



A Better Today, Inc.  
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## *A BETTER TODAY NEWSLETTER*

May 2010



*It is those who can see the invisible  
that can do the impossible!*

*-Steve Maraboli*

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# The Stonecutter

There was once a stonecutter, who was dissatisfied with himself and with his position in life.

One day, he passed a wealthy merchant's house, and through the open gateway, saw many fine possessions and important visitors. "How powerful that merchant must be!" thought the stonecutter. He became very envious, and wished that he could be like the merchant. Then he would no longer have to live the life of a mere stonecutter.

To his great surprise, he suddenly became the merchant, enjoying more luxuries and power than he had ever dreamed of, envied and detested by those less wealthy than himself. But soon a high official passed by, carried in a sedan chair, accompanied by attendants, and escorted by soldiers beating gongs. Everyone, no matter how wealthy, had to bow low before the procession. "How powerful that official is!" he thought. "I wish that I could be a high official!"

Then he became the high official, carried everywhere in his embroidered sedan chair, feared and hated by the people all around, who had to bow down before him as he passed. It was a hot summer day, and the official felt very uncomfortable in the sticky sedan chair. He looked up at the sun. It shone proudly in the sky, unaffected by his presence. "How powerful the sun is!" he thought. "I wish that I could be the sun!"

Then he became the sun, shining fiercely down on everyone, scorching the fields, cursed by the farmers and laborers. But a huge black cloud moved between him and the earth, so that his light could no longer shine on everything below. "How powerful that storm cloud is!" he thought. "I wish that I could be a cloud!"

Then he became the cloud, flooding the fields and villages, shouted at by everyone. But soon he found that he was being pushed away by some great force, and realized that it was the wind. "How powerful it is!" he thought. "I wish that I could be the wind!"

Then he became the wind, blowing tiles off the roofs of houses, uprooting trees, hated and feared by all below him. But after a while, he ran up against something that would not move, no matter how forcefully he blew against it — a huge, towering stone. "How powerful that stone is!" he thought. "I wish that I could be a stone!" he thought. "I wish that I could be a stone!"

Then he became the stone, more powerful than anything else on earth. But as he stood there, he heard the sound of a hammer pounding a chisel into the solid rock, and felt himself being changed. "What could be more powerful than I, the stone?" he thought. He looked down and saw far below him the figure of a stonecutter.

*We only have now!  
Everything else is either  
imagination or memory.*

*-Steve Maraboli*



Sometimes silence is the  
strongest and most  
compassionate answer.

-Steve Maraboli



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*It is those of us who have been broken  
that become experts in mending.*

*-Steve Maraboli*

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*Free yourself from the imprisonment of your own limiting beliefs and prejudices.*

*-Steve Maraboli*

## Where is your Heart?

Patrick, a man down on his luck, had come to a difficult point in his life. He tried all imaginable ways to get himself in a better situation. Finally, when he had exhausted all his options, he turned to God.

“Lord, I need your help! I believe only you can help me.”

God answered:

“Be still and know the truth! If you truly believed, you would have come to me first. You would have shared that first moment of need with me. If you knew I would help, you would not have waited until you had no other choice. I would have been your first refuge, not your last hope.”

Patrick replied, "But I was upset with you Lord, for not protecting me from these hard times."

The Lords voice thundered compassionately, “I am the architect of the event; you are the interpreter of the moment.”

“You are quick to negatively label my plan because of its implications for you. Why not take a look, if proof is what you need, at history. Events that were often presumed to be bad, have worked positively as planned. Let us even consider the death of my son. His words were real and true, but it was in his cruel death that his words were brought to life.

Patrick cried, "My God, I want to serve you and do your will. Why do I continue to find misery instead of bliss?"

“Look at yourselves, at your lives. You turn from love at every opportunity. Think of what you crave, at what you chase. Is there love to be found there? I will never steer you away from love. I promise there is no love to be found in the cold dungeons that harbor money and greed. And yet it is to those very dungeons that you point your life. You say you love me, that you believe in me, and that you are my servant, but your heart knows no lies. My question, my child, is where will I find your heart when I seek it?"

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# *This Month's Featured Authors*

## *Want Great Friendships? Start by being a BFF to Yourself 3 ways to become your own best friend By: Christine Arylo*



*Would you ever say to your friend...*

- *Don't love yourself, that's selfish!*
- *Just stay with the jerk, you'll get used to him.*
- *You really sucked at that.*
- *You're not worth spending time with.*

*Hello! of course not!!*

We would never say crazy stuff like that to the friends we love, but we say words like this to ourselves all the time. In fact, we often treat ourselves in ways that we would never treat a friend. So do yourself a favor this month, and make yourself the promise of becoming a friend – a great friend – to the most important person in your life, YOU!

To help you in your quest to become your own BFF, I triple dog dare you to take both this truth and these three dares to heart, and put them into action in your life today:

### **Truth:**

Every relationships you have is a direct reflection of the relationship you have with yourself, so if it's great friendships you want, you must develop a great relationship with M-E!

### **Dares:**

**Take a comparison diet.** Every time you compare yourself to another woman, to who you 'should' be, used to be or might be, it's like biting a poison apple – you poison your self-image of yourself. Would you ever give a friend a poison apple? No way! So stop treating yourself like an enemy, and start loving YOU. Go on a comparison diet. Every time you start to think or say a comparison, STOP! And instead say something great about yourself. Remember, diets are all about changing habits. The habit to change here is take comparison away and replace it with celebrating and loving who you are right now. And the great thing about this diet, you'll never go hungry and you can eat chocolate! And this is a great diet to do with friends. Tell your girlfriends about it and ask them to do it with you.

**Date yourself.** The fastest way to becoming your own best friend is to spend time with her, lots of it. You'll learn more about yourself than you ever knew. One of the hardest things for people to do is to be truly alone with themselves – no blackberries, phone calls or falling asleep. Just be with YOU! Here are a few quick tips on how:

- Write down three things you would love to do and set a date to do them. Prepare for the date like you would if someone was picking you up. Look your best. Feel your best.
- When you go on the date, alone, be with yourself completely. Treat yourself like you would expect a date to treat you. How would you feel if they started texting during dinner?
- Talk to yourself, out loud or silently. Notice what you like, dislike. Smile at your quirks.
- Do the little things that are going to make you happy. Buy dessert and share it with yourself. Pay extra for a better seat.
- Come home, put your favorite jammies on, make some tea and turn on some soul happy music. (recommended India Arie)
- Journal about your date. What did you love? What did you learn?
- Go to sleep happy knowing that you really are a fantastic woman!

**Discover What You Love About You - Do the Love Serenade.** Begin saying out loud all the reasons you love you. "I love me because..." or "What I love about me is..." Say it, proclaim it, even sing it. Keep going until you just can't think of anything else, but really push yourself to keep going. Once you've said them aloud, write all your reason on a piece of paper, and post the list somewhere you see it every day.

*Christine Arylo is an inspirational catalyst and self-love expert for women. She is the author of the book **Choosing ME before WE, Every Woman's Guide to Life and Love** <http://www.mebeforewe.com>. Visit her website <http://www.madlyinlovewithme.com> where you can download a **free copy of the Madly in Love with ME Kit**, full of lots of dares and tips on how to fall more and more in love with you.*

# Your Ally 24/7

## by Steve Sisgold

Your ally holds a map to your destiny, your deepest desires and dreams.

Your ally is your best friend and counselor—the ultimate success coach.

Your ally supplies you with key insights and information whenever you need it.

Your ally monitors your health, relationships and finances with a clear eye.

Your ally shows you the deepest truth in any moment in the most direct and simple way.

Your ally can clear your mind in an instant, and erase fear and doubt in a heartbeat.

Your ally is on call and in your corner 24 hours a day.

Your ally is your Brilliant Body.



### A Five-Star Thrill Ride

An amazing and unpredictable adventure began when you were conceived. From that very moment, your innate intelligence has steered you through a nonstop stream of sensations, feelings, thoughts and impressions that make up the 5-star thrill ride called life. In one moment this kaleidoscopic stream of stimulus makes sense to you and you navigate it easily. At another moment a wave of feeling or sudden event comes your way and you get swept off course. Either way, every one of your life adventures are registered in your body, literally etched in your cells and imprinted in your consciousness. Your human body is infinitely complex and dynamically creative. It has a remarkable capacity to receive process and integrate highly energized information—even when embedded in difficult circumstances or painful experience. Your body can register, record, remember and communicate minute details and far reaching contexts instantaneously. Constantly scanning both within and without, your body sorts and prioritizes all that information to allow you to function effectively. Regardless of where your attention might wander, your body knows all it needs to know.

I call your body “brilliant” because of its miraculous, sophisticated somatic intelligence, its wisdom memory, and its unique, intuitive guidance system. Your body is a living handbook, inscribed with living truth. Every cell is rich in coded information. All your experience and knowledge, your pain and joy, your forgotten secrets and your deepest truths, are recorded in the cellular library of your flesh. Your body has its own intelligence, a natural brilliance that simply knows the deeper truths your mind alone cannot grasp. The best move you can make in many situations is to get out of your head and into your body.

Your body speaks to you directly in the language of sensations. Primary feelings are a crucial part of this language. Unfortunately, primary feelings are often times lost to a wash of secondary emotion that is triggered by an unresolved past—both your individual past and humanity’s collective past.

For over twenty years, I’ve enjoyed teaching clients and seminar participants how to get out of their heads and access their internal guidance system. People are consistently amazed to discover that they can truly rely on the body’s deep authority as a navigator.

## **Higher Order Thinking**

We all have a Brilliant Body with innate intelligence that acts like an inner compass. A few simple tools and steady application was all it took for her to actualize WBC. In other words, she practiced getting out of her head and put Whole Body Consciousness to the test in the laboratory called high-stakes poker with a purpose.

Each of us is embedded in circumstances unique to our personal path through life. At times our circumstances are fairly predictable, even ho-hum. At other times, the squeeze of modern life pushes us outside our comfort zone and onto the steep slope of a new learning curve. And sometimes we are faced with a major upheaval—divorce, the loss of a loved one or our source of income. Major disasters such as Hurricane Katrina or a tsunami come along and we are forced into volatile conditions utterly beyond our control. Given that life and the larger world are likely to continue pushing and prodding humanity along in this unpredictable way, we owe it to ourselves, to our families, and to our future to upgrade our internal navigation system.

With Whole Body Consciousness you gain a new edge that allows you to drop the illusion created by spin traps in favor of the kind of higher-order thinking Albert Einstein pointed toward when he said: “We can’t solve problems by using the same kind of thinking we used when we created them.”

*Excerpt from “What’s Your Body Telling You?” (McGraw-Hill, July 2009) by Steve Sisgold*

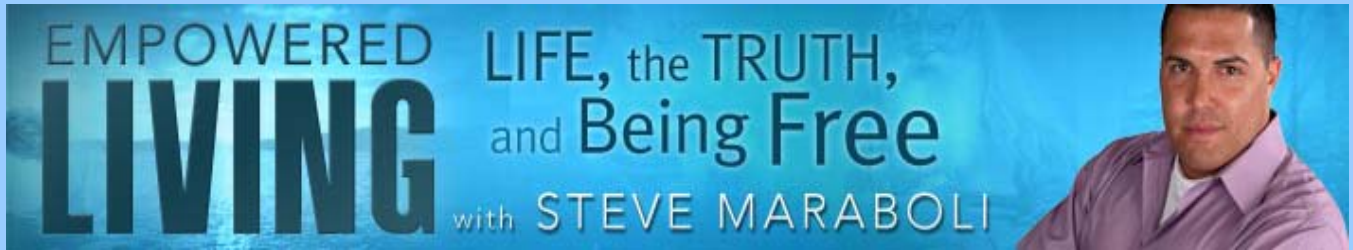
*Author, speaker and body-centered therapist, **Steve Sisgold**, has taught thousands how to use their BQTM (innate body intelligence) to create better health, prosperity and more authentic relationships.*

*Steve has appeared on CBS, NBC, and has been featured in The Wall Street Journal, The San Francisco Chronicle, and his articles have appeared in over 40 magazines. He is a regular speaker at conferences and events including World Wellness Day, and the Sustainable World Symposium. Steve is a weekly contributor to [psychologytoday.com](http://psychologytoday.com)*

*For more information about Steve go to [www.onedream.com](http://www.onedream.com)*

**You can still make today the day you  
change yourself. It's never too late!**

**-Steve Maraboli**



*Free yourself from the prison of your conditioned thoughts and destroy barriers that hinder your success. Tune into "Empowered Living: Life, the Truth, and Being Free" with host, speaker, writer, and personal coach, Steve Maraboli.*

*Steve and his expert guests take you on a quest for truth and highlights philosophies and strategies that help you release your greatest self.*

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*The innate power you  
possess to achieve your  
dreams is immeasurable.*

*-Steve Maraboli*

## **A Better Today Charities**

*"We are all on the same team and in this together"*

*- Steve Maraboli*

A Better Today charities are self-funded. We believe in sharing, teamwork, and the greatest display of love; giving. If you would like to help by giving your time or helping with resources, [please contact us](#).

### **Featured A Better Today Charity**

#### **Brothers and Sisters at War:**

We are dedicated to reaching out to our military men and women who are at war and stationed overseas. Our volunteers keep their military pen-pal's spirits high with continuous letters of support and inspiration. We provide professional guidance and send motivational and inspirational audio/video programs. Care packages of books, magazines, and supplies are sent regularly and we assist families of fallen soldiers.

For more information about other A Better Today charities, [please click here](#).

*Free yourself from the  
inauthenticity of your story.*

*-Steve Maraboli*

★★★★★★★★★★

The empowered mind  
gravitates towards  
freedom and helps you  
break free of all  
limitations.

*-Steve Maraboli*

★★★★★★★★★★

*When we are judging  
everything, we are  
learning nothing.*

*-Steve Maraboli*

*Don't let another day go by  
where your dedication to other  
people's opinions is greater  
than your dedication to your  
own emotions.*

*-Steve Maraboli*

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