

I'm Ugly and I hate _____!!

Tips and tools to feel better today



Tim Galyean

Photographer and Not Best Selling Author

Less than 1 million copies sold!

About The Book?

I don't know for sure. I think if you don't know something, then it's okay to be honest about it and say, I don't know. It might be a letter to myself. It might be a journal. It might just be a summary of the thousands of people I've photographed and listened to their stories over the last 45 years. Perhaps it's about information I've got from the 400 or so self improvement books in my library. Maybe it's a spiritual book. Maybe it's all of the above.

Actually I think I'll let the reader make the call what the book is about. We all see things and life through our own lens, our own perception, our own judgement. So each reader will be right on what this book is about and if it's worth reading or not worth reading. Feel free to view it as life changing, or somewhat useful, or a waste of time pile of crap. Either way you will be right. And either way I will be fine with how you see it, because your story is your story about it.

Don't believe things in this book until you try them. Question and research most everything. It's important to question our own stories and what we've been led to believe.It's okay not to try any of them. But, What if? What if you tried something from here and it worked. You miss 100% of the shots you never take.

And just for the record, I'm a professional photographer, have been most of my life. I don't have any college degrees, I'm not a professional writer, not a life coach or anything related to along those lines. Just an observer sharing my stories.

Or maybe...Good afternoon and welcome aboard the ship called I Feel Good! I'll be your captain for a short time. I will be showing you some charts and tips on how to navigate your Million dollar, Priceless, life/boat through some stormy, rough and uncharted waters. Then I will be jumping ship leaving you the captain back in charge of your own boat of life. Enjoy your journey.

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I'm Ugly and I hate _____!

Tips and tool to feel better today

About the Title

It's from 40 + years of hearing, "I hate having my pictures taken because I'm not photogenic." Or "my pictures never come out good because I'm ugly." In other words, I don't like myself and the way I look...compared to other people. That's their story, it's true for them, but it's not true to their loved ones or other people. We can find beauty in most anything and we can also find ugly in most anything. It kinda depends on what we are programmed to look for, how we're programmed to judge others and ourselves. I have never heard a groom on their wedding day mention how ugly the bride is. I photographed weddings for 40 years and never heard that once. Some newborn babies kinda look like aliens (humor) when they pop out but have you ever heard, "wow, what a ugly scary looking baby?" It's all about the judgements and the stories we tell ourselves. Many of those judgements and stories are based on negative or positive input from our environment that we grew up in or currently live in.

About 15 years ago I randomly put a page on my website called "Our Secret for photographing ugly people". The page isn't about photographing ugly people, it's about there are no ugly people. The interesting part for me is that for the last 15 years, it's almost always in the top 10 visited pages on my website. My website has 90-100 pages on it. Is there really that many people or photographers out there thinking they are ugly? It's no secret that these feelings have skyrocketed since 2009 or so when smart phones and Web 2.0 came into popularity. Lots of people, want to feel better and to like who they are but don't know how to change their story. Hopefully there are some simple tools and tips in here that can help or give some a little hope.

Pastor Robert Schuller told a story about what God sees in a person. He baptized two of our daughters at his Crystal Cathedral in California and he talked about one of our daughters who was born without a hand at his church and TV show.

The Person God Sees: The beggar sat across the street from an artist's studio. From his window the portrait painter sketched the face of the defeated, despairing soul with one important change. Into the dull eyes he put the flashing glint of an inspired dreamer. He stretched the skin on the man's face to give him a look of iron will and fierce determination. When the painting was finished, he called the poor man in to see it. The beggar did not recognize himself. "Who is it?" he asked as the artist smiled quietly. Then, suspecting that he saw something of himself in this portrait, he hesitantly questioned, "Is it me? Can it be me?" "That's how I see you," replied the artist. Straightening his shoulders, the beggar responded, "If that's the man you see that's the man I'll be. If you could see in a vision the man or woman God meant you to be, never again could you be quiet. You'd rise up and try and succeed.

The best part of my job as a senior portrait photographer isn't the money, it's when they would look at their photos and say... "Is that me!?"

About the Cover Photo

It's a picture I took when I was 15 in my back yard in Kansas and has always been one of my favorite pictures. The cardinals have some good stories to go along with them. One story is that when you see a cardinal it means angels or loved ones are nearby.

I don't think the cardinal worries or suffers from anxiety or depression as they always seem happy and chirping happy chirps. He doesn't judge or compare himself to sparrows, or blue jays or eagles. Nobody has ever told the cardinal that he wasn't good looking enough or as big, strong and fast as the other birds. The cardinal just does cardinal stuff and lives in the present moment with no worries. God provides him with food and shelter everyday. He also has quiet, silent time in nature everyday to enjoy his life.

The cardinal does however believe one lie, false story to be true. We could also call it FEAR-False Evidence Appearing Real. That is what he believes when he looks in the mirror. I learned this while camping at a rest stop in our van RV. We were awoken to this tapping on the side of our van in the morning. It was a cardinal attacking, pounding on our front door mirrors and windows. He was angrily flying from one side to the other then back again. Apparently the male cardinals see their reflection in a mirror or window, usually around mating season, and think that it is a competing male so they attack themselves, their reflection.

Isn't that what we do to ourselves sometimes, especially on social media? Someone, or ourselves tells us a story or lie and then we believe it without question it. What we should do is ask a couple questions, such as, "Is that true?" And "Do I know for sure that what I'm telling myself is 100% true?" If you don't know for sure then don't accept it as fact. Research and question what your mind is accepting as fact. You most likely have your phone right there, ask the person exactly what they meant or look it up before you believe it to be true.

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Part 1 Feeling Better / Good

Do you want to feel good or feel better? Here's the simple solution in one sentence. QUESTION YOUR CURRENT STORIES AND TELL YOURSELF SOME NEW EMPOWERING, FEEL GOOD STORIES. Pretty simple right? If you want to, go ahead to part 2 and 3 for tips and tools on how to come up with some New Stories. Or just spend a few more minutes and finish reading Part 1. This book is short enough you could scan or speed read through it then go back with a highlighter to highlight the things that you might want to come back to. Then go back and try the ones you want to. It doesn't matter what you know to do, it matters what you actually do.

Picture (imagine) yourself walking down a new street, a street that makes you feel good instead of a current street that you keep walking on that causes stress and anxiety. You can add some fun to it, (2 heads are better than one), by adding a friend or two to help create and see a new "feel good street". The new street doesn't have to real or true right now, but the more time you spend on the new street, in your imagination, then the more likely it will become real in the future. The reason it doesn't have to be true or real right now is because your Subconscious, the part that tells us what to do most of the day, doesn't know the difference between true or not true. So whatever your take in with your 6 senses and create in your conscious creating mind (imagination) is what you will or might experience in reality.

It doesn't require any extra time, just some repurposing of your current nonproductive time into productive time. It requires consciously using your mind and body for creating and building things that make you feel good instead of using your mind and imagination for things that cause you stress and feeling bad.

A great example of changing a story is in a short amount of time is the song by Tim McGraw called Live Like You Were Dying. (lyrics are at the end of the book) It's possible to change your story in an instant. I know of smokers and drinkers that have done it, quit instantly by coming up with a new story they tell themselves.

Side note. Life is hard. Life is full of peaks and valleys. Human beings aren't designed to feel good and be happy 100% of the time. Bad and sad things are going to happen. If there weren't any hard and sad times we wouldn't know what good and happy times would be. We lived in a 81 square foot Van RV for 7 years. Then we moved into a 800 square foot apartment and it feels like living in a castle. When your favorite sports team wins all the time it feels good, but if they lose in the play-offs it feels sad. Emotions are just part of us but we do have some control over there on how long some good times stay around and how long bad times stay around. Sometimes we just need to look at problems differently, as a necessary part of life and learning and not always a horrible thing.

My Robot:

R-U-ME2. Something simple by Denis Waitley that I read or listened to many years ago. Simple but it took me 20 plus years to understand it enough to be able to use it in a productive way.

Put it simply, the robot is our subconscious. Think of it as the RAM (Rapid Access Memory) in a computer. It works much faster than our Conscious creative mind. The RAM remembers everything in our environment, (anything taken in by our 6 senses) and after it gets programmed it runs our lives and tells us what to do. It does not matter if the information told to us or what we tell ourselves is true or false. Some of us have lots of garbage in our Robot so we put out lots of garbage. Experts say that we run on RAM or Auto Pilot 95% of our day. But, with lots of desire and effort we can program our Robot with the good stuff and override that garbage.

I have a little robot, That goes around with me.
I tell him what I'm thinking, I tell him what I see,
I tell my little robot, All my hopes and fears.
He listens and remembers, All my joys and tears.
At first my little robot, Followed my command,
But after years of training, He's gotten out of hand.
He doesn't care what's right or wrong, Or what is false or true.
No matter what I try now, He tells me what to do!

How we see things, our perception, our judgements are all different from each others. And those 3 things help us create our own stories in our minds. Many factors determine how we see things. A couple main ones are our environment that we are in and the stage of life we are in. When we are born until the age of 6 or so we don't have much control of what kind of environment we are in. After that we can start to control or question things that we intake through our 6 senses. After we move out of our parents house then we can control our environment much more.

4 Stages of life

Wayne Dyer, Carl Jung and other's talk about the 4 STAGES of our adult lives. Which can explain the 'generation gaps' in different ages or stages of our lives and how we change as we go to the next stage. It's very hard when you are in stage 1 or stage 2 or even stage 3 to understand the stages you haven't been through yet and why people think the way they do. And then to add our ever changing environments we all live in then things can get even more disconnected. The stages don't necessarily have to be a certain age as you can go back and forth between the different stages. Stages of moving from ego-driven ambition to a life of meaning and purpose.

The 4 Stages are: The Athlete stage, The Warrior stage, The Statesman stage, The Spirit stage.

The Athlete stage centers around our physical self, how we look and performance. The least mature, all about ourselves stage.

The Warrior stage comes next. When we become more responsible and make goals for where we want to go in life. How we are going to conquer the world. The challenges of adulthood and a stage that we go back to when we want to change the course of our lives.

The Statesmen When the warrior phase in our lives is coming to an end, we find ourselves asking: "what have I done for others?" Your focus shifts from your personal achievements to accomplishing goals based on improving other people's lives. This stage is often correlated with parenting because your focus is to provide a better life for your children, and whatever you need to do in order to ac-

comply with this. The Statesmen phase is a time to reflect on what you have accomplished, and how you can continue moving forward, not just for you, but for the other people in your life.

The Spirit The final stage of life is the spirit stage. In this stage, we realize that we are more than what we have accumulated, be it money, friends, possessions, good deeds, or milestones in life. We are spiritual beings. We realize that we are divine beings in a journey of life that has no real beginning and no end. The spirit phase is characterized by a sense of “getting out of your own mind” and focusing on what is waiting for us beyond our physical beings. The Chinese philosopher Lao Tzu proposed a question over 2500 years ago that perfectly describes the spirit phase:

The Spirit-Directed Life, which embraces a spiritual path and internal purpose; and finally, a stage of Receptivity and Meaning, where the individual lives from a place of Spirit and purpose, experiencing miracles.

Part 1 to be continued...

Part 2 Tips and Tools to Feel Better

What if? You tried one or two and you felt better? Keep a note pad or journal so if you do try one you can note the results.

Change Your Environment.

Environment being anything that you can take in using your 6 senses. Sight, Hearing, Smell, Taste, Touch and Intuition. If you want to feel better than do an inventory of everything you are taking in, especially things that you don't feel that are doing anything good for you and that are causing you stress or just wasting your time. This one is a hard one so take your time with it, making small changes one at a time. Or make big changes.

Move!

Also known as exercise, stretching, working out. Moving includes any body movement, even breathing and fidgeting, dancing, anything that gets your body moving. It can be done sitting, standing, laying down anytime and any place. The magic or benefit of moving is that it makes you feel better. Try not to use your phone without consciously moving, even if it's wiggling your toes, or moving your arms and legs. Maybe make it a rule that if you are checking your phone for unproductive uses, that you must move for 30 seconds and then move while using your phone.

Flash Cards.

These are constant reminders that lead you to feeling better. They can be printed or written paper ones or digital ones. I've used the printed ones for over 30 years and digital ones for about 15 years. The printed ones I use business card size so I can use them like a deck or cards and put them on 2 x 3.5 magnets and attach them on anything metal like. You can also think of them as reminder cards to keep you on track to get what you want and how you want to feel. You can get pre cut cards blank business cards online or in office supply stores in the printing paper department. Easy to draw on, take notes on, put favorite empowering quotes on then just add them to your deck of cards. I have separate decks of cards for different topics.

Screen time

If things aren't going good, reduce your screen time. Reach for a Flash Card or do 30 seconds of moving before turning on a screen. Use some self talk. "I move for 30 seconds and read 1 Flash Card before looking at my phone".

Thankful Grateful.

What am I Thankful for today? It's hard not to feel good when you are being thankful for something or someone. Find 3 minutes of silent time and use your imagination to make a list of things that you could be or are thankful for. Use a timer on your phone to make sure you only spend 2-5 minutes. Write them down as fast as you can and as many as you can. Repeat this as many times as

you can during the day. Make a Flashcard reminder to do it. Write on the flashcard some things you are grateful for today. A few examples, your health, sunshine, loved ones health, you woke up, you have food to eat, shelter to live in.

Don't ruin right now

Use your present thoughts on good things, creating things, doing some work, imagining a goal or something exciting in the future. Don't use your thoughts on bad, fearful things that might happen in the future, but might not happen in the future. If things go wrong in the future, which is part of life, then just deal with it when it happens.

Thankful Grateful for what you don't have

A different way to be grateful by looking at things differently. If you have a nice big house be thankful for you don't live in an apartment. If you live in a apartment be glad you don't live in a camper or van and be glad you don't have to mow your grass and pay to get things fixed like appliances. If you live in a Camper Van be glad you don't have all the expenses of a house or apartment. If you have acceptable health then write down 5 or 10 things that could be wrong with your health that you don't have, that people you know might have.

Two Questions

A great reframing tool to quickly change the story your mind is telling itself. When you hear something, someone doesn't answer your text quickly, someone doesn't answer your text or email clearly, or you just aren't sure about some information you have. One, Is it true? Two ,Are you 100% sure that what you are telling yourself is true? If not 100% true then stop your inner conversation of thinking things are the worst until you get verified 100% truth.

Silent Imagination Time

A really hard one to do, especially with the phone device with us 24/7. The screens everywhere are almost like anti silence devices. But, silent time is necessary so we can use our imagination. To use our creative conscious mind, and to use our 6th sense of intuition we need to use our imagination.

Cookie Jar.

Stack your successes, your achievements, accomplished goals, times that you did nice things for other people. Anything that you are proud of. Write them on a flashcard and put them in a "cookie jar" or just make a pile or stack of them. When life is being pain in the neck then grab a hand full of the cards and read through them. It's a good reminder to know that you are a valuable person no matter what life throws at you.

This exercise is hard to do on your own so maybe write your answers on a pad and paper or Note in your phone and have a ongoing list. You could also ask a trusting relative to help give you answers. Think of or go watch the old movie, It's a Wonderful Life, it will show you how to do this exercise or Internet search it. It's about listing the good things that you have done in your life that have changed the world and or people's lives for the better. That wouldn't have happened without you.

Anchors/Triggers.

These are for when you need an instant mindset, emotion change. They are great when you are in a stressful or anxiety situation. They are also great when you need to be at your best, like for your job or a performance. You create the anchor when you're using some silent, imagination time to create it. I have one for when I go to the dentist or doctor. I also have another I use before I do a photo session job. To make the trigger get into the mindset that you want, and then touch a place on your body. It could be tapping your fingers, or touching your left elbow. After you set it you need to repeat it 20 times and then you need to test it to see if it works on command. If not, then practice it another 20 times.

Aging/Health Made Better

Can the mind have an impact of how we age and feel as we get older? When I was 58 or so, I didn't feel so energetic compared to when I was 30 or 40. Then I heard of a study where they put some old guys that could hardly walk in a throw back in time experiment. After a week or so in the study they came out being able to walk, see and hear better and even looked younger. So that sounded like a good idea so when I was 59, being 60 didn't seem like a fun age. So I decided that I was now 39. On my 60th birthday my family threw me a 40th birthday party, all the decorations and everything were dated back 20 years to 1982. More details in the book Counter Clockwise Ellen J. Langer Another study report. Aging Experiment <https://pmc.ncbi.nlm.nih.gov/articles/PMC6615788/>

Denis Waitley has a great book called The Seven Sacred Truths: How to Gain a Lifetime of Wisdom While You're Young Enough to Enjoy It!

More to come....

Part 3 Spiritual

Spiritual Connection Bible favorites to Feel Better / Good

Some of my favorite, empowering, positive, educational Bible verses and spiritual observations. Most of my younger church and Bible teaching memories were that I was a bad person. A sinner and I'm going to hell if I don't change my ways. Needless to say I wasn't a fan of going to church. It seemed like anything I said or did could be a sin and a ticket to the hot place. After I got older it seemed like the churches had become more about money and power than spreading the word. I eventually became what I call a spiritual person and not a religious person. I don't believe Jesus showed up to start a religion.

Spiritual Part because if you call it God, higher power, Jesus, Holy Spirit, it is all the same. It's the same spiritual force or energy power that's in all of us and has been since the moment we were conceived and will be until our soul, spirit leaves our current body. Through good times and bad times the spirit is with us 24/7 until we leave our earth bodies and go back to the spirit world. Some of us will leave our earthly bodies but then come back right away. We call that NDEs or Near Death Experience. There are lots of good movies and stories about NDE that are always interesting to research and check out.

Everlasting Life

John 3:16 "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life". This verse is pretty simple, believe in Jesus and you won't die and you will have everlasting life. Obviously the body we have on this earth, which can be looked at as a vessel for our soul is going to die. But the spiritual, soul side of us that lives inside of our body will keep one living. And that spirit will eventually get a new improved body that does not die or get sick.

One example or even proof of Everlasting life and the spiritual part of us is the NDEs or Near Death Experiences. Many people don't talk about them if they've had one because others will think they are crazy or just imagining what they experienced. Ask around, your friends, family, social media friends and see how many you can find and then ask about their experience. I've observed several cases of the spiritual world when people are on their death bed....

A Promising future

Life on earth can be very hard and sad sometimes. And then we die. That doesn't sound like much fun. It helps to have something good to look forward to in the future, after our bodies die. The Bible gives us a sneak peak in Revelation 21 what it will be like when Jesus return.

Rev 21:1 And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea. 2 And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband. 3 And I heard a great

voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God.

4 And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. 5 And he that sat upon the throne said, Behold, I make all things new. And he said unto me, Write: for these words are true and faithful.

End times Signs

The Bible says there are many signs of the end times. These include: Wars between nations, famines, and earthquakes (Matthew 24:7 and Luke 21:11) Large-scale pandemics and epidemics (Luke 21:11) Lawlessness and coldness from people living on Earth (Matthew 42:12) Large waves and signs from the sun, moon, and stars (Luke 21:25)

Signs in Human Behavior and Society: Religious Deception: False prophets and teachers leading people astray. Lawlessness: Increased disregard for rules and order. Moral Decay: A decline in morality and an increase in negative traits like selfishness, greed, and lack of love. Persecution of Christians: Believers facing hostility and opposition for their faith. Apostasy: People leaving the faith and abandoning their beliefs.

Those whom Jesus saves will go with him to Heaven. Specifically, Revelation 21:4 tells us that Jesus will free the saved from pain, worry, death, and fear: "And God shall wipe away all tears from their eyes, and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain; for the former things are passed away.

Prepare for end times by

Consulting scripture and living by it. Praying diligently. Accepting Jesus as your Savior. Confessing your sins and atoning for them. Working hard to do the right thing. Loving your friends, family, and community unconditionally. Trusting God faithfully (2 Corinthians 5:7: "For we walk by faith, not by sight")

God/Jesus is with us

Romans 8:9 But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His.

Luke 17:20-21: Now when He was asked by the Pharisees when the kingdom of God would come, He answered them and said, The kingdom of God does not come with observation; nor will they say, See here!' or See there!' For indeed, the kingdom of God is within you.

Live 1 Day at a time

Mat 6:34 Therefore do not be anxious about tomorrow for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day.

Dealing with Fear.

The Bible mentions Do not be afraid over 300 times.

Deut 31:6 Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you.

2 Tim 1:7 God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Having Faith

Matt 17:20 If you have a faith as a grain of mustard seed, you can say to your mountain move, and it will move and nothing will be impossible for you.

Matt 7:7-8 Ask and it will be given to you, see and you will find, knock and it will be opened for you. For everyone who asks receives and he who seeks finds and to him who knocks it will be opened.

Mark 9:23 If you can believe, all things are possible to him who believes.

The Ten Commandments Exodus 20

It seems like if everyone would follow these 10 commandments the world would be a better, happier place. Sometimes it seems like people look at these like they are the 10 suggestions. Follow them to make you feel better and your life better.

1. You shall have no other gods before Me.
2. You shall not make idols.
3. You shall not take the name of the LORD your God in vain
4. Remember the Sabbath day, to keep it holy.
5. Honor your father and your mother...
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet your neighbor's house... nor his wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor's.

The Greatest Commandment is to Love God, love yourself as your neighbor.

The Importance Of Questions

Jesus used questions to get people to think, to find out what's in their heart, to get to know them. The Bible also says to Ask and ye shall receive. Questions in the Bible is a good topic to search and learn more about.

How many Bible Prophecies have been fulfilled?

At least 800 have been fulfilled with most of the ones remaining having to do with the rapture, end times and the return of Jesus. Some say over 1800 have been fulfilled. Like everything it's a good Bible study topic to learn more about.

When would be a good time to choose to be a believer or not be a believer?

You have a choice and it's all up to you. Since most of the Bible prophecies except for the end times ones, yesterday would probably have been a good time. Today, right now would be a good time also since we don't know the date and time the stuff will hit the fan and it will be too late. We don't know the date, however the Bible did tell us the end times signs.

"Why did God create evil?"

Lots of "evil" going on in the world. A look at history books makes it seem like there has been lots of evil since the beginning of time. With a closer look at what's going on, or a different perspective reveals a different story. It's a lack of God in people's lives, which then defaults to hate. Jesus said the top commandment is love. Love others as you would yourself. Treat others as you would want them to treat you. But the stuff in the news is more like hate others. When we hate ourselves, have a low self image of ourselves, that is what we will put out to others.

A conversation I borrowed from the Internet. Another example of questions being a good tool to use. Why did God create evil? The answer struck me to the core of my soul! A professor at the university asked his students the following question: Everything that exists was created by God? One student bravely answered: Yes, created by God. Did God create everything? The professor asked. "Yes, sir," replied the student. The professor asked : If God created everything, then God created evil, since it exists. And according to the principle that our deeds define ourselves, then God is evil. The student became silent after hearing such an answer. The professor was very pleased with himself. He boasted to students for proving once again that faith in God is a myth.

Another student raised his hand and said: Can I ask you a question, professor? "Of course," replied the professor. A student got up and asked: Professor, is cold a thing? What kind of question is that? Of course it exists. Have you ever been cold? Students laughed at the young man's question. The young man answered: Actually, sir, cold doesn't exist. According to the laws of physics, what we consider cold is actually the absence of heat. A person or object can be studied on whether it has or transmits energy. Absolute zero (-460 degrees Fahrenheit) is a complete absence of heat. All matter becomes inert and unable to react at this temperature. Cold does not exist. We created this word to describe what we feel in the absence of heat. A student continued: Professor, does darkness exist? Of course it exists. You're wrong again, sir. Darkness also does not exist. Darkness is actually the absence of light. We can study the light but not the darkness. We can use Newton's prism to spread white light across multiple colors and explore the different wavelengths of each color. You can't measure darkness. A simple ray of light can break into the world of darkness and illuminate it. How can you tell how dark a certain space is? You measure how much light is presented. Isn't it so? Darkness is a term man uses to describe what happens in the absence of light.

In the end, the young man asked the professor: Sir. does evil exist? This time it was uncertain, the professor answered: Of course, as I said before. We see him every day. Cruelty, numerous crimes and violence throughout the world. These examples are nothing but a manifestation of evil.

To this, the student answered: Evil does not exist, sir, or at least it does not exist for itself. Evil is simply the absence of God. It is like darkness and cold a man made word to describe the absence of God. God did not create evil. Evil is not faith or love, which exist as light and warmth. Evil is the result of the absence of Divine love in the human heart. It's the kind of cold that comes when there is no heat, or the kind of darkness that comes when there's no light.

John 14:6 Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.”

Hebrews 11:1 Now faith is the assurance of things hoped for, the conviction of things not seen.

I John 4:7 Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God.

Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.

Proverbs 3:5-6 Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

Psalms 8:4 What is man that you are mindful of him, and the son of man that you care for him?

Isaiah 53:6 All we like sheep have gone astray; we have turned—every one—to his own way; and the Lord has laid on him the iniquity of us all.

Romans 8: 38-39 For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

More to come....

Tim McGraw Live like you were dying song lyrics

He said, "I was in my early 40s with a lot of life before me
When a moment came that stopped me on a dime
I spent most of the next days looking at the X-rays
Talkin' 'bout the options and talkin' 'bout sweet times"
I asked him when it sank in
That this might really be the real end
How's it hit ya when you get that kind of news?
Man, whatcha do?
And he said
"I went skydiving, I went Rocky Mountain climbing
I went two point seven seconds on a bull named Fu Man Chu
And I loved deeper and I spoke sweeter
And I gave forgiveness I'd been denyin'"
And he said, "Some day I hope you get the chance
To live like you were dyin'"
He said, "I was finally the husband that most the time I wasn't
And I became a friend a friend would like to have
And all of a sudden goin' fishin' wasn't such an imposition
And I went three times that year I lost my dad
Well I, I finally read the good book
And I took a good long hard look
At what I'd do if I could do it all again
And then"
"I went skydiving, I went Rocky Mountain climbing
I went two point seven seconds on a bull named Fu Man Chu
And I loved deeper, and I spoke sweeter
And I gave forgiveness I'd been denyin' "
And he said, "Some day I hope you get the chance
To live like you were dyin'"
"Like tomorrow was a gift
And ya got eternity to think about what to do with it
What did you do with it? What did I do with it?
What would I do with it?"
"Skydiving, I went Rocky Mountain climbing
I went two point seven seconds on a bull named Fu Man Chu
Then I loved deeper, and I spoke sweeter
And I watched an eagle as it was flyin'"
And he said, "Some day I hope you get the chance
To live like you were dyin'

References. Favorite Books Authors. Add books to authors

Some of the books and authors that I've read and studied over the years. Lots of really good information from the sources below.

The Bible

Wayne Dyer

EST

Joseph Murphy

Jim Fannin Score Book

The courage to be disliked

Norman Peale

Reframing books

Sports books

Mark Manson

NLP

Bruce Lipton

Denis Waitley

Hey Ugly website heyugly.org

Teal Swan

Brian Tracy

Tony Robbins

Zig Ziglar

Navy Seal books

Self Talk website

Self talk books

Shad Helmstetter Self Talk Books App

The Internet

Rejection Proof Jia Jiang

Loving What Is Bryon Katie

Counter Clockwise Ellen J. Langer

Aging Experiment <https://pmc.ncbi.nlm.nih.gov/articles/PMC6615788/>

More details coming soon.....

Don Herold I'd Pick More Daisies

Of course, you can't unfry an egg, but there is no law against thinking about it.

If I had my life to live over, I would try to make more mistakes. I would relax. I would be sillier than I have been this trip. I know of very few things that I would take seriously. I would be less hygienic. I would go more places. I would climb more mountains and swim more rivers. I would eat more ice cream and less bran.

I would have more actual troubles and fewer imaginary troubles. You see, I have been one of those fellows who live prudently and sanely, hour after hour, day after day. Oh, I have had my moments. But if I had it to do over again, I would have more of them - a lot more. I never go anywhere without a thermometer, a gargle, a raincoat and a parachute. If I had it to do over, I would travel lighter.

It may be too late to unteach an old dog old tricks, but perhaps a word from the unwise may be of benefit to a coming generation. It may help them to fall into some of the pitfalls I have avoided.

If I had my life to live over, I would pay less attention to people who teach tension. In a world of specialization we naturally have a superabundance of individuals who cry at us to be serious about their individual specialty. They tell us we must learn Latin or History; otherwise we will be disgraced and ruined and flunked and failed. After a dozen or so of these protagonists have worked on a young mind, they are apt to leave it in hard knots for life. I wish they had sold me Latin and History as a lark.

I would seek out more teachers who inspire relaxation and fun. I had a few of them, fortunately, and I figure it was they who kept me from going entirely to the dogs. From them I learned how to gather what few scraggly daisies I have gathered along life's cindery pathway.

If I had my life to live over, I would start barefooted a little earlier in the spring and stay that way a little later in the fall. I would play hooky more. I would shoot more paper wads at my teachers. I would have more dogs. I would keep later hours. I'd have more sweethearts. I would fish more. I would go to more circuses. I would go to more dances. I would ride on more merry-go-rounds. I would be carefree as long as I could, or at least until I got some care- instead of having my cares in advance.

More errors are made solemnly than in fun. The rubs of family life come in moments of intense seriousness rather than in moments of light-heartedness. If nations - to magnify my point - declared international carnivals instead of international war, how much better that would be!

G.K. Chesterton once said, "A characteristic of the great saints is their power of levity. Angels can fly because they can take themselves lightly. One 'settles down' into a sort of selfish seriousness; but one has to rise to a gay self-forgetfulness. A man falls into a 'brown study'; he reaches up at a blue sky."

I doubt, however, that I'll do much damage with my creed. The opposition is too strong. There are too many serious people trying to get everybody else to be too darned serious.

Jim Fannin Be a Kid Again

We learn more from birth to five years old than the rest of our life accumulative. What prompted this super learning? My initial, proprietary research from 1974-1975 with over 250 children ages 3-6 years old revealed the following:

- Your imagination was at an all-time high. You acted the part of cowboys, Indians, princesses and TV heroes.
- You never thought about the past unless an adult forced you. "I told you not to do that."
- You learned from the past through trial and error, but you didn't dwell on it.
- Your future thoughts were very short term. "We'll get an ice cream later."
- You normally went to bed happy and woke up happy.
- You had very little expectations placed on you. Mistakes were no big deal.
- You exercised Free Will every day.
- You trusted people without thinking about innuendos, rumor, gossip and/or assumptions.
- You were inquisitive without concern of embarrassment or shame. "Where do babies come from?" "Why is your skin different?"
- You did not worry.
- You lived the majority of your day in the NOW.
- You had confidence because you felt secure and protected.
- You could vent your displeasure openly. "Yuck! This tastes bad."
- You always expressed your negative feelings. "I don't like you."
- You didn't mind being alone.
- You took nothing for granted. "Are we still going to the park? Yes. (5 minutes later) "Are we still going to the park?" "I said yes." (10 minutes later) "Are we still going to the park?" "Not if you keep bothering me." "Okay, but are we still going?"
- You were a risk taker. Water...heights...speed...no problem!
- You could focus long periods of time on simple things like cartoons...watching an ant carry food... listening to the rain on your bedroom window.
- You played a lot every day.
- You exercised daily.
- You looked out for #1. "Those are my toys. Give them to me."
- You said what you felt, and you were honest to a fault. "Mr. Johnson...why are you so fat?"
- You felt no racism or prejudice.
- When you played you never thought about technique. You just played the game.
- You believed adults.
- Clocks and watches never mattered.
- The phone was interesting but not really important.
- You had no bills.
- Your body was relaxed most of the time.
- You thought you could do anything. Everything was possible.
- You had deep sleeps. Alarm clocks were for adults.
- You could nap anywhere if needed. Floors... backseat of cars...closets.

- You didn't like baths, but when you took them you made the most of it. How relaxing and fun! Showers were for adults in a hurry.
- You could always entertain yourself.
- Visualization was a major part of your life.
- Getting dirty was cool.
- Making mistakes never bothered you until the adults made a big deal out of them.
- Competition was natural, not something that was expected.
- You believed promises.
- You hugged a lot.
- You were always yourself, unless you were acting out a fantasy.
- Who...What... Where... When...How much...and Why were your favorite words.
- You played a lot with your family.
- You saw life through different glasses.
- You loved being with your cousins.
- You noticed everything in a room.
- You loved the outdoors.
- You loved rolling down a hill...making a snow angel...going up the slide...singing loud...laughing...milk moustaches...dressing up make-believe...birthdays...parades...puppies...seeing your cousins...learning to whistle...
- You genuinely loved yourself, family and life.

Basically, you lived in or near the Zone mindset of a purposeful calm where everything seemed possible. Isn't it time to be a kid again? I promised myself that when I departed this earth a kid would die in my old body. Rekindle super-learning. Increase your daily performances and remember this: Good fortune favors the bold. Be a kid again!

How can I accept myself the way God made me?

Building trust in your Designer

From <https://iblp.org/how-can-i-accept-myself-the-way-god-made-me/>

Many things about yourself you have the ability to change, such as your attitudes, your behavior, and your personal neatness. Other things, however, you cannot change, such as your physical features, your family heritage, and your specific time in history. How can you accept those features which you cannot change? You must learn to see that you are created according to God's perfect design and that design is intended for accomplishing His purposes. "O LORD, thou art our father; we are the clay, and thou our potter; and we all are the work of thy hand" (Isaiah 64:8).

Your attitude about yourself has a profound influence on your attitudes about God, your family, your friends, and your future. Self-acceptance brings freedom from comparison with others as you discover the goodness of God and His purposes in your design.

Understanding Keys to Self-Acceptance.

The foundation of self-acceptance is confidence that God personally fashioned you according to His love and wisdom. Self-acceptance comes by recognizing that God has only begun His creative work in you and that He will finish His good work of conforming you to the character of Jesus Christ. (See Romans 8:28–30.)

Accepting God's design in your life starts by thanking Him for the way He has made you, especially for the unchangeable features you might not have chosen. This attitude of gratefulness requires an active, daily acceptance (by faith) of whatever God brings into your life and an awareness that He will work all things together for your good.

God expresses Himself through His creation. So, when you reject yourself, you are actually rejecting God and His work in your life. When you are frustrated with your unchangeable features, seek God's wisdom to discern His purposes for these characteristics. God loves you. He created you—everything about you—for a special purpose (see Psalm 139:13–17). Choosing to accept how He made you is a choice to trust Him and the unique plan He has for your life. Even the weaknesses, limitations, or difficulties caused by birth defects or the failures of others can be used as tools in God's hands to achieve great things for His Kingdom! As you accept God's design, you will be able to welcome His work in your life and cooperate in fulfilling His purposes.

When you reject yourself, you are actually rejecting God and His work in your life. God has designed life with the following ten areas of "unchangeables." We did not choose them. We cannot change them. All of these attributes are built into your unique design:

1. Parents

God not only chose the father and mother who brought you into the world, He also fully understood the factors and circumstances that surrounded your conception and birth. (See Psalm 139:13–16.) Since the Fall of Adam and Eve, God has worked through imperfect parents to accomplish His pur-

poses in the world. Some of the weaknesses in your parents will be passed on to you. To compensate for this challenge, God provides special grace to deal with imperfections. (See II Corinthians 12:9.)

2. Physical Features

God prescribed all of your physical features before you were born—your height, voice, body build, metabolism, complexion, eyes, ears, hands, feet, and countless other features, down to the smallest detail. They are expressions of His love and creativity, and they are part of His purpose for you. (See Exodus 4:10–11.)

3. Gender

God created male and female and made a clear distinction between them. God chose your gender for you, knowing exactly what plans He has in mind for you. Desiring to be of the opposite sex will hinder you from accepting God's plan for you as the man or the woman He created you. (See Genesis 1:27 and Matthew 19:4–5.)

4. Brothers and Sisters

Accepting brothers and sisters involves accepting their personalities, abilities, and talents as well as their physical defects and failures. Through the relationships and challenges you encounter together, God will develop character qualities in your lives. (See Luke 10:39–42.) If you do not have siblings, God will use other ways to build Godly qualities in your life and prepare you for the future. As an only child, loneliness may serve as a signal to deepen your walk with God and invest in the lives of others.

5. Birth Order

Special characteristics, tendencies, and needs relate directly to your birth order. As you accept and understand those traits, you then are better able to learn from and interact with your siblings. You will see yourselves as a team with complementary gifts, avoiding the destructive rivalry and resentment that often occur in families. (See Genesis 25:29–34 and Luke 15:29.)

6. Ethnicity

Each ethnic group has a unique culture and characteristics, but these so-called “races” are actually one “race” descended from common parents—Adam and Eve. Rejecting your ethnic and ancestral background will produce detrimental attitudes of either inferiority or superiority. Accepting your heritage will help you see other people as the special work of God's design. (See Romans 10:12 and Galatians 3:28–29.)

7. Place of Origin

The place where you are from, either nationally or regionally, brings with it both benefits and limitations. Even when your birthplace or homeland may seem inferior to others, you can learn to overcome these challenges as you mature in Christ. Understanding and accepting your place of origin can bring special opportunities to seek the Lord in building relationships. (See Titus 1:12–14, Hebrews 11:23–25, and Daniel 1:19–20.)

8. Time in History

Since God has a special purpose for your life, He has brought you into the world at just the right time in history to fulfill that purpose. To yearn to have been born in a different time or to dislike the time you are living in now is to reject God's purpose for your existence at this specific time in history. Even if the times in which you live are evil, how much more important it is for you to fulfill your role as God's light in a spiritually dark world. (See Esther 4:14.)

9. Mental Abilities

God created you exactly with the mental aptitudes and abilities He knew would be best suited to achieve His special purpose for you. Comparing yourself with others can be tempting, but remember you are unique! Scripture teaches, "For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise" (II Corinthians 10:12). Even in areas of lack, God says He is able to prove Himself strong where you are weak. (See II Corinthians 12:9.) The Book of Proverbs is filled with encouragement to seek wisdom and understanding with knowledge, which can be gained through regular study of God's Word and faith-directed prayer. (See Proverbs 3:13–15, 4:7, 19:8, and James 1:5–6.)

10. Aging and Time of Death

God likely created Adam and Eve to live indefinitely, but on the day they sinned, the curse of death was put upon them and the whole world—both physical and spiritual death. On the day they sinned, the death process began. Signs of aging are God's reminders to make good use of the life span He has chosen for you. You can look forward to eternity with Him. Aging should motivate us to invest in the lives of others, such as children and grandchildren, by counseling and teaching them. (See Psalm 73:25–26, 90:1–17.)

When you face challenges in these areas, remember that God chose each one for you for a reason. God works with your unchangeable traits to equip you for life and to develop the character of Christ in you.

Combating Comparison

People tend to measure themselves with the outward standards of others in order to gain their approval. If your life is marked by characteristics that cause others to ridicule or judge you, you may feel rejected and try to compensate for these traits. You might hide your defects, conform to fads, become extremely critical of yourself, compare yourself with others, develop a fear of failure, or become excessively shy.

Accepting God's design frees you from these negative patterns of comparison and rejection. Ask the Lord for grace to accept your design and overcome your weaknesses. As God works in your life, you will develop the inward character qualities of Jesus Christ, which are far more valuable than attaining a physical standard promoted by our culture.

Growing in Self-Acceptance

Now that you understand that you are uniquely and wonderfully made by our loving Creator God, how might you grow in accepting these unchangeables that He has purposefully built into your life? God desires that you come to Him and share your heart with Him (see Jeremiah 29:11–13). He al-

ready knows your thoughts (see Psalm 139:1–4). As you commune with Him, the following are some ways to further grow in accepting yourself and becoming all that God has created you to be.

Identify areas you would like to change.

Are there details about your appearance, abilities, family, or social heritage that you would like to change? List these features and identify areas that you believe God would have you improve. Ask Him to empower you to make these changes. For areas that cannot be changed, consider how God can use those features to help you bring glory to Himself, depend on His grace, come to know Him more, and grow in faith. Ask God to show you the potential benefits of traits you cannot change.

Thank God for the way He has made you so far.

Expressing gratitude for God’s design is a vital step in embracing His work in your life, especially when you thank Him for things you would not have chosen. God will use the features you are unable to change to build into your life the message He wants to showcase through you. God still has more work to do! He understands the big picture of His plan for you, and He will work to complete the good work He has begun in your life. (See Philippians 1:6.)

Put yourself back on “God’s easel.”

When God created you, He began a good work in your life. Surrender yourself to Him now, especially the areas that are difficult to accept. By faith, invite God to continue His good work in you and to fulfill His purposes for you. (See Romans 8:28–29.) As you respond to God, He will fashion your character to reflect the character of His Son, Jesus Christ. Meditate on Scripture passages that describe the qualities God wants to develop in you, such as Matthew 5:3–12, Galatians 5:22–23, and I Corinthians 13:4–8. Be alert to circumstances God can use to develop Christlike qualities in your life.