work to remain positive today – but it can be done. Just stay away from anything that is unrealistically and sensationalist negative. We are creatures of habit; if constantly bombarded with negativity you will act in a negative manner. I chose to remain positive!

**Knowing trees, I understand the meaning of patience. Knowing grass, I can appreciate persistence.**

And the final quotation may be the deepest one of them all, with the most hidden truths in it! No matter how well you plan and strategise in life, everything takes time. Learn to develop the confidence in yourself to understand this and accept that things don't always happen overnight. With the right planning and belief in the self, this becomes easier to accept. But remember, the crux of the matter is planning and self-belief. The next time you look at a tree consider the fact that through slow growth it has established a strong trunk and powerful root system over the years.

Of course in the same vein I think of a field where cows are grazing. All they do is eat the grass! Yet the grass keeps on growing! If you analyse your life and whether you have achieved all your dreams, ask yourself why certain goals have not been achieved. If you are afraid of the truth, I'll give it to you – you gave up! You were no longer persistent! With self-belief comes persistence. It's all about keeping on and on until you reach that goal.

So there you have it, let your hair down, think differently than others while at the same time getting off your butt and focusing on the positive while understanding that patience and persistence are the foundation to your success.

## **DO HERO'S STILL EXIST?**

As the year rushes by I ask myself those important questions relating to my dreams and goals, and whether I am on the right path to achieve what I set out to do this year. Additionally, and maybe even more importantly, I question myself as to what I have done for others and for humanity in general since the start of the year.

Questions that many people are afraid to ask are;

“Have I made a difference for the positive?”

“Is the world better off because I have been alive in the last few months?”

“Can I name at least one person whose life I have enriched since the beginning of the year?”

“Have I helped someone change their future for the better and given them

hope for the year ahead?"

Mmm, not questions that many people can give an affirmative answer to! Why is that? Have we really been so conditioned and brainwashed by the greed, materialism and capitalistic culture around us today that we don't care for others around us? Aha! I hear you say that you love your children, your spouse and your parents and you do everything for them. Really? When last have you told them that? When last have you actually spent time with them and just spoken about their feelings, dreams and desires? In fact, when last have you just sat down and listened to them? And this doesn't include sending an SMS, or reading your emails while they are talking to you!

Phew! I write this and think of myself! Only yesterday my wife spoke to me about something and I was working on a new book cover. I can't even remember what she talked to me about! Guess what I have been doing today? Asking for forgiveness and sitting down and listening!

We really have changed as human beings in the western world and whether it's for the better, is a debatable question, especially if this is the behaviour we practice. Of course change and advancement in technology is all part of the world we live in, and yes it is an essential part of moving forward and embracing the future. However, there is something called balance! Part of our instant technology driven world is that humanity has been conditioned to want, and to want it now. Ask anyone the reason why they want something, and 99% of the time they cannot give any decent validation for the desire. They merely answer, "I just want it!" That's kind of messed up huh?

Older folks often comment that younger people no longer have an appreciation for anything these days. Could that have to do with the instant gratification culture they have been brought up in? Years ago access to information was not as freely available. Values were different. Getting credit was much harder. But in all fairness, even the older folks have been conditioned to fall prey to this generation X and Y behaviour too. Just consider for one moment the massive increase in divorce rates of people in their 50's and 60's – this was totally unheard of a few decades ago. Have the baby-boomers also fallen prey to replacing everything in a heart beat and been seduced by the constant introduction of new and better products, i.e. mobile phones and cars every two years, so why not change the spouse too?

At least once a week I have a conversation with a stranger as to the state of the world today, and the fact that no one cares anymore. Where did this self serving attitude of political correctness come in, that no matter what you say, someone somewhere is offended and finds emotional distress by you uttering a simple statement? Of course I would like to blame the blood sucking, lecherous, self serving majority of politicians who have commandeered the

press to broadcast their self serving agenda's and started all this thinking (man it felt good to get that off my chest). Sadly no one has decent people to look up to anymore – politicians and self-serving leaders have become the nauseating mentors of society. All we are left with are people with hidden agendas. Do you think I am being overly negative? Just name a handful of religious leaders, sports stars, politicians or musicians that actually have their heads screwed on right? The appearance of folks like Ghandi and Mother Theresa are few and far apart.

In fact, and this is the crux of my message, today those heroes don't exist in the limelight anymore. Seriously... sit and reflect about the people that have made a big impact in your life and the community around you. Dare I allude that it is the mother of your friend who takes her last spare cash and helps at the soup kitchen ever 2<sup>nd</sup> day. It's the mothers who serve as 'Mom's Taxi' and drive the kids to and from school and extramural activities that really get to talk to the youth and instil values. It's that teacher who sees how messed up the educational system and bureaucracy has become, yet still stays after school and spends time with those kids that need guidance. That is the teacher that is creating the future change.

So what's the answer? How do you achieve all your dreams and goals and live a life of purpose?

Firstly, stop hanging out with negative people and when you do encounter them, stand up for what is right and challenge them on their self-serving ways. As a society the majority of people cry emotional distress when people say things they don't like. All they do is bitch and moan at how they have been offended and spend hours writing about it in the newspapers and social media. Huh? Why don't they stand up and make themselves heard? Writing about it is not going to solve anything. Why don't they change what they don't like with action?

Sadly, it's called responsibility, and most whiners are afraid of this, because it means that they have to remove that big object lodged in the orifice of their rear end and actually get up and make a physical effort to change it. They actually have to stand up, speak up and may just challenge someone else's views face to face. Horrors! It's so much easier to post a snotty comment on Facebook or Twitter than actually challenge someone face to face! That's what many people have stooped down to! And this is my answer to the appearance of all this political correctness nonsense. When someone is challenged today and don't like being confronted with the truth, or even simple practicality of a situation, they scream emotional distress and political correctness violations.

Everyone, even those in the wrong have rights today? What happened to taking responsibility of your own life and the lives of others? And here is my solution to

start changing this sad mindset we have to deal with daily in the new world.

Stop blaming everyone else, physically get up and go and do something real that will help someone else.

If you are in business and in a leadership position, get up off your plush chair and walk around your company – look for those people who have talent and are hungry to make a difference. Spend time getting to know them and nurture and guide them, as they are the future leaders and mentors of this society. Just sitting on your butt serving your own needs is not going to create a better future for any of us.

If you work for yourself, are home executives or even unemployed – go look for others in your area that may just need someone to listen to, or someone to spend time helping them with a task, or even teach a skill. Just make the time – show the people out there that someone cares!

Just imagine that for one day each and everyone of us threw all our issues into a trash can and simply turned to the next person you see or meet and asked, “For the next hour, how can I help you improve your life?” Can you imagine how the whole world would change overnight?

In summary, I need to seriously ask yourself what you have done to change not just the world, but also your immediate surroundings (work & home) of your life and those of the people around you for the better. If you can't think of anything, start doing so now. Even if you start with something really small, because remember, all big things always have little beginnings. And if you really want to know the secret to happiness and joy, it's easy... seek joy in what you give, not in what you get. And if you want true contentment and want to change the world for the better, remember that by seeking happiness for others, only then you will find it in yourself.

## **SELF BELIEF**

This life I lead is awesome as I meet so many wonderful people and have such great friends around the world. One of my favourite quotations appears right at the beginning of one of my books, Discover Your Magic. It says, “A man travels the world over in search of what he needs, and returns home to find it” by George Moore. Ha and I continually search the world wide web in search of the best quotes to share in my daily inspirations, when in fact, just the other day, I found some of the best insights right at home. Last month my neighbour Jim shared with me a PowerPoint he had put together for an interview – and wow did he have some great ideas there.

If you look at the world today, everyone is so materialistic and conscious of

what the neighbour's see and think about you. It's all about status, materialism, social and intellectual issues – the world has really become a sad place. Or has it? Or have we just become conditioned 'sheeples' and part of a huge conspiracy campaign to keep us stupid? I don't believe so!

Yes, big corporations, governments and mass media have influenced public thinking, no doubt about it. However, we as individuals have also allowed this to happen. It's called taking responsibility for your own life!

Some people call the masses the 'unenlightened or uninformed majority.' In a sense this can be seen as discriminatory, yet there is a lot of truth in this statement. Why? Simple, most people have allowed themselves to be manipulated and brainwashed. Others are not even aware this is happening.

However, I think that for the majority of people, this has affected their self-belief and confidence. So this month I want to share with you some 'put down' statements made to prominent people who would never have become as famous as they did, had they let everyone around them rub off their negativity and break down their dreams.

One gentleman was actually fired from a newspaper for deficient imagination and the lack of original ideas. Can you guess who it was? Walt Disney himself! He was the man that said, "All our dreams can come true, if we have the courage to pursue them!" And that's the crux of the matter – most people today just allow themselves to be manipulated – they don't have the courage to follow their dreams. How sad is that?

Another inspiring human being never spoke until the age of four and during his school career teachers actually told him that he would never achieve anything in life. Albert Einstein surely put them in their place! He always said, "Imagination is more important than knowledge. Knowledge is limited and imagination circles the world."

For some of you, these examples may not seem that extreme - so how about taking it up a level? Imagine your fiancé leaving you, having a nervous breakdown and also being defeated not once or twice, but eight times in an election. Phew, that's enough for anyone to give up! Or is it? Abraham Lincoln was that very man – and he became the 16<sup>th</sup> president of the USA. His philosophy was, "Success is going from failure to failure without losing enthusiasm."

One of the most surprising stories I read about was the woman that was told she was not suitable to be on televisions, and hence demoted from her job as a news anchor. Today she is the most influential woman in the world! Yes it's Oprah Winfrey. What about Madonna? In her fifties and still looking awesome



as ever. Many criticize her, but has she ever listened to those people? Seriously, she is another example of someone living their dreams because of her philosophy that, "A lot of people are afraid to say what they want. That's why they don't get what they want." Makes you think huh?

And what about the young man that dropped out of college and at the age of thirty was actually forced out of the company he started. Then at age 47 to be diagnosed with a pancreas neuroendocrine tumor and carry on building one of the most successful empires in the world, only resigning months before his death due to illness. It could only have been Steve Jobs of Apple! One of the commercials that put Apple on the map was these words by Steve Jobs, "Here's to the crazy ones, the misfits, the rebels, the troublemakers, the round pegs in the square holes... The ones who see things differently — they're not fond of rules... You can quote them, disagree with them, glorify or vilify them, but the only thing you can't do is ignore them because they change things... They push the human race forward, and while some may see them as the crazy ones, we see genius, because the ones who are crazy enough to think that they can change the world, are the ones who do."

In my Keynote, I always mention a quote by a gentleman that was told he wouldn't amount to anything because he was too stupid, and that he should go into a field that suits his pleasant personality. He is known for saying, "I have not failed, I just found ten thousand ways that don't work!" It's the man than invented the incandescent light bulb and founded General Electric – it's Thomas Edison!

Are you an undiscovered author? Imagine being rejected not once or even ten times, but 27 times. I don't know anyone that would re-submit a manuscript that many times. Guess who did? Theodor Seuss Geisel. His full name may not ring a bell, but he is one of, if not the biggest selling children's author in the world, and the man behind the Cat in the Hat – the one and only Dr Seuss who so aptly said, "Why fit in when you can stand out?" My all-time favourite quote of his is, "You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."

Imagine being a qualified engineer, then interviewed by Toyota and turned down for the job! Take it a step further and envisage having no job that your only option is to try start you own company. This is exactly what Soichiro Honda did in 1948. Today the Honda motor company is one of the most successful car manufacturers in the world. In my mind his most powerful and insightful quote is, "Success is 99% failure."

And finally I need to mention a group of young men that were told by Decca recording studios that have no future in sound business as their sound did not appeal to the recording company. Well today I think even the new leaders of this company are kicking themselves for what their predecessors did. This

group was no one else than The Beatles. In fact John Lennon's aunt Mimi still said to him, "That guitar is okay, but you'll never make a living with it." Need I say more? If you really want to think about life, do yourself a favour and listen to the words of John Lennon's song, Imagine.

My message to you this month is, no matter how much someone puts you down, insults you or tries to smash your dreams – YOU and YOU alone are the only one that can allow them to do so. These examples here just go to prove that self believe is the key to success.

Remember, each and every one of these people had a dream and started with nothing. They all failed and none were ever satisfied with their past performances. But one thing they did differently is that they did things their OWN way and they became legends!

## **STOP BEING A SHEEPLE!**

I am going to be controversial and stir the pot, as I am reaching an age where I think beating around the bush is becoming pointless and completely ineffective. I meet so many people that are unhappy and cannot make sense of the world we live in today. When I speak to them and try to ascertain what it is that is causing their discontentment, I realise that they are sheeples and simply following the accepted and conditioned norms of the society they live in. Their frustration therefore arises because they have not discovered themselves!

Simply put, it's a case of doing what everybody else is doing, without realising that you are a unique individual and that you will never find true contentment if you try fit in with everyone else. Following such a life you are merely a slave to what society dictates and requires from you.

Think about it this way. From the minute you leave school there are expected milestones with acceptable time periods in which to achieve them, as they are all set out for you to follow like a sheep. You need to finish university after 3 to 4 years. At least 3 years later you should be married. And God forgive you if you haven't had a child by thirty – then there is something wrong with you. If by 35 you haven't reached executive level status in your job, there must be something wrong with you. By 50 your offspring need to give you grandchildren and by 65 you should be hidden away in a retirement home. Am I wrong? Ladies, if you are not married by thirty, family and friends start questioning whether there is something wrong with you. Right or wrong? Maybe the pressure of finding a partner and rushing into a relationship to keep everyone around you happy could possibly be one of the reasons why the divorce rate is so high? As no one has the time to really get to know each other and check if they are truly compatible! It's all about constant pressure to fit in – and by following these expected norms people ruin their lives. Best of all is they then

spend a fortune at shrinks to give them every other reason, except the above as the real answer as to why they are not happy!

And this has nothing to do with conspiracy theories and the illuminati. This is pure logic. If big companies, organisations and government (those in control) can govern how the masses think, feel and act, then it is so much easier to predict behaviour, buying patterns, and life phases. Consider the conditioning by the media that if you are down, you need to shop for that new technical gadget or piece of clothing. This is the quick fix that is supposed to make you happy. The only problem is that it is a 'quick fix' resulting in you buying something else you don't need just to make yourself feel good. Within a month you are sitting with all this extra feel good stuff which you can actually now throw away, plus have extra debt that is forcing you to work overtime and still remain unhappy? Huh? On top of that you still need to attain certain milestones in life and give the illusions of happiness. Since when is having twice the possessions than your neighbour going to make you happier than them? Wake up! Do you still want to argue that you are not a sheeple?

If not, then maybe you are one of those junkies who love living in the past and blaming everything in your life on past events. Seems like the majority of the people in the world are on this basic level of consciousness today, and sadly those that are on a supposed higher level, are actually listening to the gibberish of those that aren't. Huh?

Furthermore, all sheeples are expected and do follow politically correct behaviour. However, the crux of this statement is 'political' which means it was created by politicians. Warning sirens should be loud and clear by now! My favourite saying about politics is by Plato who said, "Those who are too smart to engage in politics are punished by being governed by those who are dumber."

Here are the facts you don't want to hear! We are all different. Not only by our race, country and religion, but also by what we each believe and perceive as unique individuals growing up in our own unique circumstances. Learn to accept and acknowledge this! By forcing everyone to be the same and seeing each other as the same is a control system taking away your unique individuality! This will never work – hence the problems in society that exist today. Before there is an explosion of racial accusations – I am not saying that you must look down at any other individual. On the contrary, I am saying that you must look up to and respect every individual that you meet for their beliefs too. This is where the world is going wrong. Everyone is pushing their beliefs on everyone else and accusing those that don't confirm to their beliefs as bigots and racists amongst other things! Again the majority actual listen to this insanity! What is wrong with this picture? Maybe, just maybe, it's the accusers that are the problem? In a group of a hundred people one person has an issue, and everyone else tries to accommodate that one person? Huh? Have you

considered that just maybe this one person has something lodged in an area of his body where the sun never shines? Nobody has the right to label anybody! We're all unique – and we need to respect and accept each other for that uniqueness – only then will we learn to become accepting of everyone out there, including ourselves. Which part of this is so difficult to understand?

Today if you are not a sheeple, people brand you and accuse you of being different. Hello! Maybe it's time everyone started embracing their own uniqueness as the current system isn't really working that well? Just a thought! An unknown author once said, "Your life will get better when you realise that it is better to be alone than chase people who do not really care about you." Do you really think that the current system cares about you? The above has caused people to only be interested in others if they can gain something from that relationship. Therefore this quote makes complete sense because you are no better off hanging out with people that do not care for or respect you for who you are.

I read a post the other day that identified religion as a control system. I saw quite a number of comments where people were offended by this statement. Why? Isn't that what it is? Think about it, each and every religion has rules, regulations and procedures that need to be followed in order to be part of it. And if you don't – some higher order will punish you! Here's a life truth... You don't need religion to have morals. If you can't determine right from wrong, then you lack empathy, not religion. See, many people don't like hearing the truth.

Okay, so how do we solve all the above? So far there may be one or two of you that feel I am ranting. Not at all. I am trying to highlight the madness in the world today. I am trying to inform you that you cannot be happy or find inner contentment if you are a sheeple and put up with all the conditioning out there. Above all, I want you to see a purpose in life and smile every day and have fun.

How do you do it? Easy – stop listening to the BS out there and stop letting it rule your life. Stand up and be proud of who you are. Never let others tell you that you are superior or inferior to anyone else. Understand that you are unique and that you are entitled to be so. That is about the only thing you are entitled to – it's your uniqueness. So go out and embrace it. Go search for and discover what makes you unique. Stop trying to fit in with the other sheeples out there. And most of all – allow others to embrace their uniqueness too! Stop being judgemental and don't let judgementalism of the sheeples out there affect the way you think.

If you can just accomplish that, then your life will begin to have meaning and you will learn to celebrate your uniqueness. If you cannot do that, then you need to be content with being a sheeple. If you want to lead an extraordinary

life, then you need to embrace the extraordinary uniqueness of you. Just remember, that you need to be extremely careful who you pretend to be, as you might just forget who you really are.

## **LAUGHTER AND ITS 7 BENEFITS**

Those of you that know me personally, know that I enjoy a good joke.

Well, the main reason, number one, it reduces heart disease. When you laugh, your whole body laughs with you. You know, after a comedy show I feel tired – it's almost like a light form of exercise! I kind of dig that!

Number two, laughing is a natural pain killer. Think about it, when you laugh, even the pain goes away! Yep, that's quite a good reason to laugh.

And number three, believe it or not, it also improves breathing. It's got to! You are gasping for air to laugh the whole time you are laughing! Ya, ya – it makes sense, doesn't it?

Number four, ladies you are going to love this one... it helps you lose weight – the best and cheapest diet ever! Need I say more...? No!

Next, a good laugh lets you sleep better. Why? Well, because you go to bed in a much better mood. Surely that makes sense?

Did you know that laughter decreases stress? Think about it, after a really good laugh from a really good joke, you feel so much better.

And of course number seven, the ultimate benefit is... laughter makes you look young. Hello, I mean seriously... have you ever looked at an older person with lots of laugh lines in their face? What does it do? It makes them look younger and I think, so much more attractive. So man, you know have seven reasons to start laughing!

So what's stopping you?

## **5 ESSENTIAL LIFE RULES**

1. What other people think of you has absolutely nothing to do with you and is none of your business. If you live your life to please others, you will never find happiness. When is the majority of the world going to realise this? We already have our actions and what we say controlled by political correctness, but the one thing no one can control is our own personal thoughts. No matter how you act or what you do, if someone doesn't like you that is their right and their own problem. It actually has nothing to do with you. The more you let what others

think of you affect you, the unhappy you are. Also, when people see that you don't care and are not interested in what they think of you, they actually begin to respect you more, because so few people can do this!

2. In a similar vein never compare yourself to the Joneses. Above all don't judge them as you have no idea what deeper personal journey they are going through. Sadly today we live in a consumer controlled world where image what is most important. Reality check – 90% of people with big houses and cars are 6 weeks away from bankruptcy if they lose their jobs. You have no idea at the debt levels these people are in. Compare myself to them – never in a million years! I feel sorry for them and their stupidity that they let themselves be caught up in this silly debt trap and believing that image is what it's all about. Another reality check. If you are happy with yourself, everyone else will want what you have. Sadly they will still think it material possessions that bring happiness, when in reality it's merely being honest with yourself and enjoying the simple pleasures in life.

3. Make peace with your past. If you don't it will ruin your life. I have mentioned this so often before and I keep on repeating the message as the world just doesn't want to learn. Look at all the hatred and fighting today. If people could just drop all their issues with the past. If you don't get it, here's a fact – you can't change what happened in the past! Yes absolutely you must learn from past mistakes and not repeat them. That's a given. However you need to realise that nadda, zero, nothing can be done about history. You only have two choices, realise it happened and learn to live with it. If you don't you will remain unhappy. And most importantly, stop listening to the lie that you need to take responsibility for the wrongs of the past. Absolute crap – it had nothing to do with you and this only fosters resentment and hatred. If other people cannot accept you for who you are in this world today, and judge you by the actions of your predecessors – drop them as friends, clients and colleagues!

4. Time will heal almost everything, but you must give it time. You may feel I am harsh when I say drop the negative people in your life. Not at all, they will soon realise who is in the wrong – it just takes time. If you have never done anything bad to anyone and have nothing to feel ashamed of, then no one has the right to judge you for actions done by generations long ago. If they do and you still don't judge them back and simply carry on with your life – who do you think will feel bad at the end of the day. The problem is when you react and become judgmental back. Yes I know it hurts if people are judgmental to you first, but here is where time comes in. Leave it and you will get over the disappointment in others. Rather focus your attention on hanging out with people that appreciate you. You will forget the people with issues much faster than!

5. Hallo! When you wake up in the morning, you and you alone decide how your day is going to be. Your mind and the choices you make are all controlled by

you. Why would you choose negativity and resentment over happiness and joy? Either choice is the same effort, but with hugely different outcomes. What is so difficult to understand about that? It's called taking responsibility for your own life... if you don't take responsibility you will never be happy. The choice is yours and yours only. You decide.

## **STOP JUDGING OTHER RACES & CULTURES**

How do I let go of the past, move forward and find contentment in life? Easy! Realise that a lie does not become truth, wrong does not become right, evil does not become good just because it is accepted by the majority. And if you are part of that majority, frustration will be your reality.

Let me explain. I enjoy sending out my daily quotations and connecting with friends on social media and you can find many on my personal website, [www.wolfgangriebe.com](http://www.wolfgangriebe.com). As a thought leader, every day I listen, look and search for new insights to share to inspire others. Interestingly enough I find quotations on a daily basis that are sometimes controversial in that they may not be politically correct, but they call a spade a spade and make perfect sense, beside solving a lot of people's personal problems if taken for the objective advice they offer.

An example of one I saw yesterday by an unknown author is... "No living person, black or white, is responsible for what other black or white people did years ago!" I could take that even further and apply that to all wars and atrocities of the past. Not only am I not responsible for this, but neither should I have to feel any guilt about it – it had nothing to do with me! And no one has the right to even attempt to make me feel guilty about it.

Of course politicians would love to argue that point – then again it is their predecessors that are responsible for all those past atrocities – so of course they want to shift the blame. I always think of Robin Williams' definition of politics - "Poli" a Latin word meaning "many" and "tics" meaning "bloodsucking creatures".

I am here to shift your thinking and inspire you and definitely not to complain about politics. However, you also need to wake up to the reality that you are affected by to the media and your social setting. To find inner contentment you need to realise that you cannot live your life in the shadow of others, nor can you let others tell you how to live your life. You need to find and create your own path. The first thing in doing this is to accept what is, to let go of what was, and to have faith in what will be.

So stop letting others influence you with negativity and past happenings, just to meet their own agenda. The only thing you need to concern yourself with from

the past is to learn from the mistakes and wrongdoings that other did and not repeat them!

If you want to savour life and enjoy the people of the world, follow my advice and never pre-judge anyone that crosses your path, whether they are black, white, brown or yellow – simply give them a clean sheet of paper and allow them to complete it. Guess what – you'll be amazed at the awesome human beings you meet and suddenly you will realise that we all can live together in harmony and with respect. Just remember it starts with you!

## **DETOX YOUR LIFE IN 4 EASY STEPS**

So how do you detox in 1 minute?

Easy, there are 4 rules to follow.

- 1 - Get rid of anyone that lies to you.
- 2 - Don't tolerate people that disrespect you.
- 3 - Stay away from people that only want to use you and never give back in return.
- 4 - Chase people away that put you down and don't respect you for the unique talents that you have.

It's really as easy as that!

## **10 HEALTHY LIVING TIPS**

Actually it's 11 as I am starting on 0.

- 0 - Hours of television per day
- 1 - Hour of exercise
- 2 - Litres of water
- 3 - Cups of green tea
- 4 - Short mental breaks
- 5 - Small meals
- 6 - AM wake up
- 7 - Minutes of laughter
- 8 - At least hours of sleep
- 9 - PM end of the day and off to bed
- 10 - Thoughts of gratitude for the day that was as you fall asleep

## **TACKLE EVERYTHING HEAD ON!**

You may be wondering why I produced so many videos in the last two months? Honestly – I have been down and sad. Why? I just can't seem to handle what is going on in the world anymore. I don't know if it is my age, or I am just



becoming over sensitive? I have never seen such an abundance of hatred, issues, greed and basic lack of ethics amongst people. I notice it in what I see on television, what I see in newspaper headlines, what comes into my email inbox, and on the roads and how people drive. I mostly notice it with friends and how everyone seems to pull back and live their own lives. It appears no one has time for anyone anymore. Hey, I'm not pointing fingers – I too am guilty of this. Before I know it the week is over and I haven't blinked once. Then I look at my wife and quiz her whether we shouldn't invite someone over or go out to dinner – in the end we go to bed early as we are just too tired to do anything else.

Is it just me or does this sound familiar? Between keeping ones head above water, cleaning the house, paying the tax man and keeping the kids happy – life just passes one by. Then on top of it, the politicians seem to be having a field day worldwide irritating the crap out of everyone when you look at the Facebook posts and issues that people discuss. And here I sit in the middle of this! No wonder I dive off into my studio and shoot videos hoping I can bring a smile to someone's face or just inspire them with words of wisdom. If anything, when I am down it inspires me to remain optimistic and share as much fun and inspiration as I can. Besides helping others it's also a great therapy for me to get out of my rut!

But then again, there is only so long that one can lock oneself up and try to avoid the outside world. Sooner or later it catches up with you. So now I am again faced with that ever annoying question, "What now?" I have been thinking long and hard at how I can cope with my internal conflicts. In fact this morning I posted on my Facebook page that I am despondent as all I do is go out and inspire people and try keep them optimistic – yet daily it appears the world and people are becoming more materialistic, more selfish and more hate filled – it makes me want to go hide on an island somewhere!

Believe it or not, I too need a place to vent. However, the reality is that as much as I kick against the system, there are those that are more than happy in it and most probably have a much more inner peace than I do – so who am I to judge. In the end I have to accept my lot in life and decide what I want to do with it. We come back to that mature intellectual debate of having to accept that you and you alone are responsible for your mood, experiences and achievements in life. Then I realised, I need to get out of my OWN way! What about you?

So I decided, I hate small talk! I want to talk about atoms, death, aliens, sex, magic, intellect, the meaning of life, past life regression, faraway galaxies, life on mars, music that moves me, why people believe what they do, what makes fundamentalists tick, my flaws, your flaws, my favourite smells, my youth, how was your childhood different from mine, what keeps you up at night, what makes you scared and what makes you happy. You see I have decided I like people with depth who actually speak what they feel, with emotion, with

authenticity, and who are prepared to tackle the topics and debate the issues all the politically correct weasels don't want to tackle. I like someone who is a bit warped and twisted and who pushes boundaries. I am tired of the boring rut and rat race. What about you?

You see, saying "Yes" to happiness is also about saying "No" to people and things that stress you out! And no I don't believe I am the only creative person on the planet! I believe each and everyone is immensely creative, just some people haven't identified their passion and that which makes them tick. However, when it comes to creativity and someone that has identified his own fire in life, I realise that one does become easily bored. In fact one also likes taking risks, thinks with one's heart, makes oh so many mistakes, stays clear of the rules for the masses, works independently, is somewhat eccentric, dreams big and believes that fun is a natural human right. So I started making a few new promises for myself in life.

I am now only going to show my authentic self to others. If you don't like it, that's your problem, not mine. However, by being authentic myself I am creating the space for you to be authentic too. This doesn't mean we have to be aligned in our opinions and agree on everything in life. But it does mean we are free to express ourselves and share openly and honestly with each other. If we clique – awesome. If we don't – at least we don't lead a false friendship!

I will no longer give a second thought to people that aren't happy for me as I believe they probably aren't happy with themselves either. In fact I just feel sorry for them. If you are constantly jealous of the achievements of others, then you seriously need to do some internal searching and spend less time moaning about what others have achieved and use that time to start building on some of your own achievements!

My dad always taught me to keep quiet if I don't have anything nice to say. Strange, I have been really quiet lately – but also much happier for it! Now I realise that I don't have to give feedback or make comments on every issue out there. Sometimes it's just better to shut up. Someone once told me, when arguing with an idiot, make sure you are not the idiot. Think about it!

I have suddenly realised (and this is the biggie and if anything, the one take-home message you need from this month's Useletter) the easiest way to solve a problem is to STOP participating in it!

Every moment can be a memory – so why spend moments in anguish, stressed and complaining. I WILL NOT give the opportunity of creating magical moments away to others who try and ruin them. The power lies with me and me alone to create my own life story. At the end of it all, I remain responsible for the moments I have created! You see, every 60 seconds you spend in anger

and hatred is another minute of happiness you have robbed yourself of. Powerful thought huh? That's the kind of stuff I think of when I sit on my own and ponder the things around me!

And lastly I have had enough of politicians who keep on attempting to blame everyone for the atrocities of past political parties and have coined a new quotation of my own; "NOBODY has the right to make you responsible for the actions of your forefathers. You live here and now today. You are ONLY responsible for your life, here, now and today. You didn't choose to be born into the world, religion, culture and society you are in. So no one has the right to judge you for anything anyone except you did in the past." I seriously think if more people understood this and lived in the moment and didn't judge anyone they meet based on past preconceptions – phew how the world would change overnight.

So I leave you with this thought. Stop being affected by what others say and do. Rather you be the change agent that changes the way those others act and behave. YOU be the one that remains positive, ethical and understanding. You be that person that everyone speaks of and queries why you are always objective, fair, ethical and stand up for what is right – because only then can we start changing the world for the better. Lead by example, walk your talk. ***Be what you want to be, not what others want to see. But be decent and change the world!***

## **YOU ARE RESPONSIBLE FOR YOUR OWN THOUGHTS**

Here we are again – another month has passed and it felt like just last week I had sat down to see what topic I could tackle this month. Once again I look back at the month that was and peruse world events and find it extremely challenging to come up with anything positive to talk about. The European refugee crisis seems to be the topic of discussion, and a heated one at that. I actually sit like a 6-year old child watching a magician for the first time – my mouth wide open in disbelief at the events occurring before me. Only recently I used the topic WTF for one of my 'Useletters' and considered using WTF2 for this one.

Then I decided to practice what I always preach! Stop, count to ten and think before I blurt out my thoughts. It works! I instantly came up with my topic... You are responsible for your thoughts!

Having said that, this month's 'Useletter' is deeper than normal and may touch a few nerves with some of you. That's fine with me, I am here to spark debate and make you think. I believe we are in a world today where we need to seriously move out of our comfort zones and start tackling the real issues at hand so that we can ultimately find inner peace.

Sometimes I feel like a school teacher, as I am repeating the same lessons, but from different angles! The bottom line in life is that this is easier said than done. Daily I try to be positive, daily I try and laugh and look at the light side of life. (Join and like my Facebook page here for this) But there is always some moron somewhere that seems to go out of their way to mess it up for me, i.e. politicians, subjective journalists, religious fundamentalists and/or family members. This may be all part of daily life, but my problem is, why does the rest of humanity accommodate these people? Then when the minority do attempt to argue with these negative sycophants, they immediately label you as racist or discriminatory when they see themselves losing the argument, and that's the end of that!

Does anything sound familiar to you? I have always found myself to be an ethical person who puts honesty above all else. Suddenly other people label my thoughts 'politically incorrect' and accuse me of being narrow minded. Huh? Let me explain.

Fact 1 - the world we live in has a history of hate and wars. Fact 2 - the majority of these wars have been caused because of religious and cultural differences. So far this is pretty straight forward. Now the 'new age' politician believes that 'multi-culturalism' is the way to go. In other words, put people together of different cultures and religions and force them to get along with each other. They haven't done so in the history of the entire planet – ever, but now is the time to try! Huh?

Let me backtrack. What was it that appealed to me about visiting Europe in the past? It was that in one small area I could cross borders and be exposed to totally differing cultures and viewpoints. Whether I agreed with them or not had nothing to do with it. It was the experience of seeing how different cultures thought, lived and behaved. It was their uniqueness that made me explore the different countries. If that wasn't enough, I would make another trip to the Middle East, or even the Far East to once again experience completely different cultures. This I believe was called the university of life that made global travellers such interesting people to talk to, and also embedded within these very same global citizens a maturity and wisdom that gave them a broad objective perspective of the world we live in. In fact, talking from personal experience and speaking to a similar social group of friends, it has made many of us in a sense more tolerant of other cultures and beliefs.

Why? Because when we visited these cultures, we came in as outsiders. We had to adapt to their customs and norms. We had to respect their beliefs. Even if we didn't agree with them, it was our choice to visit there. So it was either a case of fit in or %^#! off. Believe me, after a few years of going through this process you start understanding the mind-set and you take responsibility for your actions. You start understanding that if you don't fit in, there are

consequences. You also start to realise that the society you have grown up in is completely different to another and that you will always have differing views. Travelling always reminded me of my psychology studies when the first thing I learnt was to define the word 'abnormal'. Interesting there is no definition that covers all cultures. In fact the definition clearly states that abnormal can only be defined, depending on the culture and circumstances you grew up in. I think understanding this and then travelling, makes accepting foreign views and behaviour a little more tolerable. You may still not agree with it all, but you learn to tolerate it. You learn to take the responsibility and respecting that culture and religion simply because of who they are. Not because you agree or disagree with them, simply because of whom they are. Having said that, you still have your OWN personal moral code that you believe in.

Let me simplify the point I am trying to make. As I live in Africa I thought it opportune to use the Big Five animals as an example. If you don't know who they are, it's the elephant, lion, leopard, rhino and buffalo. All of them live in the same area. All 5 are totally different. All 5 have a right to exist, but I have never seen a lion trying to convert an elephant to become a lion. Imagine a giraffe trying to pull a hyena's neck up and trying to stretch it so that the hyena can become a giraffe! Am I bringing the ludicrously across? All the animals of the wild live together in harmony. They can cross each other's paths and they even help each other at times (some awesome You Tube videos of this on the Internet) but they never try converting each other to their own breed. Nor can they ever be put into one cage in a zoo together – they end up killing each other.

Interestingly, just because they respect each other and don't really hang out with each other, they aren't called racists or elitists, they are different. They know it and they accept it!

Now back to the European refugee problem and in hindsight a nasty issue that has overflowed worldwide. As human beings we are DIFFERENT – we are NOT the same, we come from different religious backgrounds, cultures and nations. We DO NOT think the same. This is basic, simple logic to me! And don't let anyone tell you otherwise! If I am someone who has spent his entire life being brought up believing one thing, is it not totally naïve to think you can change this? Whatever the European politicians are smoking – I'd love to try some of that stuff! Come on, this is insanity.

Now I see you are maybe pulling back and thinking I am unreasonable in my deductions and my animal analogy. Yes, we are not primates; we don't just behave off of basic instincts. Or do we? If I look around the world today, personally I feel many animals have a lot more sense than many humans. However, let's do a comparison. Both animal and human have a primal basic instinct to live (eat), reproduce, socialise and seek shelter. Those are pretty

much the big ones. If we just take those, then the animal kingdom has outperformed us hands down. As they have gotten on much better in the last few thousand years than we have.

Our intellect and the fact that we can think, contemplate, strategise and differentiate between right and wrong is what supposedly makes us superior. Looking at the world today I wonder if that is true. However, in fairness let us look at this superior intellect and where we have gone wrong in our use of it.

Surely if I can understand that you have been brought up in a different culture and religion from me, I should be able to comprehend that we don't think the same. Surely I should also then understand that as we have differing views and each believes that theirs is right, neither of us has the right to judge the other – this I believe is called respect! It is also known as taking responsibility for your life and responsibly accepting that someone else has a right to theirs.

For intellectual growth and the future of a harmonious society I couldn't agree more that we need to get to know each other, understand why we all think the way we do. Plus we need to start interacting in a responsible and objective manner with the aim of both parties growing from this interaction. I also believe that as a human species we are still far off from this dream. We have much to learn in terms of human interaction and respect for each other's belief and cultures.

Right now we cannot move forward as most people are still living in the past and have not yet understood the importance of moving forward by learning from the past,. Sadly we still point fingers and harp on the past.

To create a melting pot as is the case in Europe right now I feel is asking for trouble as humanity is simply not ready for such integration yet. There is still lots of work to do!

So how do YOU solve this problem? Why do I say YOU – because it all starts with YOU? It's no use for any of us to sit back and complain about everything; that's why the world is in the state that it is.

So I have six rules we need to follow:

- 1) Be proud of your own culture and religion – do not let anyone influence you on this.
- 2) When others are proud of their beliefs, do not judge them for it – accept them for it.
- 3) NEVER criticise or put others down for their beliefs – you have no right to do so.
- 4) If someone with a differing view from yours is in your space and disrespects

you, then ask them to leave – that you are entitled to do so. However, expect to be treated the same in return.

5) Interact with different cultures and religions with the aim of gaining an understanding as to their thinking and why they believe what they do. It's only when you really know what makes someone else tick, that you can judge for yourself whether you agree with them or not. It is no use being judgmental based on one or two behaviour traits. We are quick to judge but slow to actually learn what that person is really all about and what makes them tick.

6) Acknowledge and accept that we are all different (don't let politicians and religious leaders tell you otherwise). Take responsibility to respect those differences – then you will be amazed at how much easier it is to start becoming friends.

I have a group of friends that meet regularly. We are all from different religions, cultures and races. When we meet we hug each other, look each other in the eyes and say, "I respect and love you as a fellow human being." We then socialise and ask all those questions one is normally scared to ask of another culture. We use this time to query and even criticise – but if we do, we allow the opportunity for an answer and to be criticised back. At the end of the evening we hug each other again, look each other in the eyes and once again say, "I respect and love you as a fellow human being."

The first few get togethers were all-out debate and even fighting at times. But our arrival and departure rule kept us going. Today we have gotten over the minor differences! Yes after a few meetings and really getting to know each other we realised that we all had warped views of each other's beliefs and that at the end of the day there were actually minor differences that separated us. Today we actually respect each other for those and grow as a group of deep friends who will always be there for each other.

So what makes me so special being able to do this? Nothing! I merely gave a fellow human being the chance to show me who they really were. I took the responsibility of taking the first step. Now if we as humanity all took that same step – we could all change the world very soon – but it starts with YOU.

Have a great November and make a point of getting to know someone in a different culture/religion to you so that we can all start moving forward.

## **FIND DIRECTION**

Last month was extremely interesting in that I rekindled an old passion and spent time on my own re-energizing and finding direction in my life again. Yes I know you are confused and thinking, "What, that man always has direction!" Well most of the time, but I am also human being and I also get caught up in things and issues that are not good for me. This realization came about

because I spent a contract on a cruise ship (that's my old passion) and we spent most days at sea. What a great recharge, just sitting on the deck looking out over endless water and just soaking in the peace around me.

This made me seriously think about my life and the life we all live. It was a time of reflection as well as questioning what my real priorities are, and where my current ones have gone off track. This all happened by accident as I had loaded lots of work on my laptop so that I could catch up on admin. The first time I switched on my computer, I noticed I had interrupted an earlier update and basically the software I needed to complete all my tasks was not going to work, and the download via satellite from the ship would cost more than buying a new computer. So I was forced to relax and contemplate about my life. Best thing that has happened to me in years!

I have always believed in sharing personal stories and happenings, as I believe this keeps me authentic. Additionally I need to stress that I have always seen myself as a very middle of the road person, no different from anyone else. The only thing that could maybe be seen as a differentiating factor could be my attitude.

Now even though I preach against it, the reality is that we ALL do get caught up in the rat race, even if we don't want to, and we do end up living a rushed life and putting simple priorities aside. Somehow it manages to sneak up on us so subtly, we don't notice how it takes over.

What do I mean? Is it just me or have you also noticed that today you cannot live without your email? If you are in another city your priority is a WiFi connection and if you don't find one, then you stress out that you could be missing an important message. Sadly when you eventually do find a connection, and sometimes even fork out a fortune to get one, you are merely bombarded with spam. Similarly if you haven't checked your email in 24 hours you go into panic mode. It's as if we have become a slave to this instant communication, and even though we complain about it, we simply cannot live without it! Or can we?

And our mobile phones..! Do I really need to comment? One thing I have never forgotten is that there is a red button on the phone. In case you don't know what it is, it switches the phone off! There was a stage in my life where my phone would ping in the middle of the night, and someone somewhere in the world had just decided to send me a silly joke or pic. That damn ping always woke me up and for some or other reason there is no way I could go back to sleep until I looked at what it was. Sound familiar? Most of the time it was an annoying spam message from the mobile phone provider trying to sell me something. Occasionally it was a joke from a mate in a different time zone. Bottom line, it was NEVER anything important. I knew this, but I still had to get



up to read it! How crazy is that? Today, the phone is off, or remains in my office. If someone really wants you, they will leave a message or contact you later - it's really as simple as that!

Have you visited friends and spent most of your time on your phone? Or have your friends invited you over and done that? Dale Carnegie (the 70's author of "How to Win Friends and Influence People") would be spinning in his grave! You will NEVER build or nurture true friendships if you look at your phone the whole time. Yes often one is tempted to show a gag or phone a friend and network your current friends with someone on your phone. Stop! Put it off or leave it at the front door! Make an effort to connect with your friends under 4 eyes. One of two things can happen... You will suddenly realise there is a whole new, different and interesting side to your friend and the relationship will deepen, or you will see that you have nothing in common, hence the phone use the whole time. The problem in today's world is that we try to fit in everywhere, instead of being ourselves and genuine people.

I also feel that we have become 'information overload' junkies! Now what do I mean by this? Not only are we overexposed to more information than any generation before us, we also try to take it all in! It reminds me of that question, "When is enough, enough?" How much information do we really need to function in the world today? Do I really need to know which brain dead Celebrity in LA had another unmentionable body part rejuvenated? Hello! Do I really need to read 4 pages of subjective vote collecting stirrings of greedy politicians in the newspapers who are only thinking of themselves? Let's be realistic here, the week I spent at sea thinking and meditating about my own life, without the constant bombardment of sensationalist media drivel was fantastic. I didn't get upset once! My blood pressure didn't rise and I smiled all the time.

Yes the purists out there will advocate that we do need to be exposed to world events. Of course we do, but at what pace? Do I really need to know the latest happenings every 2 hours? Does what happens in Chile affect me right now if I live in Singapore? Like anything in life we need a balance.

Plus we need to take care of our immediate environment around us, as that plays a huge role in determining our happiness here and now. Ask yourself, "How much information do I really need for that?" I find that everyone is so interested in what everybody else is doing, that they never have time or any inclination to work on themselves and improve their own image within their society.

You are entitled to your opinion! Having time on my own I thought about all the self-righteous and minority groups in the world who complain daily about being marginalised. Have you also noticed that they seem to be creeping out of the

woodwork and there are more and more of them every day? Best of all they are the most outspoken and at times aggressive people out there. They are entitled to say how they have been mistreated and have the right to their own beliefs and religious freedoms, yet when you do exactly what they are doing, standing up for your rights, you are labelled as racist, elitist or discriminating against them. Huh? How does that work? They may demand that everyone dances to their tune, yet complain if we do the same. If anything my time alone made me realise that this unrealistic 'political correctness' is not working and that we all need to stand up for what we believe in. And we need to tell more idiots that they are idiots and stop catering to their whims and that you also have a right to air your views! Not just them! The big problem here is respect. I will always respect everyone I meet first, but the times of me shutting up and keeping quiet when I am not respected are long over. If you don't have the common decency or intelligence to realise that I too have a right to my own beliefs then I am seriously going to give you your own medicine back - and feel much better for doing it too!

If you really think about it, what is your purpose in this life? To be jealous of the achievements of others and gossip at who is doing what to whom? Or is your purpose to leave a legacy and help those around you to find their purpose as well? None of this can be done if you are operating on a materialistic existence plane. You have to raise your consciousness and the only way to do that is spend time with yourself, be honest with yourself and identify what makes you tick! Of course you also need to ask yourself what makes you happy.

You can only do this by spending time with yourself (and on a regular basis) and actively working on loving yourself and learning to be content with who you are. Self-reflection is a must in everyone's life if you are searching for a meaning in your life.

So, in a nutshell, as I move into my 50's and I reflect on life, here are 13 things most people regret not doing when they were younger. Think about them over December and make it your New Year's resolution to never have these regrets by the end of next year.

- 7) Skipping gym and neglecting physical fitness.
  - 1) Not quitting a terrible job.
  - 2) Not saying I love you when you had the chance.
  - 3) Living someone else's dream.
  - 4) Not spending enough time with your family and friends.
  - 5) Holding grudges with people, especially your loved ones.
  - 6) Not realizing how beautiful you are.
  - 7) Being too consumed in work.
  - 8) Not taking the time to learn something new when you could.
  - 9) Learning to cook one awesome meal.

- 10) Always worrying about what others think.
- 11) Holding yourself back due to society and cultural norms.
- 12) Not being grateful enough.

## **ANOTHER NEW YEAR!**

So how was your New Year celebrations? Did you stay at home and sleep from one year into the next, or did you party? We went to a party. And what a party it was! The New Year came in, and I went out! Well at least it was better than last year, because last year I toasted the New Year at home. My wife had rye and I had white.

Seriously though, I don't understand why people celebrate the end of a year. It only means that the car depreciated again! And speaking of cars, one should never drink and drive on the Freeways on New Year's Eve – those rest stops are pretty far apart!

Enough said! Most people make New Year's resolutions go in one year and out the other! Not me, this year humour is going to play a big part in my life!

Seriously, have you not found that the last few years have become tougher and more serious and it has become difficult to stick to those New Year's resolutions? So this year my approach has changed. I spent the first week of 2016 thinking of what I wanted to do this year and basically came up with 5 changes I would make in my life. These I want to share with you as I believe they are realistic, and most of all, very pertinent to the world that we live in today.

### **1. Laugh more**

I am going to laugh more this year. Having said that, my year started on a sad note as my friend Gav died on New Year's Eve from taking too many heart burn tablets. I can't believe Gaviscon!

Okay, that was my best joke of 2016 so far! In fact a friend sent it to me yesterday and I have been laughing ever since. It may not be a politically correct joke, but then again where has political correctness brought the world today? If anything, it has messed it up more. So down with socially acceptable, if something is funny, I am going to laugh at it. After all I am still entitled to my own thoughts and opinions.

### **2. Screw political correctness**

Seriously, look at the world today. What is going on? Have people completely lost it? Just look at how our politicians (doesn't matter which country you live in) have completely messed up the world. It is these same idiots that now also want to tell us what we can say and what we can't say, and how we should

react? Huh? Here's a fact, we are all different and we all have our unique quirks. If you can't laugh at yourself, or take a joke around the unique side of your culture, maybe it is you who should grow up. Hello, discrimination and personal attacks are completely out – use common sense. But this over-sensitivity has gone beyond an idiotic level.

### **3. Call a spade a spade and not a shovel**

I find it interesting that everyone else can have their say, except me? This resolution goes pretty much hand in hand with my second one, yet is very different. I am making a point this year to counteract all defamatory and unfair comments that the minorities make against the majority. Let me explain... there could be a thousand people at an event and one lone insecure individual has an issue with something. The powers that be will listen to this one person and change everything to suite him or her, even if it is to the detriment of the other 999 people. That stops today! I will no longer sit by quietly and accept such behaviour. It has reached a point that anyone and everyone can dictate how we must react, just because they feel emotionally offended by something. Hey, in my day you got a smack as a child when you were naughty. If you didn't study and failed a year you had to do it over. You were not pushed through. You were taught to take responsibility! Today the youth get a trophy for simply attending school? Huh – talk about entitlement! Don't you think that just maybe this is where the problem lies? Lack of responsibility for your own actions! I ain't putting up with it anymore.

### **4. I will not be a religious bigot**

Have you noticed how the world has gone religious crazy and the amount of hatred and wars that have started over religion? I saw a great cartoon the other day of aliens looking down onto the earth and all they saw was explosions and fighting, and the one alien said to the other, "They are fighting over who has the most peaceful religion!" Enough said! Research on the Internet (and this could be incorrect by a few numbers) has indicated that there are just under 100 mainstream religions with over a million followers each, and just under 200 minor religions with less believers. This is interesting as we have just under 300 religions in the world that claim that they are the way. Think about that! They all claim that they are the route to salvation. Maybe I don't understand logic, but surely all of them cannot be the way? Only ONE can! And that too is an arguable point! How do you know it's yours? So in 2016 I will keep my religious views to myself as I believe spirituality is something personal, and instead of preaching I will actually walk my talk, including not judging others for their beliefs either. If we simply learn to respect and not judge others, maybe we can live together peacefully.

### **5. Avoid mass marketing and manipulation**

In my personal opinion I have never encountered as much materialism and

greed as I did in the last few months. I believe it is due to an increased presence of aggressive marketing and control by the 'powers that be' to turn the masses into exploited sheeple. Fact, I can only live in one room at a time, I can only watch one TV at a time and I can only drive one car at a time. Is it really necessary to own five of everything? Does having the latest mobile phone make me greater than someone else? Wake up! If you haven't woken up yet you can start opening your eyes by giving away, or selling off everything you don't need or haven't used in the last 6 months.

My wife and I spent time renovating our home the last few weeks and I moved my study from downstairs to upstairs. I literally gave away 1000 books that I haven't opened in 10 years. I had 4 modems in a cupboard and so much stuff I was hoarding for no purpose! What an incredible feeling to give away to others in need, or simple just to de-clutter and realise that the most important things in life are your health and your family. My goal this year is to scale down completely, as I have realised I don't need all this materialism to be happy. Think about it, you spend a fortune on insurance to insure all the crap in your home. If you cut down on all the crap and only had one TV, one microwave and one computer, you wouldn't need to spend copious amounts on insurance every month, as 6 months policy fees would cover those few items anyway. But no, we need 10 of everything! Guess what, we cause our own stress! Wake up smell the roses!

## **ATTITUDE AND CREATING THAT MAGIC!**

My focus this year is to bring more magic into what I do and use this as a recurring theme in all my inspirational material, from seminars to writings – and I would like to start the first message that a [happy life is entirely dependant on your attitude](#). We tend to forget that each of us view life from our own individual and often biased viewpoint. Everything that happens around us, we react in our own unique way, completely different from the person next to us. The problem is that because of the 'rat race' mentality and constant mass media materialism conditioning we tend to focus on pre-programed negative reactions to everything around us. From today onwards I want you to try and become the magician in your own life by TAKING CONTROL! By NOT allowing your preconditioned and pre-programed subconscious to take over, but to consciously stop and think about your thoughts and reactions and to consciously decide to take a positive stance in everything you do.

Let's take an example. If you are waiting for a bus, train or plain and there is a delay, the majority of people immediately start complaining and even affecting those around them. Instead of having a negative attitude, be prepared, have a book you want to read on you. Or have a pen and notepad and use this time to

write-down dreams and goals for the next year – the things you usually do not have time for normally. In other words, when the unexpected happens that normally puts you in a bad mood, turn that around to a productive experience that benefits you.

Recently with all my travels I experienced a long delay at the airport and of course everyone around me started complaining. Being a magician I took out a pack of cards and showed tricks to everyone around me. Within 5 minutes there was a vibe that was laughter and astonishment and everybody's minds were taken away from the delay. It so happens that we would have waited 30 minutes and just stared at the walls and looked sour. By taking this opportunity I made the time fly for everyone. In fact when they eventually boarded us some people would rather have continued watching the tricks. There was a positive mood, rather than a negative vibe as the people entered the plane. The staff pulled me aside, thanked me profusely and spoilt me throughout the flight. Plus one passenger who owned a company and was planning a conference asked for my card and has in turn confirmed a booking with me. Mmm – let's backtrack. I could have chosen to bitch and moan to those around me and we could all have stood there with long faces. Instead I created magic (literally!) and look at the change. Plus I not only created an unforgettable memory for everyone around me, but for me too.

This may be a unique example in my life, but hey, don't you think you could also create such examples in your own life. Bottom line, it's all about attitude!

My travels reignited a spark around art which led me to come up with a quotation that [without art life would not be worth living](#). I firmly believe this and when I speak about art I not only refer to the painted picture, but statues, architecture, furniture, nature, lighting and everything around us. Again, instead of being in a situation where something negative happens and reacting with a bad attitude, just stop and look around you at the design and architecture of the building you are in. Someone had to visualise that idea, draw it, conceptualise it and create where you are standing. If one just stops and simply takes in the surroundings and questions everything behind that final scene, ones appreciation of where one is changes. In fact I have found that even if I end up somewhere longer because of a negative event, simply the act of stopping, looking around and questioning the reasoning behind why the place looks the way it does, takes my mind into an exploratory mode (better than negativity) and in the end I become fascinated by everything around me and in a sense learn something about my environment – even if it is my own interpretation. And hence my attitude changes from negative to enquiring and in the end positive – as the outcome is then always a new insight into my surroundings.

Simultaneously creating magic in my life made me think of fitness! You see, [you](#)

may be physically fit, but are you mentally fit? Think about it like this, unhealthy people put junk food into their bodies. Junk food is full of preservatives, has little or no nutritional value and basically is bad for you. Could one not compare that to a bad attitude? A negative mind-set leads to negative thoughts that depress you, stress you, anger you and demotivate you. So what chance do you have of being fit and healthy mentally if you only dump the bad stuff into your mind? Compare it to physically fit people who watch what they eat and who exercise regularly – they are more confident, more proud of their bodies and tend to have a more positive outlook on life. Good in results in good out! Hence in the same vein, focusing on taking in positive thoughts you become a positive person.

When I do a magic trick, most people are blown away and they always question how I do it – of course I keep it a secret. Firstly because there is too little magic in life and I feel we all need to let the child out in all of us more often. Secondly because when people find out how the trick works, they are often disappointed at the simplicity of the principle, as most of the time the secret is so easy. The bottom line is, creating and harnessing that magic power is easy.

Exactly as in the three messages I have shared with you today. Creating magic is simply all about taking a step back and thinking before you react. Such a simple concept can impact your life hugely! I repeat – creating magic is easy – so what's stopping you?

On that note I would like to end off with one final thought. A leader asked his people, "Who wants change to occur, and everyone put up their hands. Then he added to the question and asked, "Who want to change?" and no one put up their hands!

If you want change to occur – YOU need to change!

## **A LESSON FROM A CRUISE SHIP**

**He Pushes His Wife To Save Himself, But Was It Wrong? This Story Teach Us Something Very Important About Life.**

A teacher was teaching her class of students when she relayed a story about a cruise ship capsized at sea.

On the ship, there was a couple that managed to make their way to a lifeboat, but then realized there was only space for one.

Although I can't confirm whether this story actually happened or not, I certainly think we can all learn something from it.

A cruise ship capsized while at sea. On the ship was a couple who, after having made their way to the lifeboat, realized that there was only space for one

person left.

At this moment, the man pushed the woman behind him and jumped onto the lifeboat himself.

The lady stood on the sinking ship and shouted one sentence to her husband. The teacher stopped and asked: "What do you think she shouted?" Most of the students excitedly answered: "I hate you! I was blind!"

Now, the teacher noticed a boy who was silent throughout, she got him to answer and he replied: "Teacher, I believe she would have shouted – Take care of our child!"

The teacher was surprised, asking: "Have you heard this story before?" The boy shook his head: "Nope, but that was what my mom told my dad before she died to disease."

The teacher lamented: "The answer is right."

The cruise sunk, the man went home and brought up their daughter single-handedly.

Many years later after the death of the man, their daughter found his diary while tidying his belongings.

It turns out that when parents went onto the cruise ship, the mother was already diagnosed with terminal illness. At the critical moment, the father rushed to the only chance of survival.

He wrote in his diary: "How I wished to the bottom of the ocean with you, but for the sake of our daughter, I can only let you lie forever below the sea alone."

The story is finished. The class was completely silent.

The teacher knows that the student has understood the moral of the story, that of the good and the evil in the world, there are many complications behind them which are hard to understand.

Which is why we should never only focus on the surface and judge others without understanding them first.

Those who like to pay the bill, do so not because they are loaded but because they value friendship above money.

Those who take the initiative at work, do so not because they are stupid but because they understand the concept of responsibility.



Those who apologize first after a fight, do so not because they are wrong but because they value the people around them.

Those who often text you, do so not because they have nothing better to do but because you are in their heart.

One day, all of us will get separated from each other. We will miss our conversations of everything and nothing and the dreams we had. Days, months and years will pass until this contact becomes rare.

One day, our children will see our pictures and ask: "Who are these people?" And we will smile with invisible tears because a heart is touched with a strong word and you will say: "It was them that I had the best days of my life with."

## **ORIGINAL QUOTES TO THINK ABOUT**

*If there is not enough time to do everything you want, become more concise and exceed all expectations.*

Here we are in June – where did the time go once again? I often feel that there is not enough time to do everything in life. Do you feel the same? So a few weeks back I sat down and analysed what the problem was and where my time was going to. I wrote down everything I wanted to do and everything I hadn't done – that still needed to be done. Then I looked at this list and divided it into three categories and labelled this 'To Do' list as 1, 2 or 3. One meant this was priority stuff that had to be done. Two could wait, and three was not important. After discarding all the 3's and moving my 1's to the top, I suddenly had more time and could focus on getting these things done properly, rather than rush through them. In fact that's exactly how this quote came about as suddenly I was doing more and better jobs of what needed to be done.

I feel that we live in a world with too much information that we don't need. Sometimes we really have to sit down and ask that critical question – what is really important in my life? Today I do and tackle the things that add value to my life. The rest I don't worry about – hence I now have fun doing what I do, and do it better than before.

*Paradise can be found anywhere on this earth. Finding it is purely dependent on your psyche.*

Phew! If there is an important quote, then this is it! Where do you live? Are you happy in your country, city or town at the moment? When I look at the news (and I try not to) the entire world is screwed up. Hatred, violence, religious conflict, political insanity, corruption, poverty, etc. are all part of the norm. Does that sound like where you live? Guess what, it's like that where I live too. In fact

that's a reality of anywhere on this earth. Once you realise that your situation is not unique and that you are not alone in your frustration – only then can you shift your mindset and do something about it.

That is the crux of the matter – it is your state of mind. That is why you find people that are content and happy in the middle of the desert! Your happiness cannot be defined by materialistic items, your car, your home or your social status. Contentment (which by the way is the foundation of happiness) can only be found by being happy with the self, in other words by controlling your own state of mind. I mentioned this last month – you are responsible for your own thoughts. Control them and don't let outside factors influence you. Believe me, I know it's hard, but just having the awareness that your happiness and 'paradise' is totally dependent on your own state of mind – that is already the first step to finding it!

This brings me to one of my favourite original quotes... *A tree never tries to compete with another tree next to it. It just grows.*

Right now you may be asking how to control your own state of mind. Well if you look at how we have been brought up in the world – it's all about competitiveness, being socially accepted and fitting in. In my opinion – a messed up state of mind. I feel the competitiveness factor has also resulted in a lot of the hatred, jealousy and issues in the modern world today. So for a short moment, just imagine if humanity was not competitive and instead of backstabbing and trying to be better than others, we all just became content with who we are and concentrated on our talents, allowing us to grow from here. Can you imagine that? In other words, like the trees in the forest – no one is competing to be the biggest and the best, yet that entire forest is one heck of a magical place, as every tree grows to the best of its ability. There are various sizes of trees and everything lives in harmony! Pure beauty if you ask me. So imagine we just lived and just decided to 'be' who we are meant to be and flourished in what made us unique. In other words, do what we were passionate about and just grow as an individual, rather than try to compete and be like everyone else. How do you think the world would be then? Just a thought!

And that brings me to my next quote... *If you want to make a difference in the world, be different!* Nothing much I can add here! Believe in yourself so that you can be different and stand out – guess what – life starts having more meaning. Sooner or later you will reach a point in life where you will question your existence. At this point you will be happy, or you will regret things in your life. Again, if you have been different and followed your passion, you will have reason to be happy and content. If you didn't – there is only you to blame. You can be different, you can change! Don't dream about it – do it now!

*It's much easier to dream about it than achieve it. However, it's much more*

*satisfying to achieve it than dream about it.*

This quote summarises my message this month. Talking and dreaming about change won't achieve anything! You have to get up off your rear end and do something about it. There is no compromise or middle ground here. It's either you do something about it, or you don't. And if you decide not to do anything about it, then you have no right to give judgment or complain. The decision was entirely yours. It wasn't the fault of your parents, the vicar, the government of your social circumstances – it is you.

I'm sure many of you don't like my statement and feel that I don't understand what you are going through right now? Reality check – most people in the world are feeling the changes right now. We do not live in a world of peace and respect. People will walk over you. Cruelty does exist. Others do not care about your feelings. Governments will try to manipulate and control your every move. You have two choices, accept this or don't. Either way I doubt the world will change anytime soon. Therefore the only thing you can do is create a change within yourself. By not doing anything you allow the world to carry on in the state it is. By deciding that you will not accept what is happening and that you will go out and follow your dreams, have fun, be respectful and try to make the world a better place – you will not only give your life meaning, but the lives of others as well. You will be the instigator of that change and whether you achieve all your dreams or not, at least you will have gotten up, taken that first step and changed a current mindset – that alone is reason to change your attitude. And if you don't know how to start, then *'Try living life like a photographer who focuses on the unique, who captures the unforgettable moments, and develops from the negatives!*

Remember, *if you want to make a difference in the world, be different!* It does take discipline and a *character of discipline is not an oddity of life - it is the foundation of greatness.*

*Many people ask me whether I would prefer to be pretty, rich or popular. I merely reply that I want to be happy. They question my logic- I question theirs!*

## **RELIGION, HYPOCRISY AND RESPONSIBILITY**

As I start writing this August edition, I need to state the following, "My birth place is earth and my race is human. My political views are freedom and I practice the religion of love." Over 15 years of sending out my free 'Useletter', and over 800 free videos on my [YouTube Channel 'inspiringtheworld'](#) and more should all be a confirmation that I practice what I preach and try send out a universal spiritual message of respect and love in everything that I do.

I mention this as this month's Useletter will offend some people. Hence I have

to remind you of a saying by an unknown author that says, "You and you alone are responsible for your own thoughts." Let me quickly clarify what this means in a fair and objective manner. If someone annoys you, irritates you or insults you... It is NOT them doing this to you, it is YOU deciding that this is how you want to see the situation. If a particular politician angers you on TV, remember that there are other people who haven't been angered. In fact everyone reacts differently. And your anger is YOUR CHOICE, not that of the politician. If you are in an argument with your spouse, it is you that decides whether it is an argument or not. It is you that decides to retaliate, or ignore what has been said - not the other person. If someone calls you an idiot, or insults you - it is only you that decides to see it as such. You could decide to feel sorry for the other person and view them as misguided. You could decide that maybe they said what they said because of false previous information on a topic. There are various reasons for this person's actions. You could choose not to react. You could choose to ignore that individual, but somehow most people choose to throw fuel into the fire and blow everything out of proportion.

A friend explained to me recently that the thoughts that travel along our neural pathways when we are in a 'stress' situation follow two paths, the one is the 'flight or fight' path, and the other is a millisecond longer 'analyse and try understand' path. Hence the majority of people react impulsively and often aggressively, rather than thinking before they speak. So spontaneous actions by obnoxious people can be scientifically explained - they don't think before they speak... It's primal!

Couple this with a perverse amount of negative media conditioning of the masses and you end up with the current greed, arrogance and self-righteous attitudes we see amongst so many people today. This morning I read another great quotation by an unknown author that stated, "The flower of stupidly blossoms in more gardens than we will ever realize." Nice! That explains a lot.

Why do I mention all of this?

Simple... not only on a daily basis, but with more aggression and selfishness than ever before I am noticing more and more people fostering hatred, judgmentalism and aggression towards their fellow human beings, while claiming that everyone else is not respecting their religious beliefs, opinions and rights.

Again, before I continue, let me repeat, my messages are always about respect and love towards each other. As this is what I believe, I am led to question whether that is the possible reason many of us have tolerated an ever increasing group of selfless people who are claiming it is their right to be ignorant and obnoxious? Sadly all of this has finally forced everyone else to abide by their naive views to the detriment of everyone else around them. You

will immediately know who I am talking about! It's those opinionated hypocrites who always complain and make trouble. Sadly, we all know such people.

I believe they are increasing in numbers because the decent people are trying to accommodate them and only look for the good, without realizing that these individuals will take and take until the bubble bursts. If you don't believe me, just look at all the killing, hatred and murder that has gone on in the world this month alone. Being nice isn't working anymore! Tolerating hypocrites is just making them worse! Playing the 'political correctness' game is not working anymore!

Here is an example... I recently completed a dissertation on whether complexity thinking inhibits innovation amongst leadership in multinationals, in other words, whether bureaucracy, red tape and thousands of policies have a negative, rather than positive effect on companies and individuals. In fact studies have shown that productivity in companies has dropped radically in the last 15 years due to the emergence of all these policies.

Most are the result of different religions and cultures demanding various rights at work. Let's backtrack... What is a job? A job is something that you can do for a company to drive bottom line profits for that company. In return the company pays you a salary for completing that job efficiently. That's the simple straight forward explanation! Who allowed 'entitlement' to emerge into this process?

The company has an event and invites all employees; suddenly the core job for which they have been employed is no longer good enough. Now certain individuals force their belief systems onto the company and expect everyone else to comply with their individual needs, e.g. their special personal and religious beliefs on food preparation - all expect the company to cater to their belief systems in terms of food? The company is doing something good, yet personal arrogance and selfishness take over and demands are made that have nothing to do with the core business. Remember, regardless of the beliefs, each individual can choose not to partake in the eating of said food. Now policies have to be put in place in order to accommodate these people. So a spontaneous thank you event with a few doughnuts is no longer possible as some people will be offended that the food isn't in accordance with their religious beliefs. WTF! See where I am going with this?

Before everyone screams blue murder... yes you are fully entitled to believe in anything you want, even the Easter Bunny! And you are entitled to eat any food in any manner you want. But you have NO RIGHT to force your beliefs on others! That is selfish and disrespectful. Why? Because every person who believes in something different to you also has the right to do so! The problem arises when certain individuals do not respect other people's right to believe in what they want. And because we are such a diverse human race, it is

impossible to keep everyone happy within a mass/public situation within a company - simple logic. Now everyone tries to accommodate everyone else, and it becomes one nasty mess! Can you now see how complexity happens!

A classic example, I was speaking on complexity to a big company recently and used the term, "Jeez" as an exclamation to something. Apparently I had done this once before too. One gentleman decided to put up his hand and I acknowledged him and expected a question to pop up around the topic at hand. I was explaining that complexity has arisen with lack of concise job descriptions, leadership not taking responsibility and blame being shifted. Guess what, this 'enlightened' gentleman complained that he was offended by me using the word "Jeez" I had insulted his religion as I had blasphemed his saviour! How would you have reacted?

I then calmly told the gentleman that he had a right to his belief, but so did everyone else and to most people that was not in any way blasphemous and by making this inappropriate complaint he had in fact offended me too. He then stood up and left the room - for which I was really grateful as such people in my opinion are the ones I am referring to above - the trouble makers. It all revolved around him and no one else in the room. This led me to come up with a quotation, "Just because you believe in your god, does not give you the right to judge my god." You can watch the 1 min Quick Quote video [here](#).

He of course complained and someone else actually accommodated his complaint and felt that in future I should maybe not use the word, "Jeez". Here's what puzzles me - this man's particular religion has a message of 'sticks and stones may break my bones but words cannot harm me'. Furthermore, was this not the same man that the night before was consuming alcohol and telling inappropriate jokes? I also question when he meets clients from a different religious background than his own, will he not do business with them while working for a company where the bottom line turnover, regardless of race, creed, culture or religion is the core of the business? See where the hypocrisy comes in? I have no problem with you challenging me, but then at least practice what you preach and what you are complaining about! This led me to come up with another quote, "Decency, respect and morals do not emanate from a religion - they precede it." You can watch the 1 min Quick Quote video [here](#).

A friend of mine is a professor at a university and she used the word, "slave" in a sentence. A student complained to the registrar that this lecturer had offended her by using the word, "slave." Wait for it... the lecturer had to apologize to the student and promise she would not offend her students in such a shameless way again by using such derogatory language. Yes, this is the insanity of the world we live in today! I told her she should have immediately responded to the student that she as the lecturer was equally offended by the naivety and

absurdity of the student's views. If anything, the leadership at that university should be taken to task for actually accommodating such an absurd complaint.

Here is the ultimate story of the month; I picked up a South African newspaper where a black journalist is reviewing the new Tarzan movie... his heading, "Another story of the white man slaving black Africa." And remember, the editor allowed this to be published! To date I am still puzzled how Tarzan ( which was written in 1912 by Edgar Rice Burroughs) has anything to do with racism! I feel intensely sorry for this misguided journalist that he has such hatred issues in his life. And I question why certain individuals, of all races, religions and cultures cannot move on?

Sadly, the three Examples above are a mere smidgen of the absurdity I experienced in the last two weeks. Look around you, see what is being said in the media and the crazy complaints and accusation people are making at work. It's one thing to have personal issues and be filled with hatred and anger, but how come this is being allowed to spread at the alarming rate it is? Why isn't someone standing up and putting these people in their place and saying, "enough is enough!"

I don't want to sound nasty, but I seriously feel that certain people need a hard slap in order to dislodge that thick object that is lodged in their rear orifice!

It is all good and well to preach peace, love and respect, but I am starting to think we need to preach 'common sense' as well, and not give in to the selfish self-centered and entitled individuals who make everything about themselves.

If you feel offended by the above, let me try explaining it in another way. You and you alone are responsible for your own life, your actions, and the consequences thereof. NO ONE ELSE! And until the day that you accept and acknowledge this, you will never find contentment and happiness! It's as simple as that. This has led me to write another quote, "You are not entitled to anything in life, including respect. If you want respect, then earn it with your actions and deeds." You can watch the 1 min Quick Quote video [here](#).

No one says you cannot believe in a particular belief or viewpoint - that is your right. Go and find people with similar views and hang out together. But NEVER forget that EVERYBODY else also has exactly the same rights as you! Therefore you have no right publicly to judge others who believe in something completely different. Nor should you enforce your habits onto people and companies who actually do not need to accommodate your needs. If you come into my home, business or my country, then you should respect my beliefs and law, and not try enforcing your own on me. You have the choice to leave if you don't like it!

I have always said, "In order to maintain a state of happiness, you need to share

it with those around you. NOT bitch and moan and be a trouble maker!"

Here are some of my solutions for when you encounter such people:

1. As a leader, tell them clearly that their behaviour will not be tolerated and give them a chance to reflect on their actions. If they don't improve – get rid of them. Remember, if you leave a rotten tomato in a box of good tomatoes, that one rotten one eventually affects them all.
2. Acknowledge, reward and share good behaviour so that it spreads to everyone around you.
3. Practice non judgement – it's not easy, but start trying. It will become easier and rub off on those around you.
4. Always respect everyone you meet FIRST – if they have a chip on their shoulder and disrespect you, don't remain silent. Make sure they understand that everyone else has rights too. If they then still persist with their self-centred behaviour – walk away! If we all did that they would all soon learn that their attitude isn't working. But someone has to start saying 'No, I do not tolerate this behaviour anymore.' Maybe then things will start changing for the better again. I have started by highlighting it this month. What are you going to do about it?
5. Grow up, realize that we ARE ALL DIFFERENT! We all grew up in DIFFERENT circumstances and cultures. I believe the concept of 'multi-culti' is great, but the reality is different. Some people are different colours, religions and sizes. Instead of bitching that someone stereotypes you by your race, culture or religion, stand up and be proud of who you are! Political correctness is not the problem. Get rid of the chip on your shoulder. Only you put it there and only you can take it away. It doesn't matter what anyone says to me, I know who I am and am comfortable in my own shoes. Instead of criticizing other – look at yourself first – it's called 'taking responsibility'!

Remember, "Our birth place is earth and our race is human. Follow political views of freedom and practice the religion of love." Is this really so difficult to do?



### FREE DAILY QUOTATIONS FOR A WHOLE MONTH

Would you like to receive a free quote in your inbox everyday for a month, together with a short description of it's meaning? Simply visit [www.wolfgangriebe.com](http://www.wolfgangriebe.com) and visit the 'Daily Quotations' link under the 'Keynote Speaker' tab and leave your first name and email.

\*\*\*\*\*

### FREE E-COURSES & MORE

You can also visit [www.wolfgangriebe.com](http://www.wolfgangriebe.com) for many more inspirational and educational online e-courses.

\*\*\*\*\*

### FREE INSPIRATIONAL VIDEOS ON YOU TUBE

Subscribe to my You Tube Channel, [Inspiringtheworld](http://Inspiringtheworld), for hundreds of short inspirational and entertaining videos.

\*\*\*\*\*

### MORE PRODUCTS BY WOLFGANG

All available from [www.mindpowerpublications.com](http://www.mindpowerpublications.com), or amazon.com.  
Also available in most e-reader formats from [www.smashwords.com](http://www.smashwords.com)

\*\*\*\*\*

### ABOUT THE AUTHOR:



**Wolfgang Riebe** is a unique international keynote speaker on strategic magic who has inspired millions of people worldwide. He is a best-selling author with appearances in over 150 countries - from Hollywood to Singapore. Star of numerous television shows and many of his own prime time TV series, coupled with 27 years experience in the speaking, service and entertainment industry, make him a world leader in his field.

In 2012 the National Speakers Association (NSA) awarded Wolfgang the CSP (Certified Speaking Professional) designation, which is the highest award given to any professional speaker in the speaking world. This designation is currently only held by less than 800 professional speakers globally.

*"Greatness in a Speaker, is defined by passion, humility, sincerity and personal experience, coupled with his ability to capture, communicate and entertain his audience, while still sharing practical, sustainable and immediately implementable life skills which have a positive effect on all present."* Wolfgang Riebe

*Creative commons cover photo courtesy of [www.pixabay.com](http://www.pixabay.com)*