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INSIGHTS FOUNDATION INC.

A non-profit Motivational Support Organization

**Personal Empowerment thru
AWARENESS - ACCEPTANCE - ACTION**



Love & Lighten Up

Junk Drawer

Kellina Martin - Positive Living Strategist

- ❖ INSIGHTS Foundation 501c(3)non-profit, non-denominational motivational support organization, working to establishing positive perspective and personal empowerment through awareness, acceptance and action.

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Love & Lighten Up

Junk Drawers

Ever get around to cleaning out your junk drawer and find something that you haven't a clue to what it is? Been saving it for years and don't know what it does? Throw it back in and shut the drawer, quickly. Junk drawers come in very handy for stuff that you don't quite know what to do with, but are not ready to get rid of yet.



This morning one of my negative thoughts came stomping thru my mind, actually more like tiptoeing, hoping I wouldn't notice. They are sneaky. The thought was briefly about my son, and then how I let him down years ago. I know that depression starts with negative thoughts, so I have been working on ways to short-circuit them before they have a chance to get me. Lately this has been difficult because instead of living in the principle that I want my life to be and practicing daily, I have been allowing the majority of daily events and people to affect me in negative ways. I end up getting emotionally distant and withdrawn, the exact opposite of being engaged and feeling alive. If I don't decide how I will feel and behave then everything and everyone else will do it for me. And that is just not good enough because then nothing will be good enough, and that is how I'll end up feeling about myself, not good enough.

The human state is not about trying to be perfect. You will just beat yourself up over perfection. Do what you know in your heart is your best. The good thing about doing this is the more you do it the better you feel and then it starts feeding your soul and you know exactly what your best is, most of the time. You begin to realistically examine what that really means for you and you make it count for something. Your life matters.

Make it your intention to focus on what it is you want in your life. This is the empowering step of deciding what you choose to think about. Pay attention to your thoughts, feelings and actions instead of numbly moving through your life. Ah, and all of this is coming from my springboard of emotionally distant and withdrawn! I have heard that the opportunity for personal growth happens in the tough times, so I am really trying to pay attention to the part of myself that reacts to situations that come up in life. Awareness of ones self is not always a pretty sight so remember to smile because it will make you look better and after all, you are starting to do your best. Acceptance means that you are free to begin where you are right now, all you need is yourself. The really good part is you are not alone-we are all in the same boat and can take turns paddling.

Back to that junk drawer! Negative thinking is a conditioned response whether you are aware of it or not, it is a habit that we fall into. Since we are human and think we should be perfect or everyone else should be, or worse, think about what we perceive as our very worst failings of the past or someone else's and then dwell on them until the sorrow hangs over us as heavily as if it is happening now. "I let my son down years ago" will spin into self-absorbed sadness. This thinking could sink the boat and I will be too depressed to take my turn to paddle. How fair is that to everyone else in the boat? The next time any type of negative thought comes up say "junk drawer". Those thoughts can be very persistent, remember you have spent a lifetime entertaining them. You may have to say "Junk Drawer" out loud in public unless you start practicing now. Say "Junk Drawer!" out loud right now. It's where you keep your junk. Now shut it, for God's sake! Something else might get out. Clap your hands so you can hear it close! Hey there, look at that. Your hands are free to get some work done! If you are as behind as I am, that's a really good thing. Take a deep breath and focus on what you are physically doing and take a step into it. Keep your focus of where you are-Stay there! Now move. Confusing? Good! Step into what ever you need to do now. The only real moment in your life is happening right now so make it happen. Actions that matter come from awareness and acceptance and remember, you have motivational support even if you are tired of paddling.

Make your thoughts intentionally yours and have fun doing it by using that drawer. Negative thought that will slow you down sneaking in? Junk Drawer! This morning, I went through about 30 repeats of that phrase, just to myself, in my head. It did help, I got back to this writing! When you catch yourself sharing gripes and complaints with your friends, family and especially children, stop and say, "Wait a minute, that belongs in the junk drawer," so they see you working on changing the way you approach life. We could all use more tools for living.

I find that after I practice and become more aware of myself in this amazing moment of "now" that some of the things in the drawer have helped me move to a much better place. I am kind of fond of that drawer. Not

everything in there is comfortable, pretty or even useful, but at least I have a place to put it for now, so I can do and be and write and matter. When I write these things of my life to you, I am paddling. It is not pulling my own weight, it is simply my turn to give. The junk drawer gives me that space, and so, I hope, it does for you.

Love and Lighten up, Kelli

PRACTICE

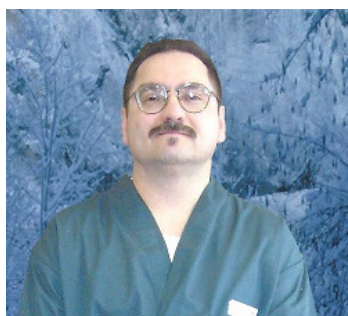
Go look in your junk drawer.

Wow, look at all that junk!

Aren't you glad you have a place to put it?

This week, the word is junk drawer, so check out the photo every morning and watch for those negative thoughts, before they have a chance to get you. Ah ha! In the junk drawer they go! Instant thought? Instant Junk Drawer.

Now shut it and go paddle. What, exactly, does paddle mean? It means that sometimes, it's your turn.



Insights Foundation Affiliate: Fred Ciancio – Positive Living Strategist, Conducting group Love & Lighten Up sessions.

Fred has spearheaded a P.L.S. group, meeting regularly they reviewing reading materials – Love & Lighten-up articles, supporting one another to improve – their attitudes, behavior, thoughts, reactions, emotions.

Teaching each other that there are answers to the problems they have, how to face their fears, how to live without self-doubt.

I'm from Florence, Colorado which is 8 miles from Canyon City Colorado and its several prisons. And, like most families, mine is dysfunctional.

There is not much to say with regards to my first 18 years of life- to school, did things a normal person would do.

The most important thing that has happened in my life was meeting Kelli Martin and being introduced to Insights Foundation, through a mutual acquaintance and the subject of art.

After five years of correspondence, I can say we have become friends. Through Kelli's advice, correction and guidance, I've been able to make positive changes in my life, which meant working through negative thoughts and behavior. By the way, that happens to be a part of every inmate I've ever come to know, it's part of being locked up- no matter how short or long your sentence may be.

Over the last year I have been working with the art of "tapping" that Kelli introduced me to. At first I wondered if something so simple could really have a life changing impact? Sure enough after putting tapping to work in my own life, putting it to practice, it really is very effective!

Through tapping, I have been able to accept not being in control of certain things in my life, have been able to deal with other people, I have been able to accept my self for who I am, and I could go on...

Since I have been tapping, I really do feel much more alive and in

touch with my every feeling and am able to feel the needs of others. I am able to talk to others about what I'm doing with tapping and they are interested in learning to do it for themselves. Some of the people have made mention to me about the changes they have noticed in me, which is a positive thing around here.

I am wanting to start a support group and teach other guys like me that there are answers to the problems they have, how to face their fears, how to live without self-doubt. And, the list goes on- in a good way

I have also been able to help others through interceding for them by tapping on their problem. I have also done a study with tapping, 5 times a day for five days. I had anger about personal stuff going on in my family, and I'll tell you if you have a deep seeded problem, make time for tapping! Talk your problem through while tapping out what result you want, it works!

I use tapping daily as a healthy maintenance tool both for mental and physical issues, and I do it regularly for many different things that come up.

It is a really big thrill and pleasure to be part of something so wonderful as this group, I'm very thankful and blessed to be cared for so much. Thank you all very much and I'll always hold this group with great regard.

With thanks, Fred

"My name is Fred Anthony Ciancio and I'm an inmate in the Colorado Department of Corrections, I have been here since the age of 19. Thank you all very much, I'll always hold this group with great regard."

Steps to Cope with & Enrich your Life, Emotional Trauma recovery skills

Make a personal commitment - allot time for Personal Growth