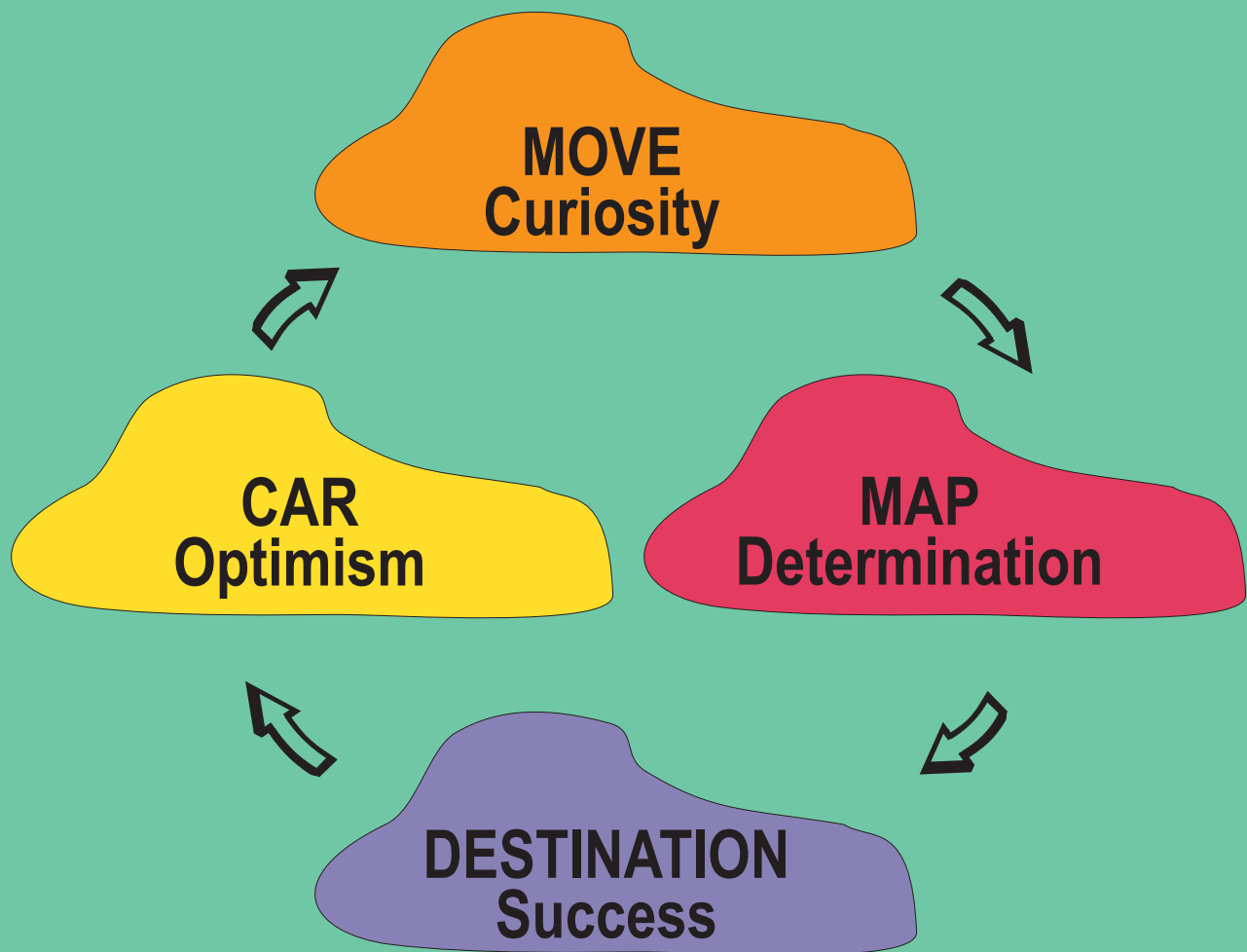


MOOD CARS



select and drive!

Neil Motyer

Mood Cars - your vehicle to solution focused living (templates for a balanced life)

Chapter 1 - Mood Cars, select and drive Solution mood congruency / state change - select a useful mood and drive to your destination	Page 4
Chapter 2 - Anxiety Escape Plan, turn right at the first intersection Partitioning / splitting - it's easier to get there if you break up the journey into stages	Page 22
Chapter 3 - Panic Avoidance Plan, take dogleg to right to avoid grizzly bear to left Distraction / confusion - if you don't know where you're going you might get there	Page 33
Chapter 4 - How To Use A Map, is the mood the vehicle or the destination? Suggestion / stories - if others can drive there, maybe you can	Page 47
Chapter 5 - How To Really Use A Map, is the real map in the buried treasure along the way? Interspersal - <i>you can go</i> and pick out certain words written <i>directly</i> in the long list of instructions <i>to your destination</i>	Page 55
Chapter 6 - How To Use A Time Machine, dare to see what the future might look like Learning / regression / time travel - rear vision is looking forward to where you've been	Page 60
Chapter 7 - How To Ride A Snowball, a slow acceleration can eventually speed you to your destination Geometric progression / snowball effect - arriving with serious momentum	Page 67
Chapter 8 - How To Be A Back Seat Driver, the road looks very different when you change seats Reorient / reframe - from the spectator's point of view, getting to the finish line is easy	Page 73
Chapter 9 - How To Drive More Skillfully, your best course is your best course Utilization / double bind - with your skills, you can get there one way or another	Page 79
Chapter 10 - How To Ride A Slipstream, close attention and empathy from those you trust can be an important catalyst to help you to where you want to go Observation / empathy - a sense of validation can motivate you to your destination	Page 85

Preface

Not too many people would argue with the statement “where you are going is influenced by what mood you are in”, or “what mood you are in is influenced by where you are going”. Of course there are many destinations and moods, and it seems that important pairs like destiny and self determination, or outcome and expectancy, are interdependent, at least to some degree.

One theory suggests that although there is a part of the brain that controls the body, the body also has its own local intelligence outside the central nervous system that joins with another part of the brain to form a system of automatic self regulation. In both systems of body control, communication between the brain and the body is via the shared peripheral nervous system. This means the communicated moods and thoughts of these two intelligence systems are available for shared observation and utilization, and it would seem that the scope for useful and influential internal dialogue is enormous.

According to this theory our bodies are conduits or vehicles that both reflect and affect our moods and thoughts. Perhaps that explains why others can often see where we are headed just by looking at us.

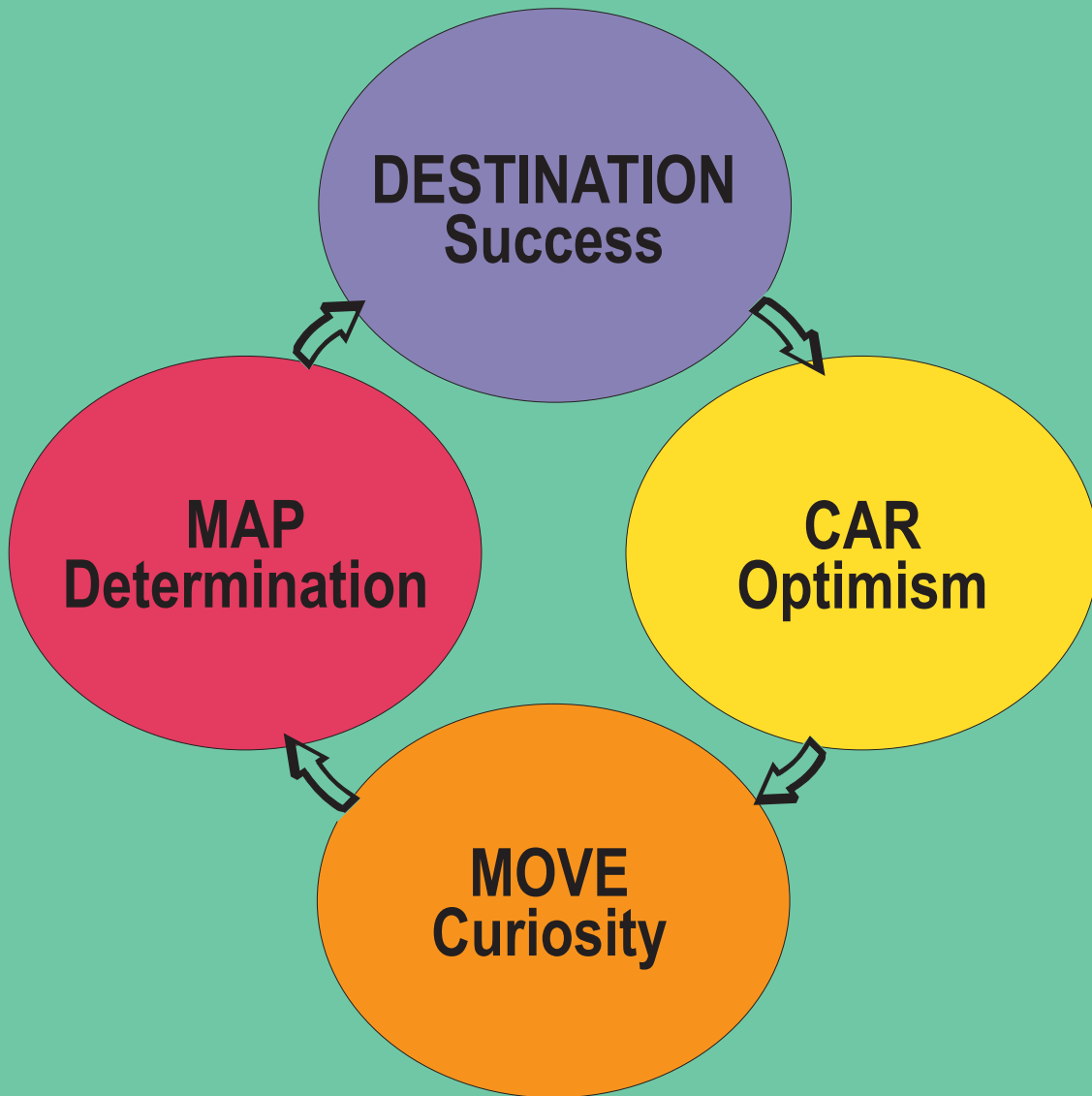
Dr Kai is a bit of a character who prefers talking to animals. He is 10 years old (in dog years) and could be real, that depends on you. This is a collection of his ideas presented as cartoons and short stories that might help take you to a different place or mood, if that's what you want.

Neil Motyer
neil@stop-pain.info
June 2013

Chapter 1

MOOD CARS

select and drive



I can't do it!

Pessimism
Hopelessness
Resignation
Submission

I'm scared!

Fear
Anxiety
Panic
Discomfort

I can do it!

Optimism
Expectancy
Determination
Assertiveness

I'm confident!

Bravery
Acceptance
Calm
Comfort

I'm feeling low!

Depression
Grief
Boredom
Tension

I'm obsessed!

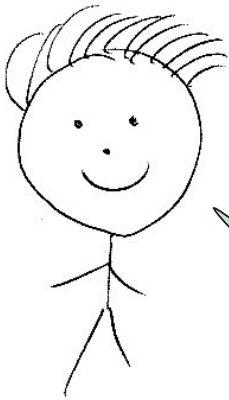
Obsession
Hatred
Blame
Dependency

I'm happy!

Contentment
Gratefulness
Curiosity
Relaxation

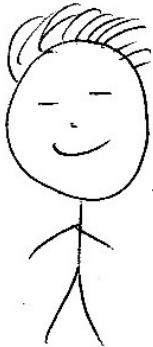
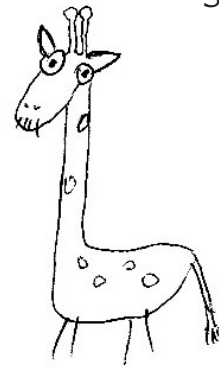
I'm free!

Openness
Love
Forgiveness
Independency



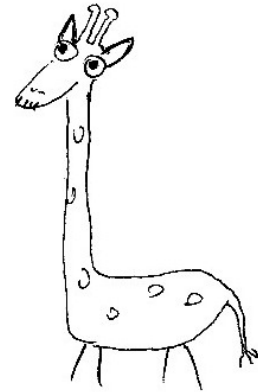
I can't quit!

Do you drive an Optimism?



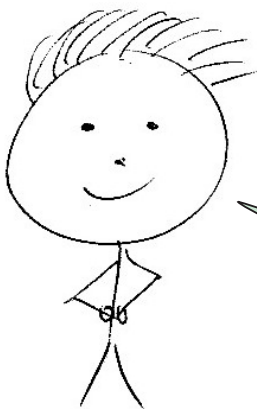
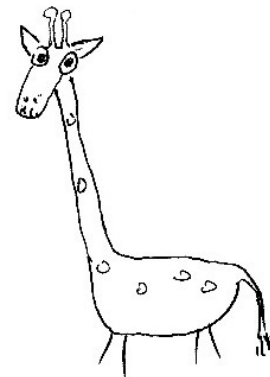
No, a Pessimism. It knows the way to the shops when I'm out of smokes!

Can you see yourself in an Optimism?



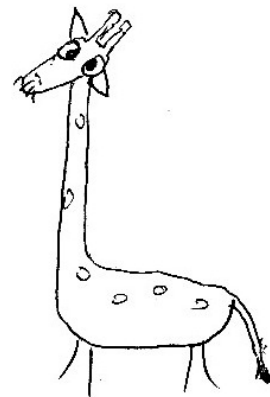
Aren't they harder to drive?

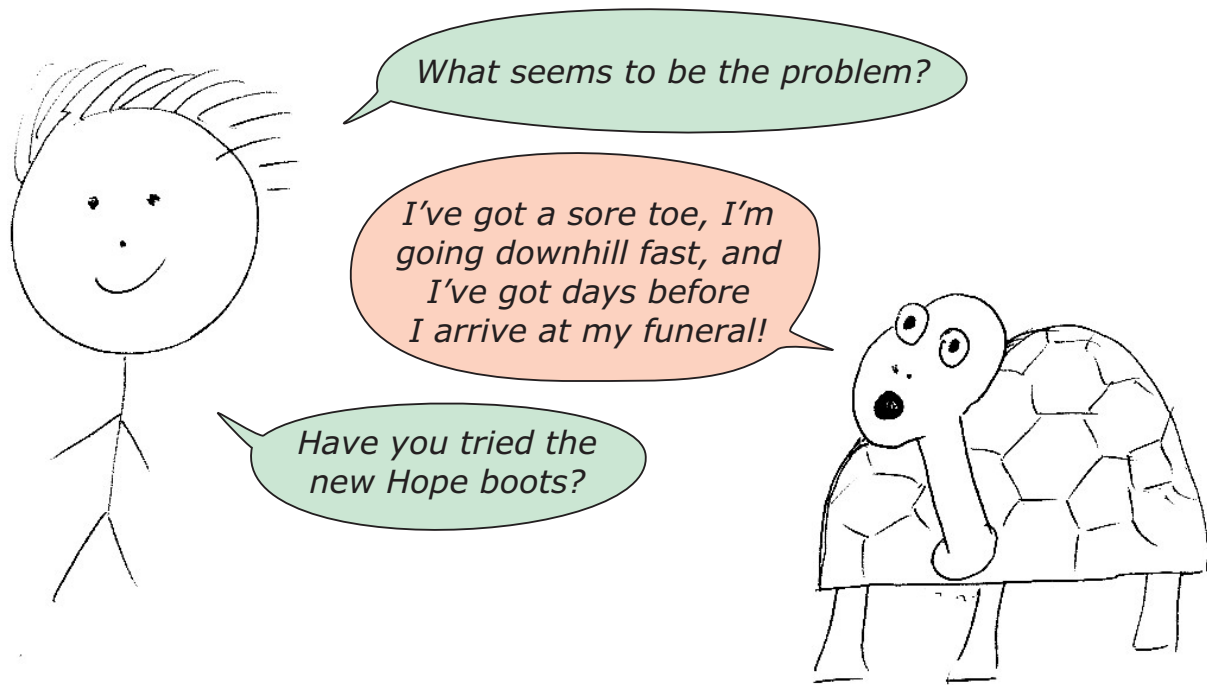
Easier, coz they go to the same place you want to!

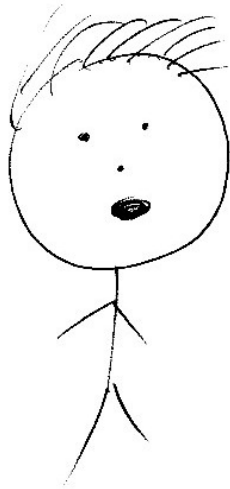


Don't they go through the gas?

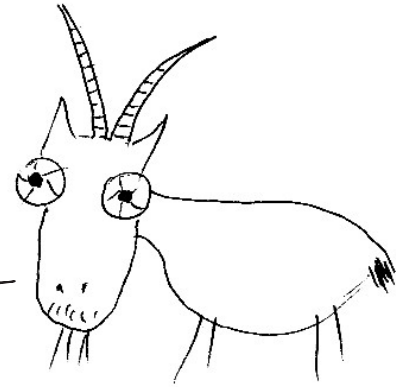
A bloke I know who's got one says the tank's always half full!





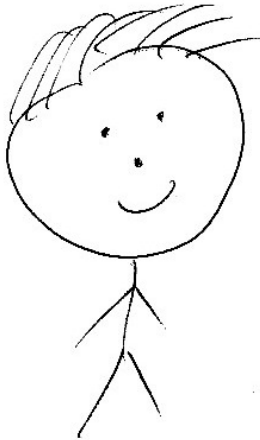
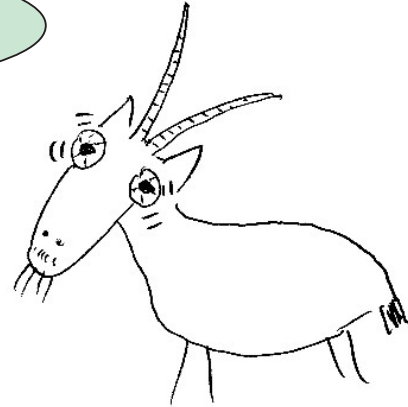


*I can't learn Italian,
it's too hard!*

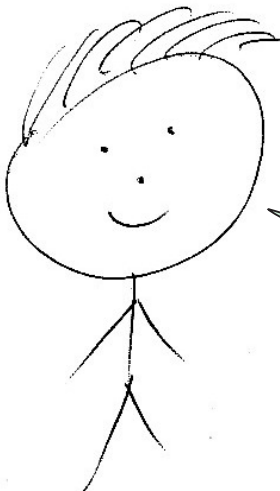


*What kind of speedboat
have you got?*

*A black Resignation. It
goes round in circles
like nobody's business!*

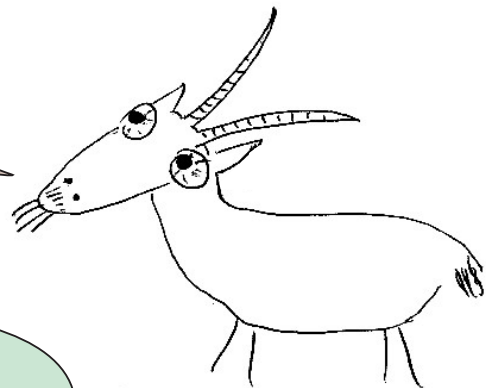


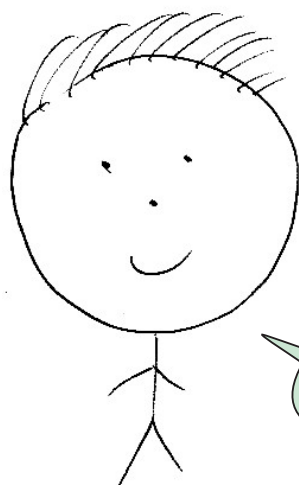
*I know a goat up the road who's got a
red Expectancy. He takes it all the way to
the marina where they all speak Italian!*



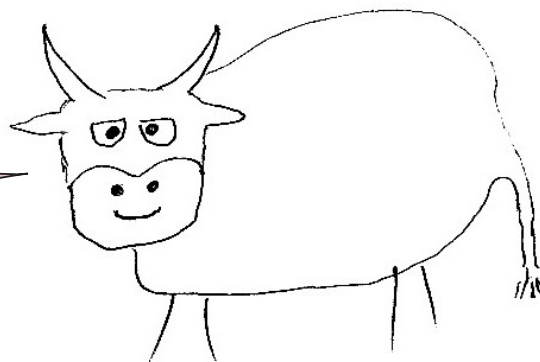
*I'll never
afford one!*

*Apparently they
cost the same and
come standard in red!*





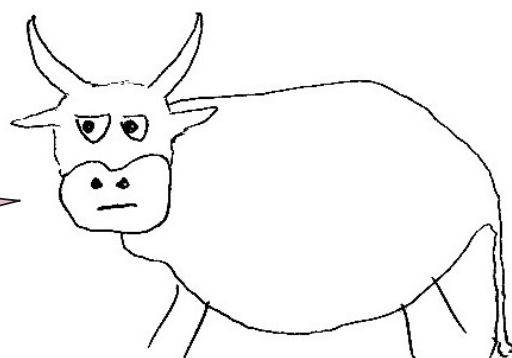
I'm avoiding main roads coz the other drivers are always up my tail!



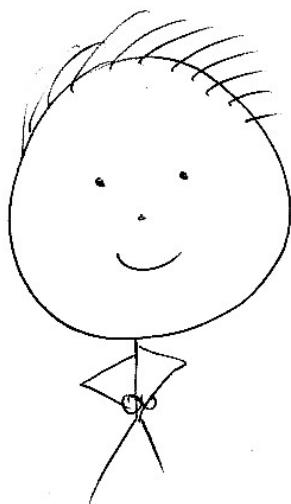
Have you got a licence to drive an orange Assertiveness truck?



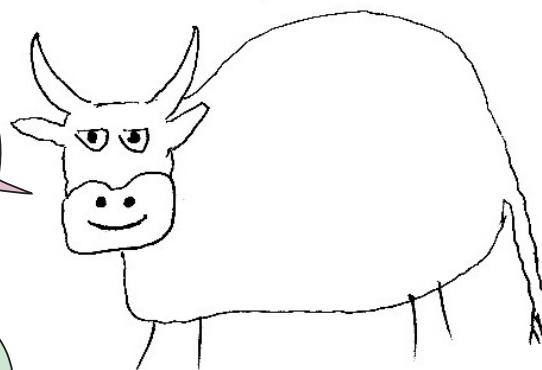
Of course! But I prefer my dark grey Submission mini truck! I can blend in without offending anyone.



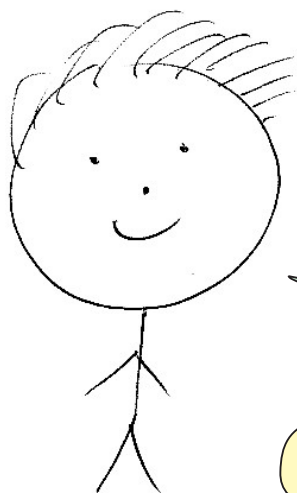
Thought of trading up?



Don't you feel a bit arrogant sitting so high up with a big air horn?



It just gives you an unchallenged view of where you're going.

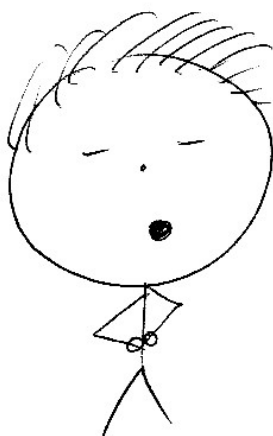
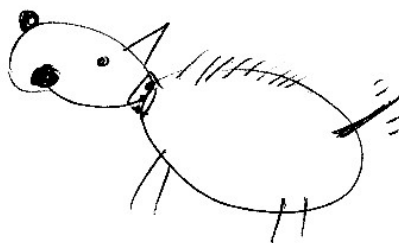


What's up, dog?

I wanna do sky diving but
I'm scared of aeroplanes!

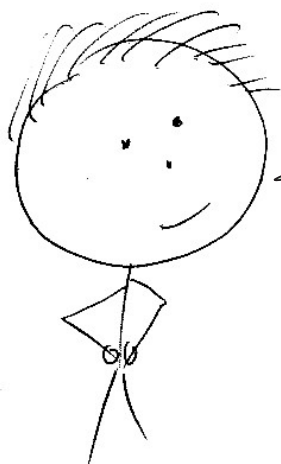
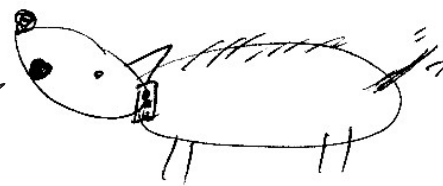
What would
be nice?

To have super powers
and fly like superdog!



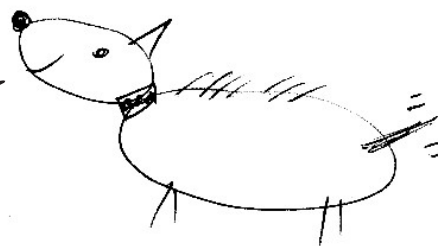
Maybe you can do a
crash course in flying!
Would you prefer a Fear jet
or a Bravery helicopter?

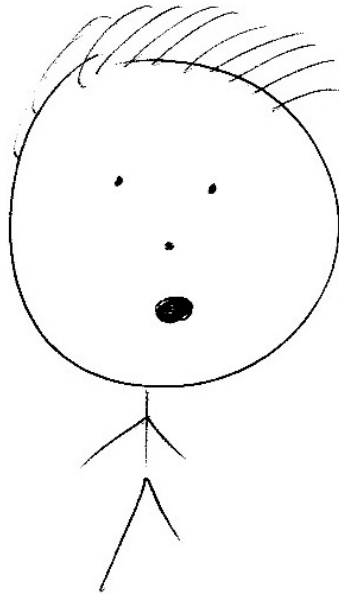
Neither. I think
I prefer being a
passenger with a
Bravery parachute!



Maybe you can wear
it on the way up?

Seems a
sensible idea.



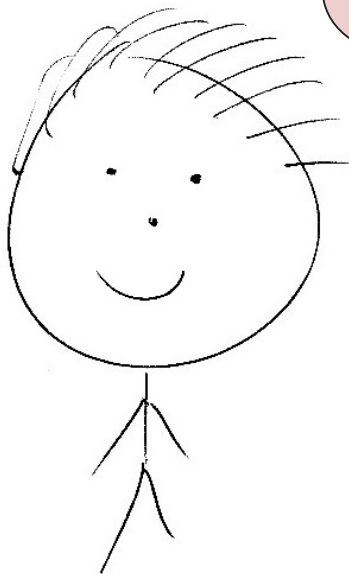
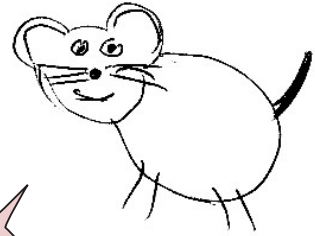


I think my brain just passed wind! Any advice Dr, Kai?

What thoughts have you been digesting?

I'm anxious about my audition for "Mickey Mouse goes to Hollywood on ice".

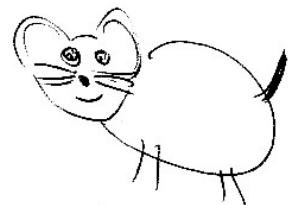
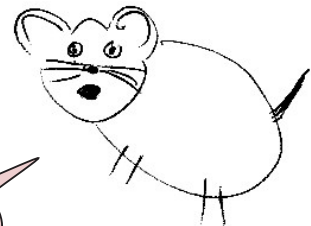
How are you getting there?

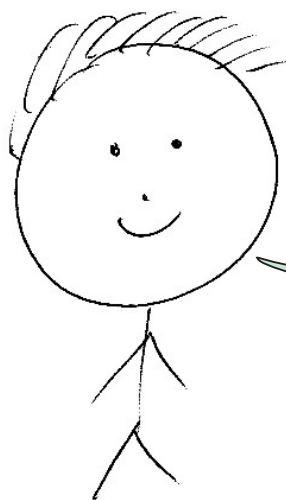


On my new Anxiety roller skates! I wear them everywhere, they're faster than a speeding cat!

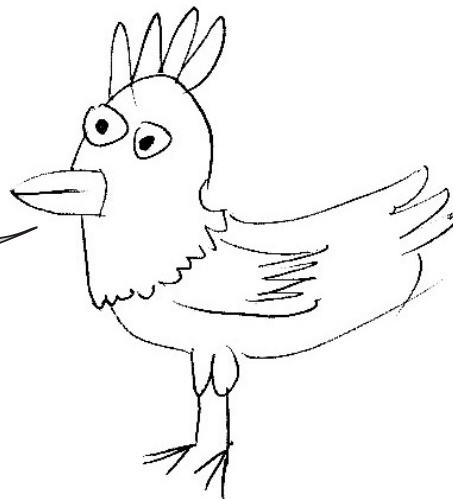
You could make quite an entrance on an Acceptance pogo stick!

Yeah, good idea! And that way I can bounce out of the audition no matter what happens.

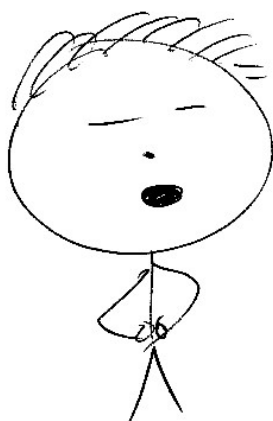




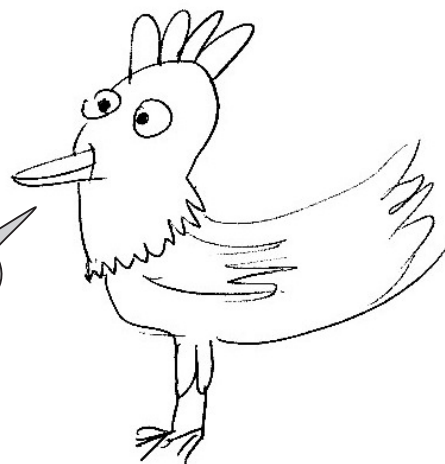
Hello Mrs. C, what's got you so ruffled?



I don't know, I thought it was a heart attack, but it wasn't.



Anything big happening in your life?

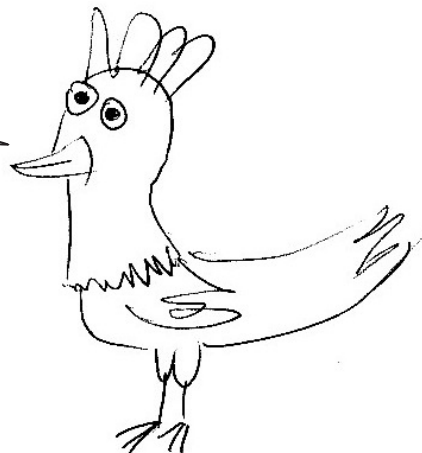


Yeah, I'm about to retire, I'm going to have to slow down a bit!

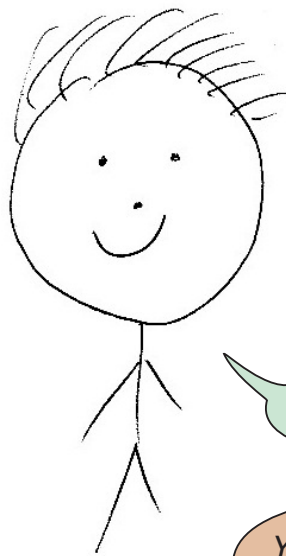


What do you get around in?

A V8 Panic! Perfect for screaming around town!



Have you test driven the new diesel Calm? I know a rooster who drove one to another state on one tank of gas!

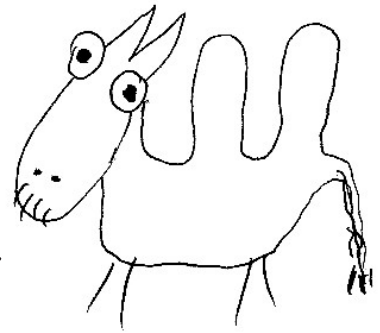


What do you want,
Mr. Camel?

To get rid of my
dry mouth, Dr. Kai!

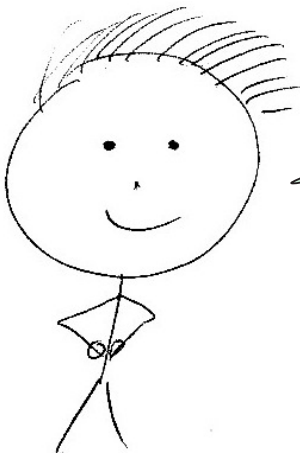
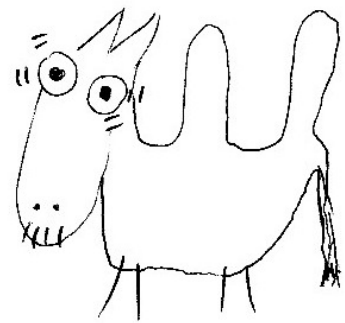
Are you thirsty?

Yeah, I was thinking of taking
my Discomfort jeep to the
nearest oasis for a drink!



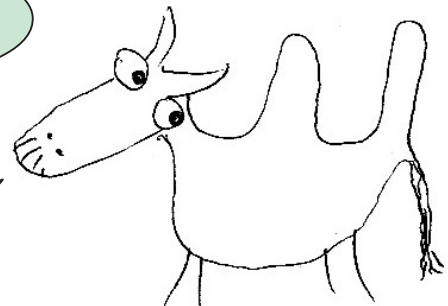
What about a
camel ride?

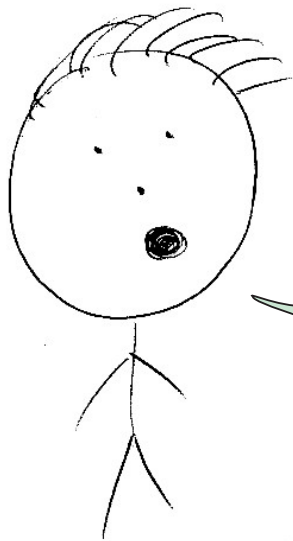
Do you know how expensive
Comfort camels are nowadays?!



Do you realize you have
a humpful of water?

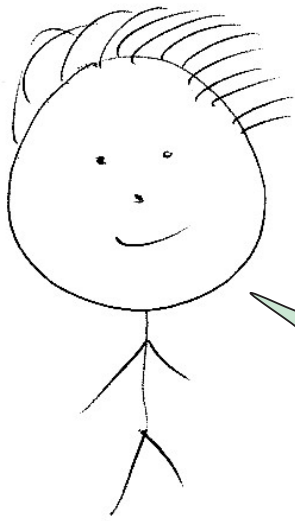
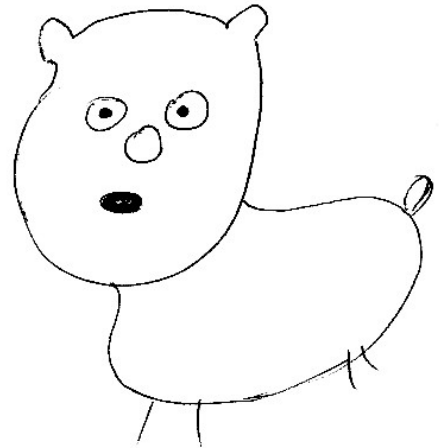
I like the way that
Dr. Kai's brain works!





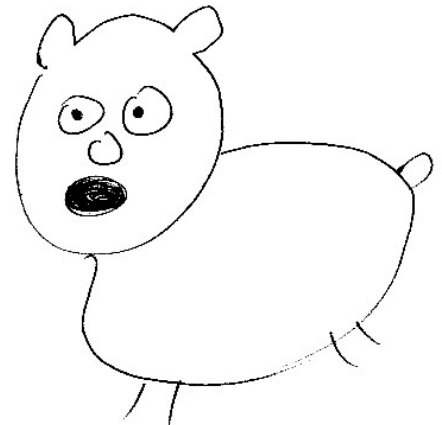
None of the girls want to dance with me at the Saturday night hop!

What've you been wearing?



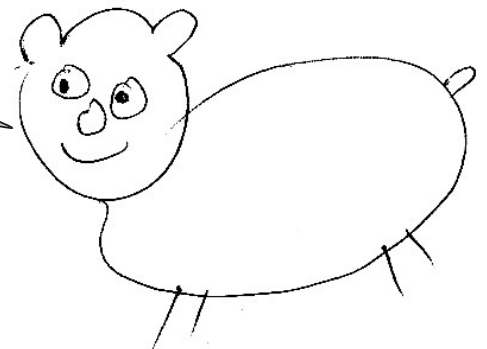
My old grey travelling suit and a splash of eu-de-Depression!

What do the groovy bears wear?



Coloured leisure suits and they all use eu-de-Contentment! What do you suggest?

Get a few gallons.

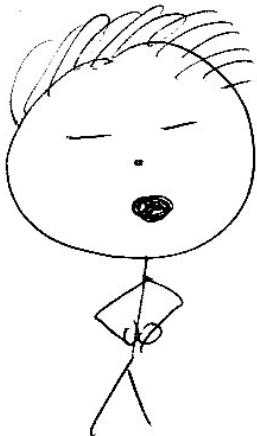
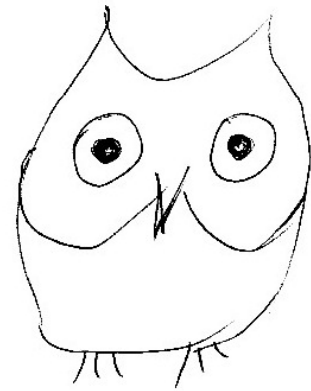




What can I do for you, Miss O?

I've lost my sense of humour, can you help, Dr. Kai?

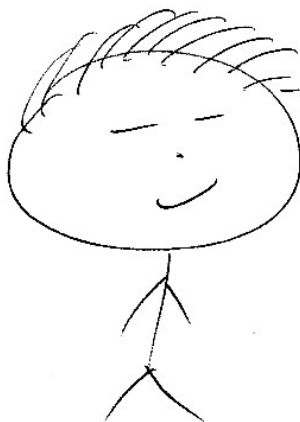
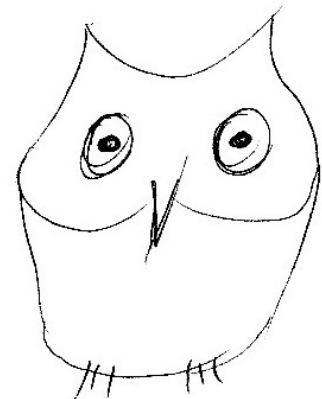
What kind of skateboard do you ride?



I've got a new Grief, it's so easy to ride it's not funny!

What are the brakes like?

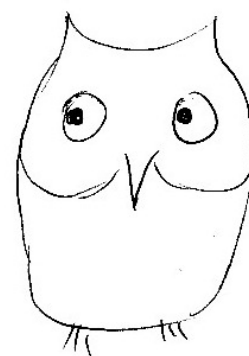
There aren't any!



Would you like a go on my Gratefulness scooter? It's got dual controls!

Can I steer?

We can both steer and have turns using the brakes!



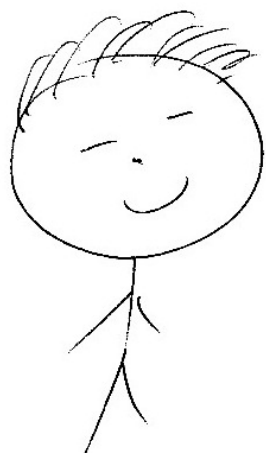
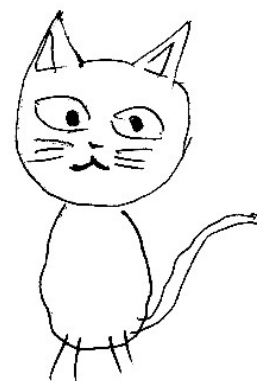


What's happening Major Tom?

*I wanna be an astronaut
and go to the moon!*

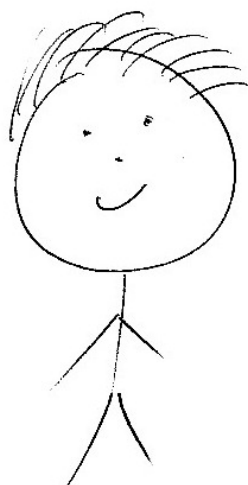
Why?

*Where there's cheese
there's mice!*



*You can't argue with logic!
What kind of rocket experience
have you got?*

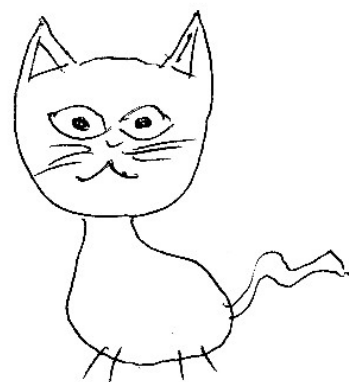
*I've only been on a Boredom
earth satellite rocket. It just goes
round and round and gets nowhere!*

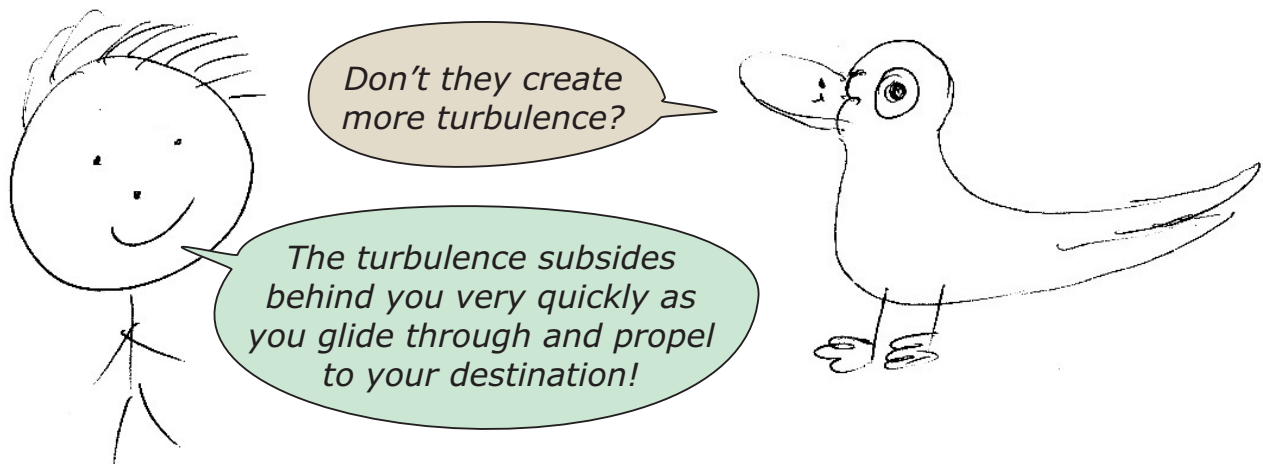
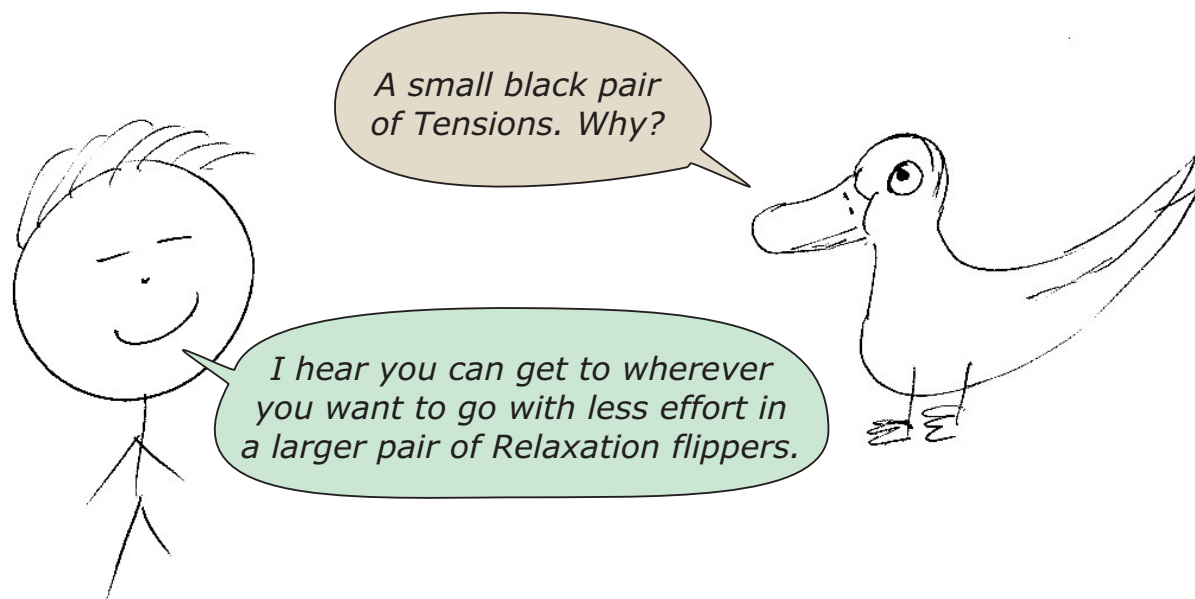
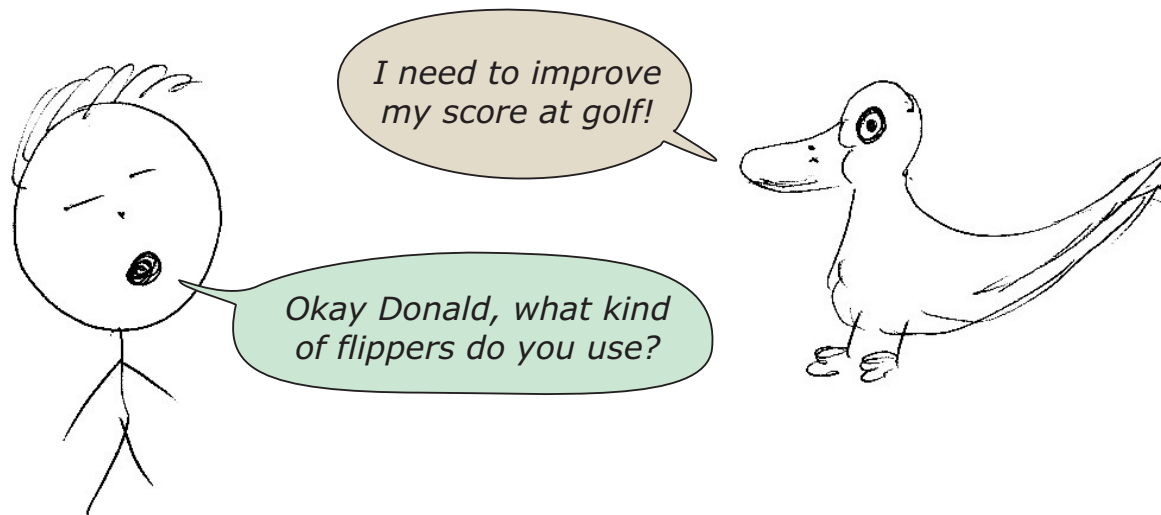


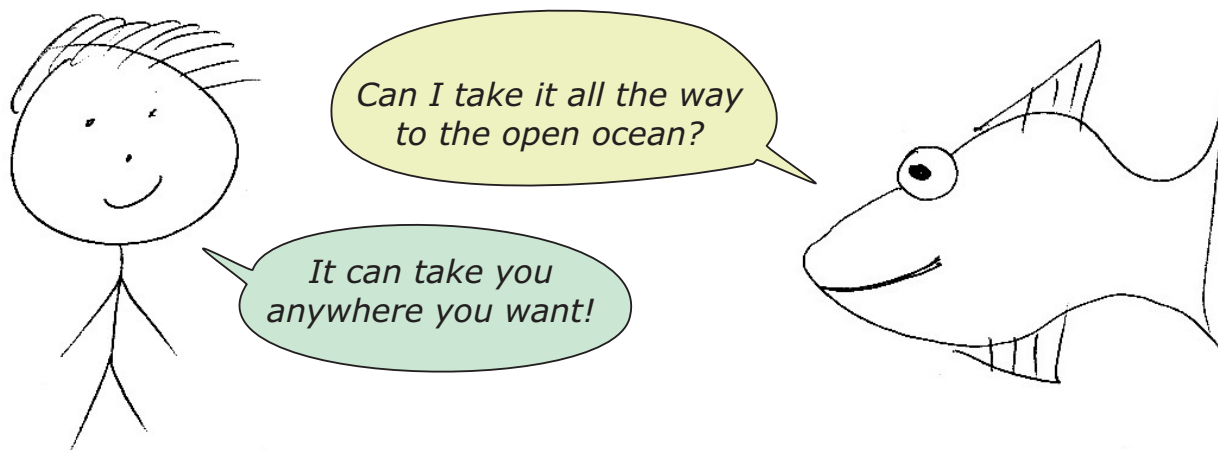
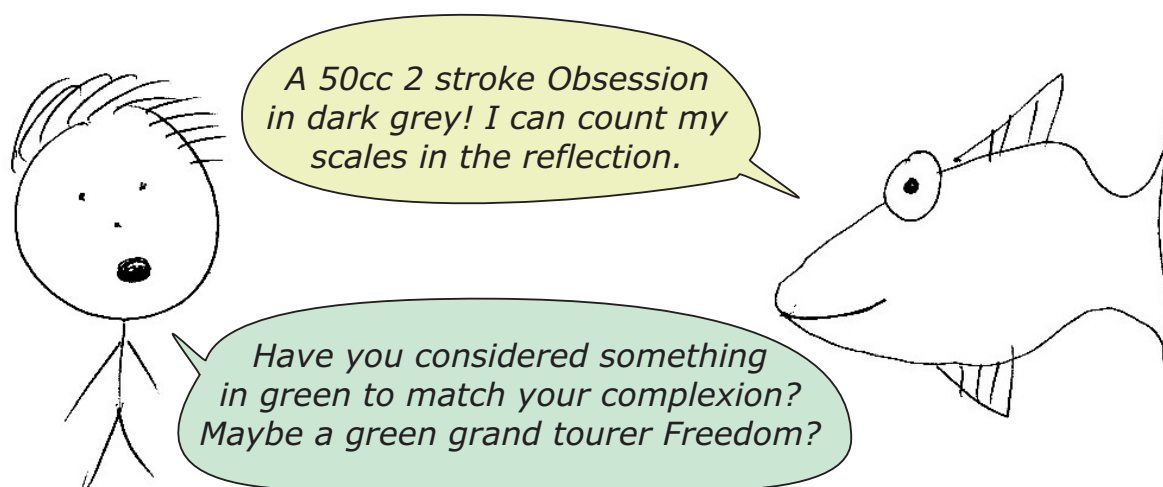
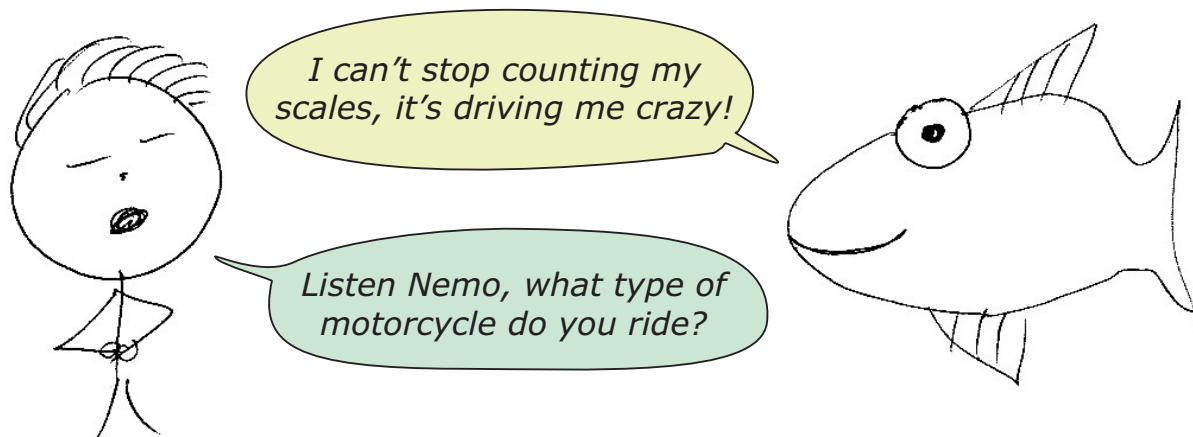
*Oh! Did you know you can
build your own rocket? The
plans are on the internet!*

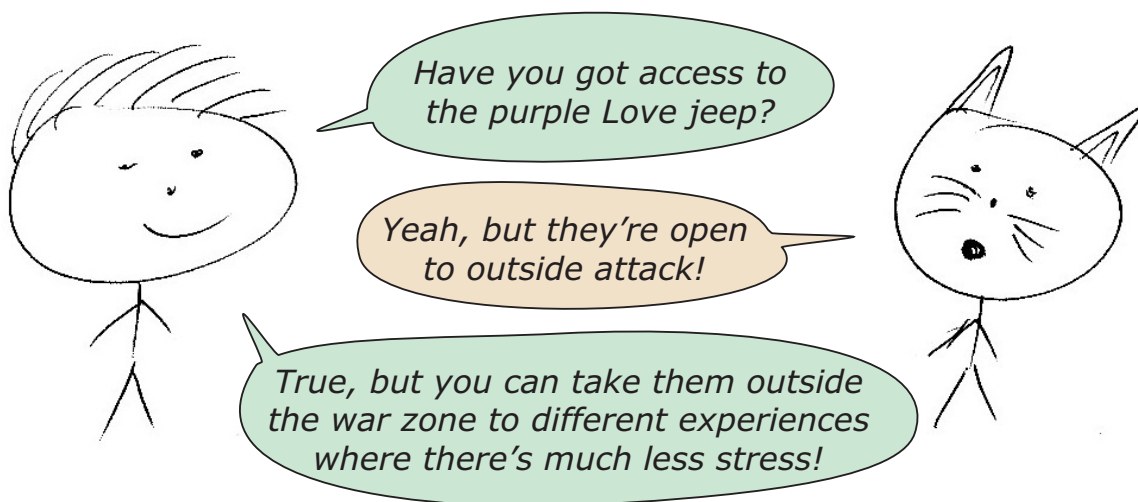
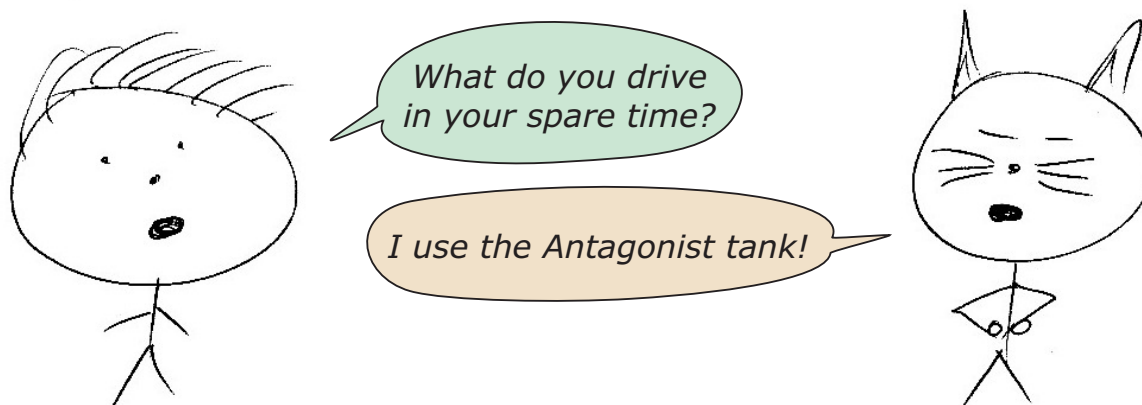
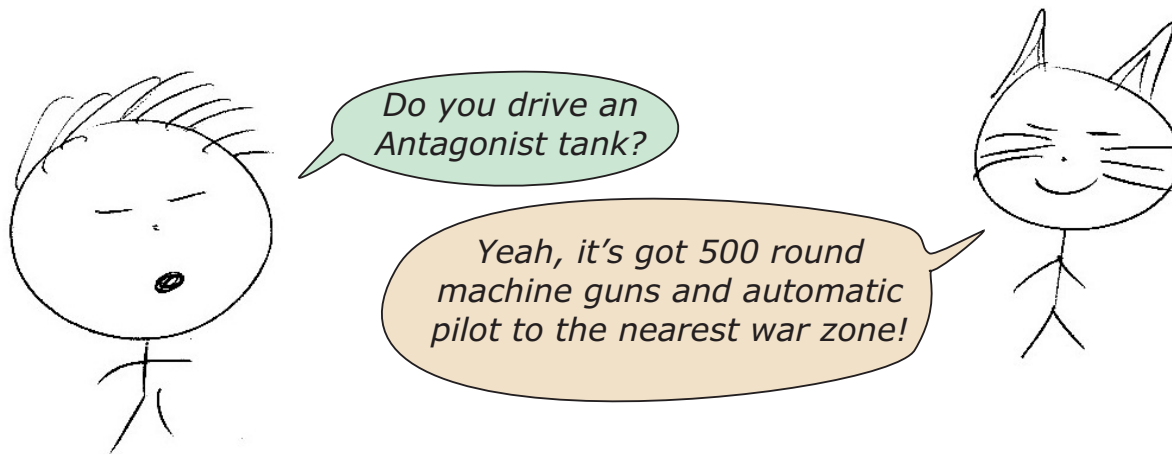
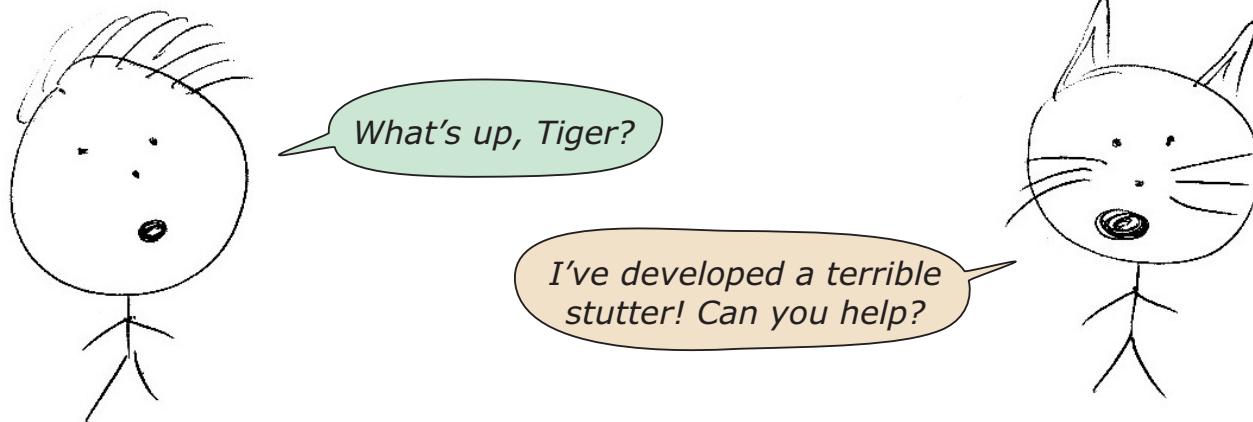
What would I call it?

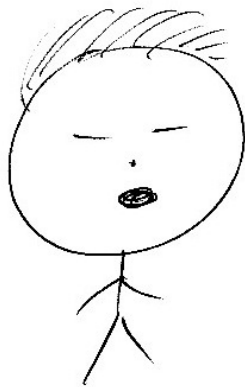
How about Curiosity?





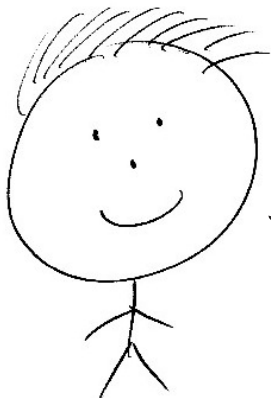
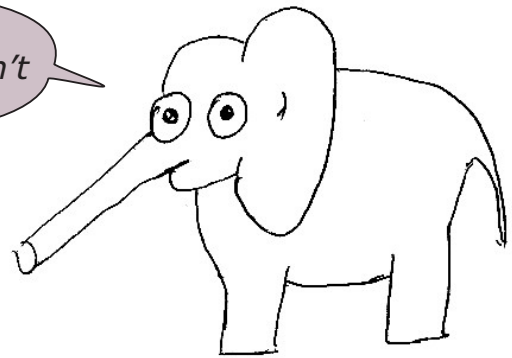






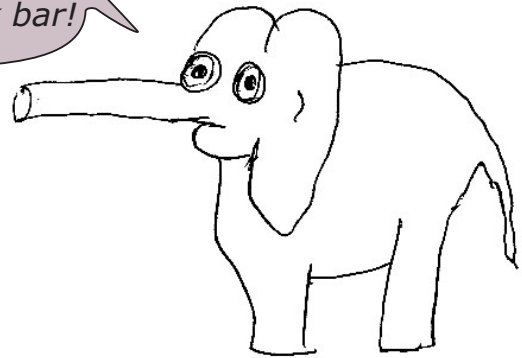
My mum never breast fed me as a child, and now I can't stop eating chocolate!

What's your favourite mode of transport?



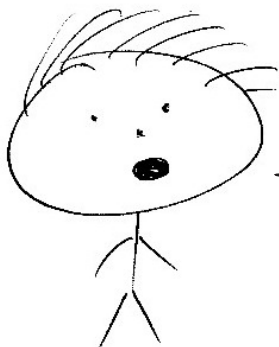
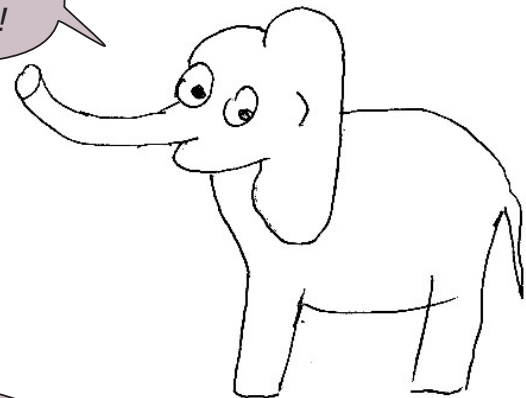
I can't get enough of the Blame chair carried by porters with built in TV and snack bar!

Sounds comfy!



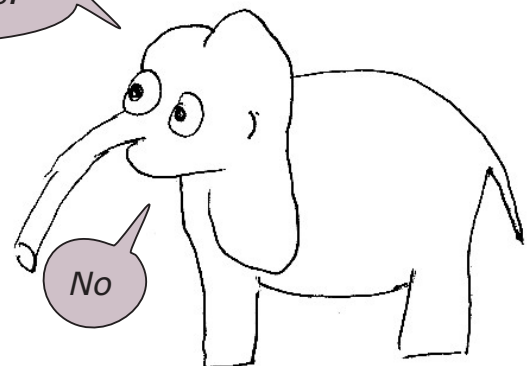
Yeah, I take it to the footy!

What do the players go in?

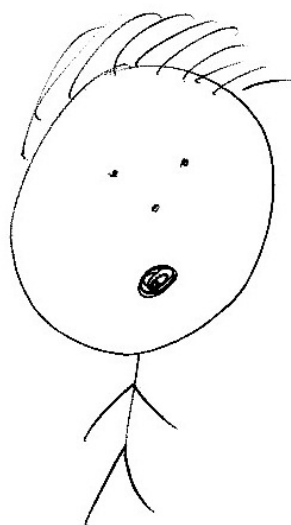


They use the economy Forgiveness chairs.

Do they come with chocolates?

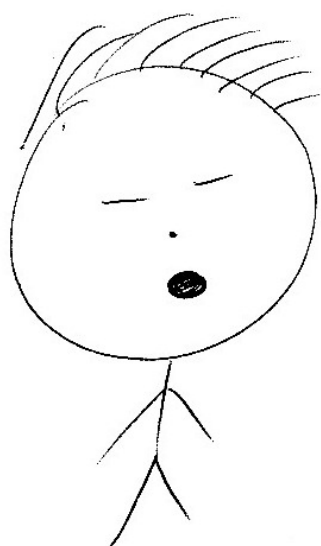
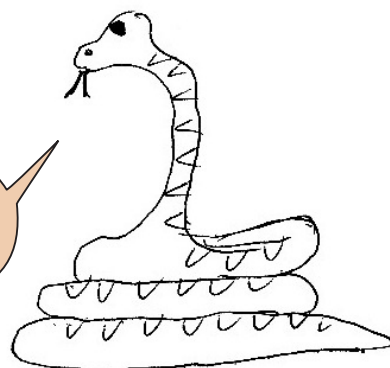


No



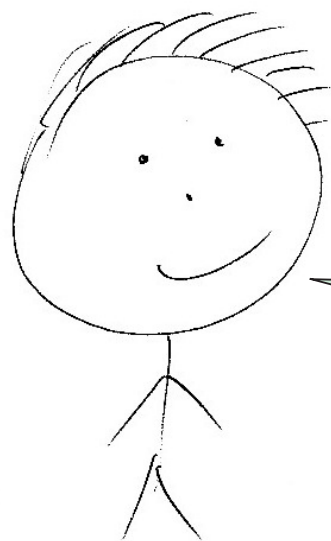
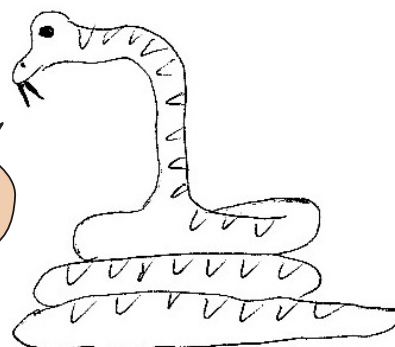
Why the long face, professor?

I can't stop noticing how cold my tail is even on hot days! I think my circulation's shot.



Who drives you around when you lecture overseas?

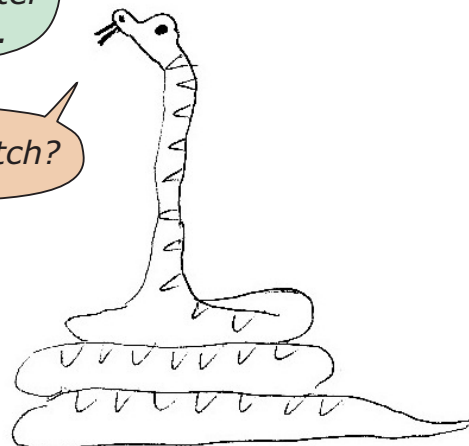
Destiny limo services, why?



I hear the Self-determination hire car company gives a better deal if you're a good driver.

What's the catch?

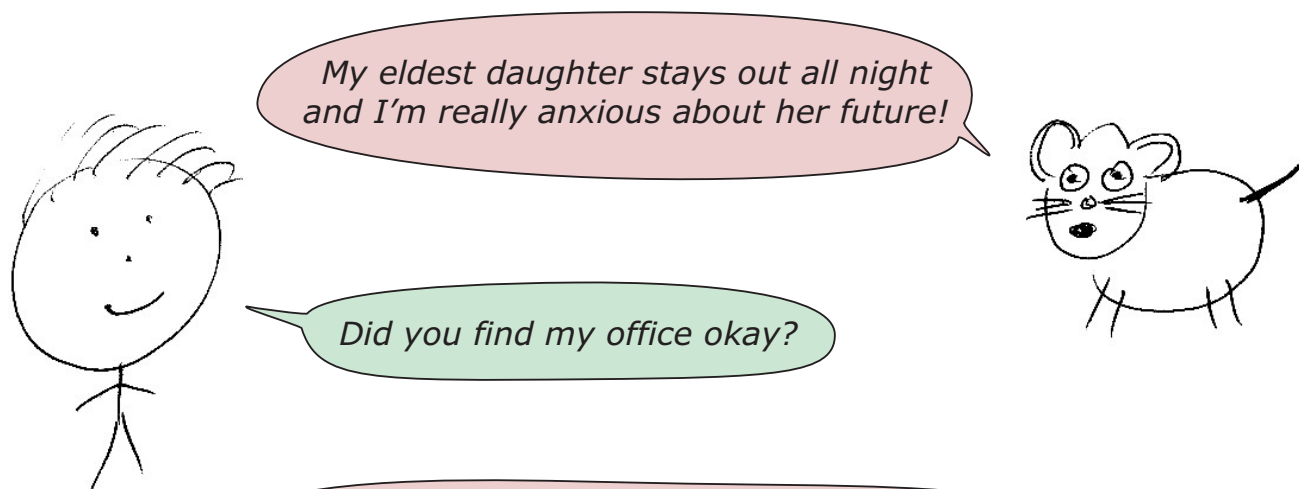
You have to know where you want to go!



The old man and the desert

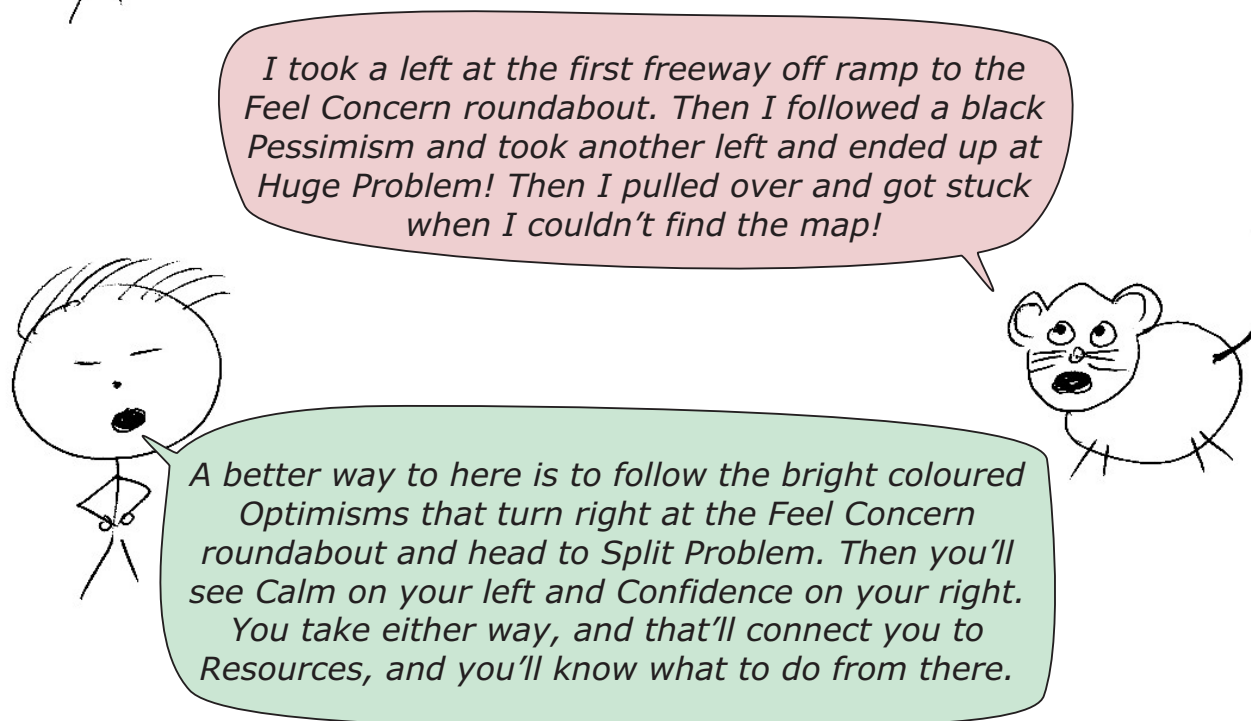
Once upon a time a young man was travelling through the desert when he noticed an old man resting peacefully in the shade of a tree. "Old man," asked the young man as he pointed in the direction he was headed, "can you tell me what the people are like in that nearby town?" "Well young man," said the old man, pointing in the direction the young man had come from, "can you tell me what the people are like in the town that you have just left?" "Quite horrible," replied the young man, and then added, "in the town where I come from the people are all rude and nasty scoundrels, cheats, thieves and liars, and not worthy of knowing or speaking to!" "In that case," said the old man, "I think you'll find these people to be much the same." "I think I'll give that town a very wide berth," said the young man, and with that, he continued on his way.

Some time passed, and a second young man was travelling through the same part of the desert when he too noticed the old man in the shade of the tree. "Old man," asked the young man as he pointed in the direction he was headed, "can you tell me what the people are like in that nearby town?" "Well young man," said the old man, pointing in the direction the young man had come from, "can you tell me what the people are like in the town that you have just left?" "Quite delightful," replied the young man, and then added, "in the town where I come from the people are all polite, friendly and honest, and a joy to know and meet!" "In that case," said the old man, "I think you'll find these people to be much the same." "I think I'll pay that town a visit," said the young man, and with that, he continued on his way.



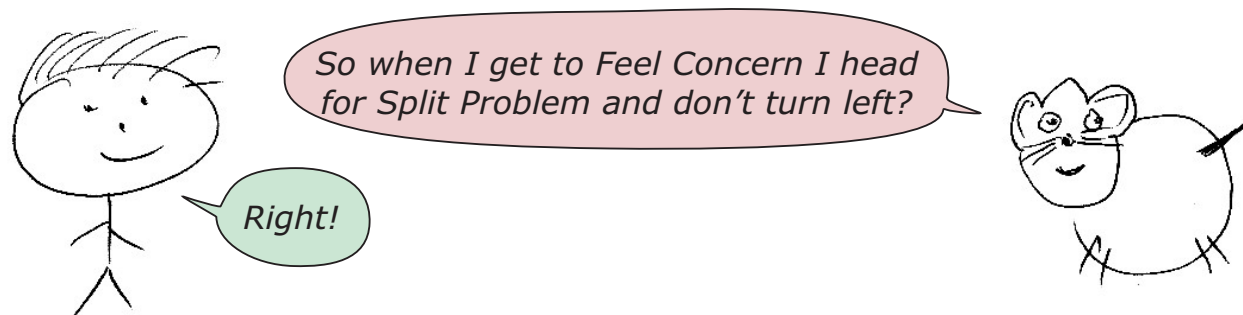
My eldest daughter stays out all night and I'm really anxious about her future!

Did you find my office okay?



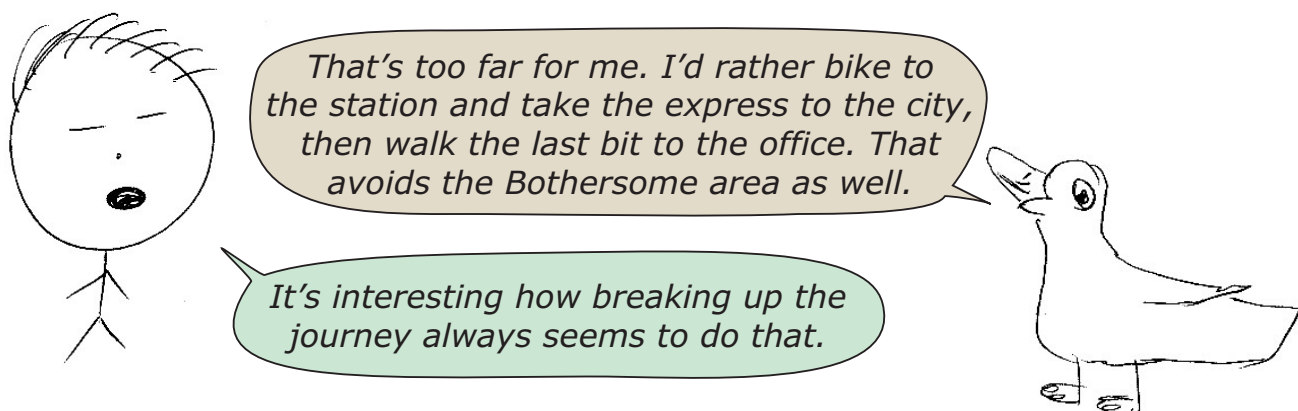
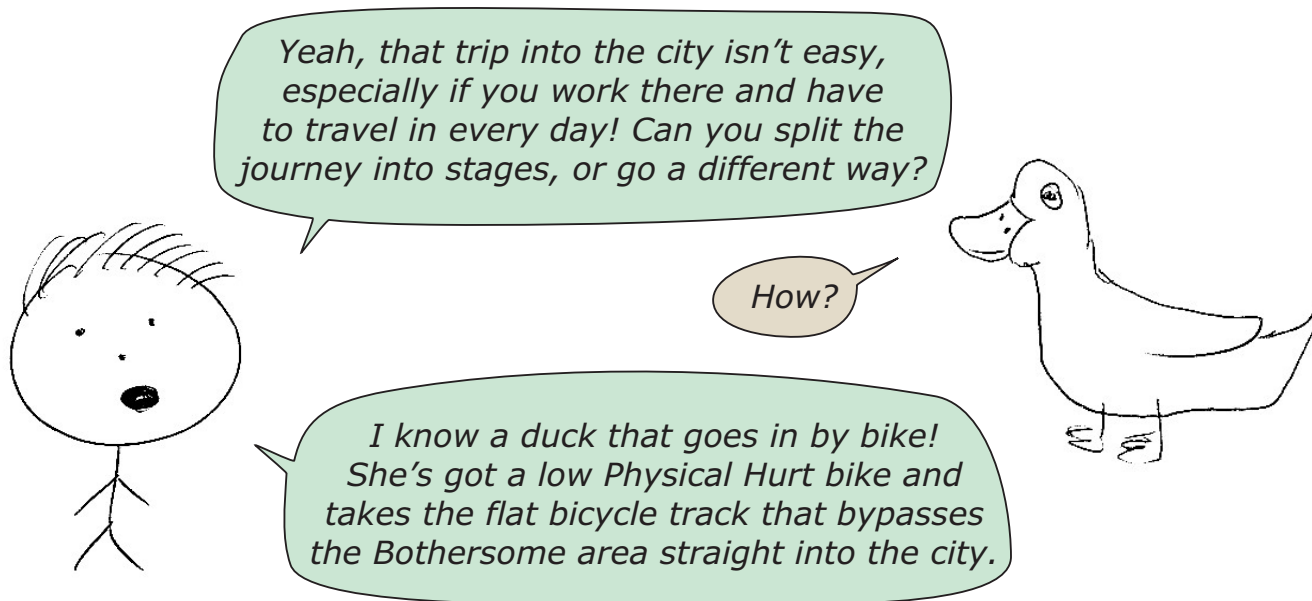
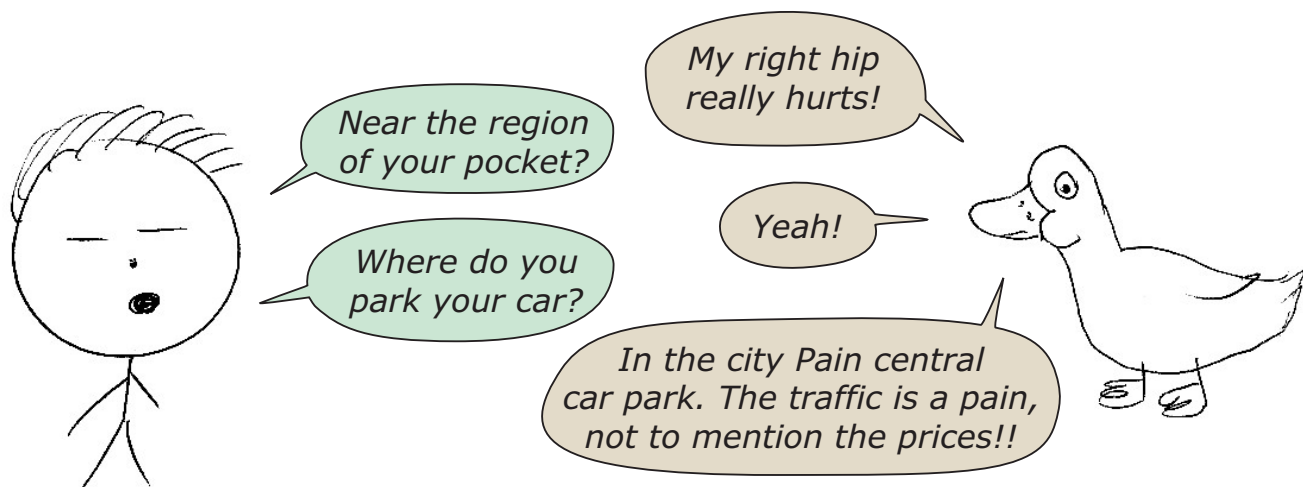
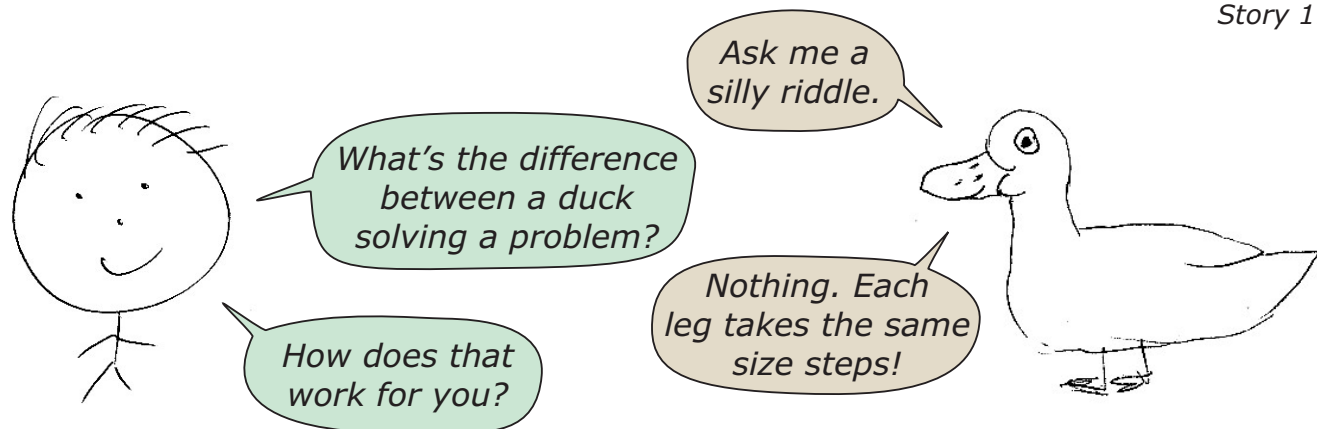
I took a left at the first freeway off ramp to the Feel Concern roundabout. Then I followed a black Pessimism and took another left and ended up at Huge Problem! Then I pulled over and got stuck when I couldn't find the map!

A better way to here is to follow the bright coloured Optimisms that turn right at the Feel Concern roundabout and head to Split Problem. Then you'll see Calm on your left and Confidence on your right. You take either way, and that'll connect you to Resources, and you'll know what to do from there.



So when I get to Feel Concern I head for Split Problem and don't turn left?

Right!



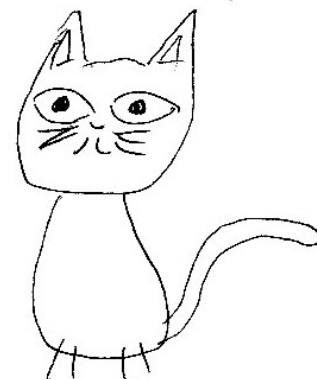


My problem is I love sardines!

Why is that a problem?

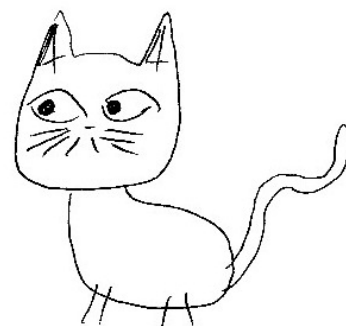
Once I start I can't stop, then I eat so much I end up feeling sick!

*I see you're driving an optimo
Enjoyment, what fuel are you using?*



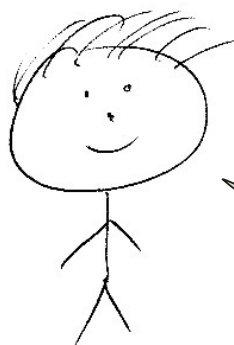
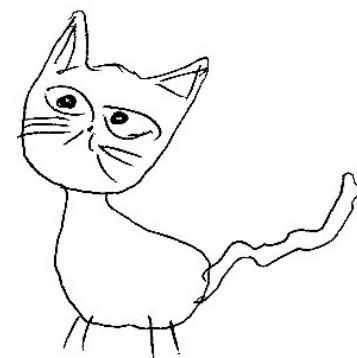
High octane Indiscipline. It's good but I seem to go through tanks of it without getting anywhere in particular! It's costing me a fortune! Do you think I should sell my car for a more fuel efficient model?

Yes, unless you want to keep your car and use a more fuel efficient fuel!



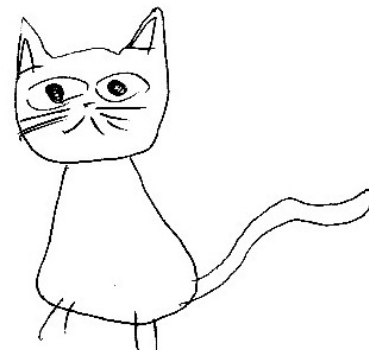
What do you recommend?

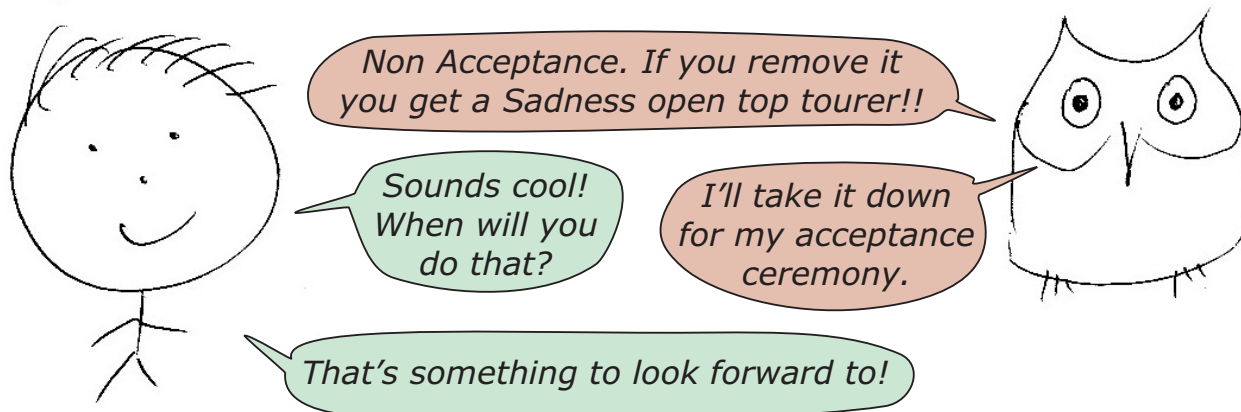
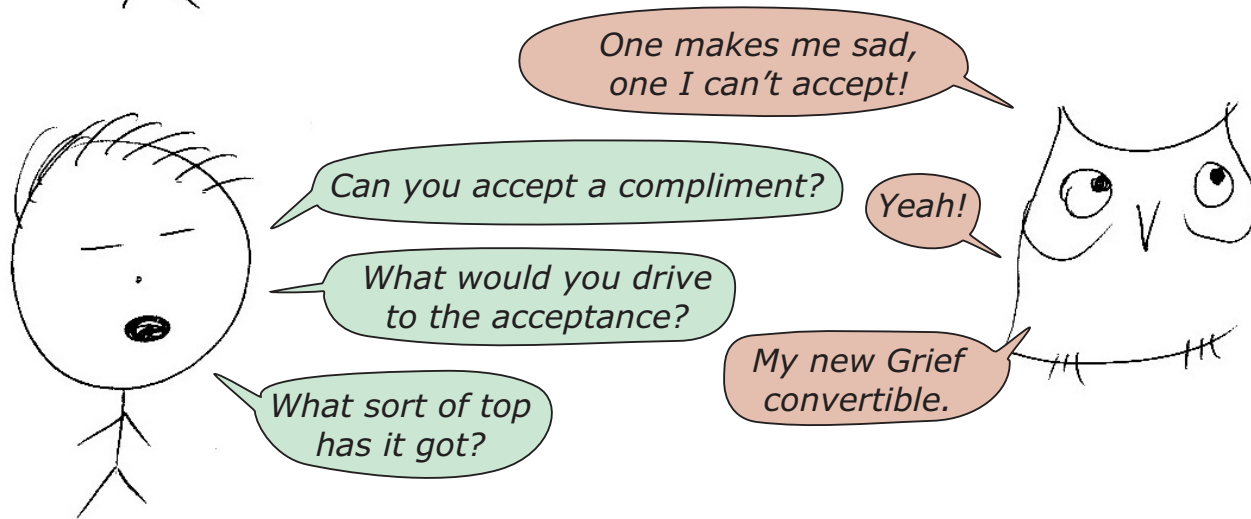
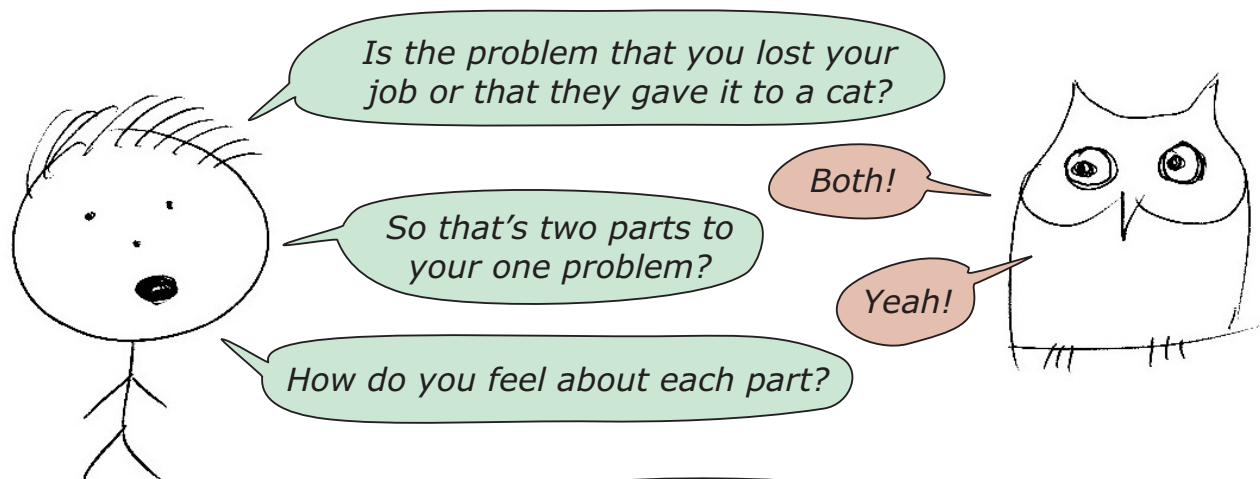
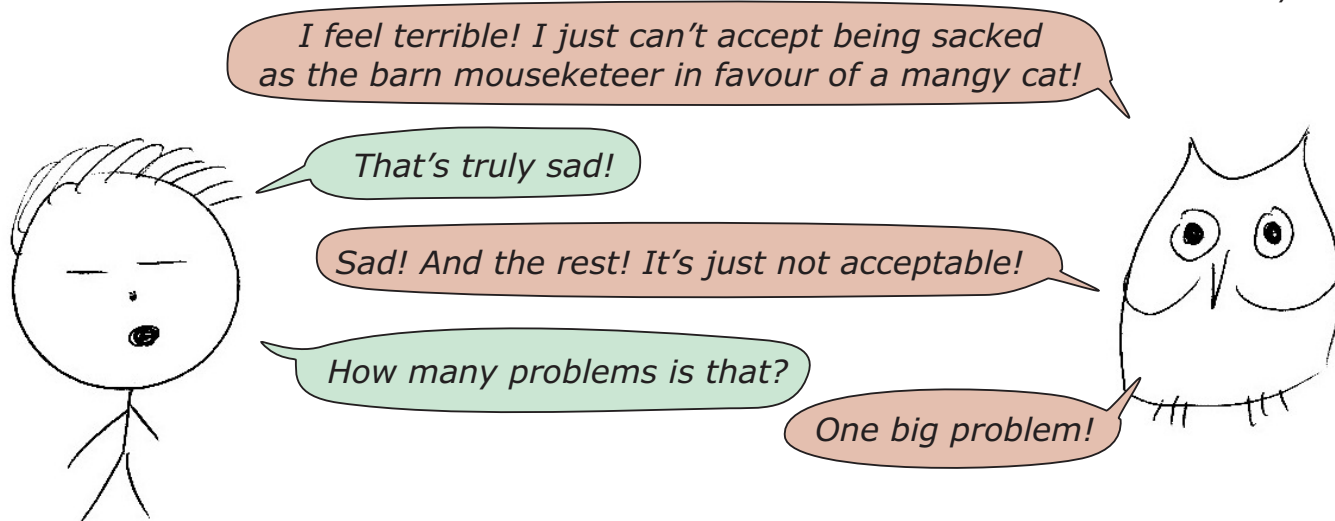
High octane are divided into two types, Indiscipline and Discipline. If you drive with Discipline you always use less fuel!

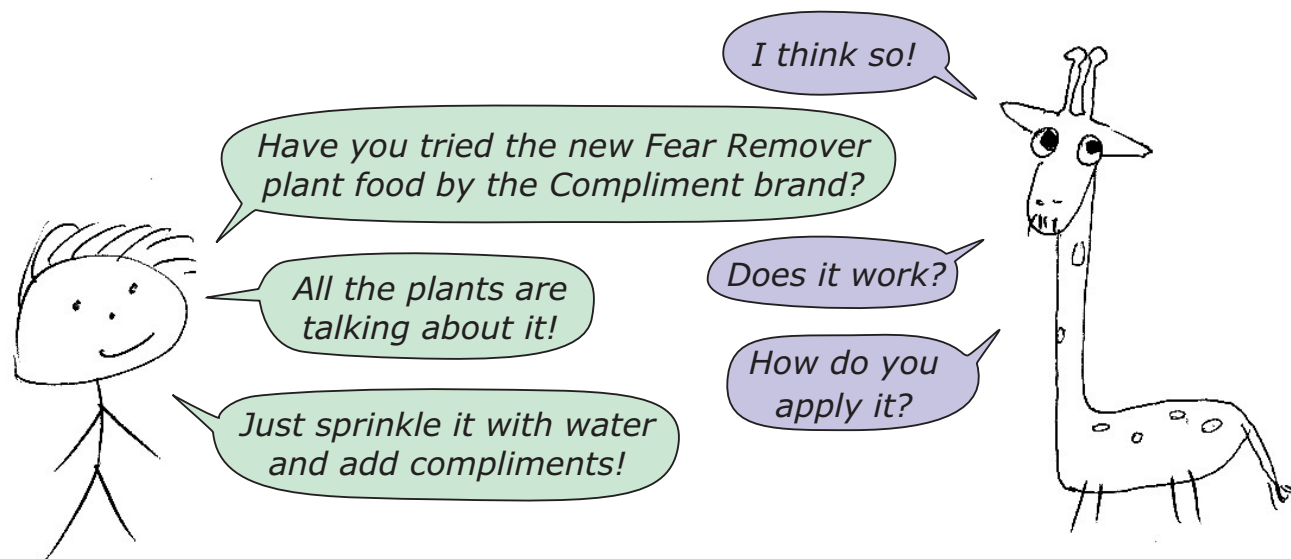
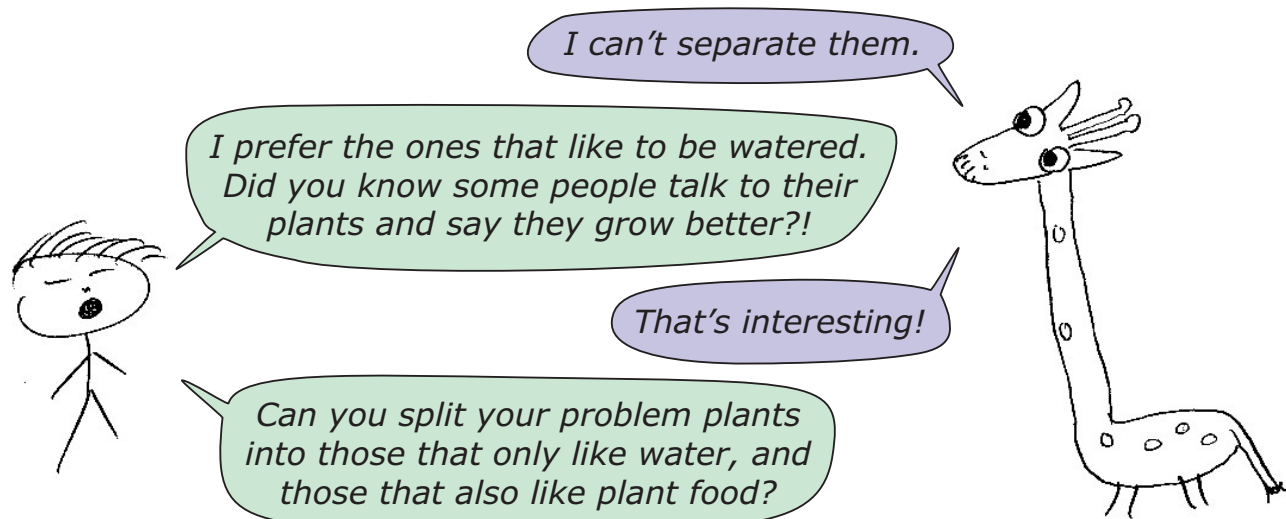
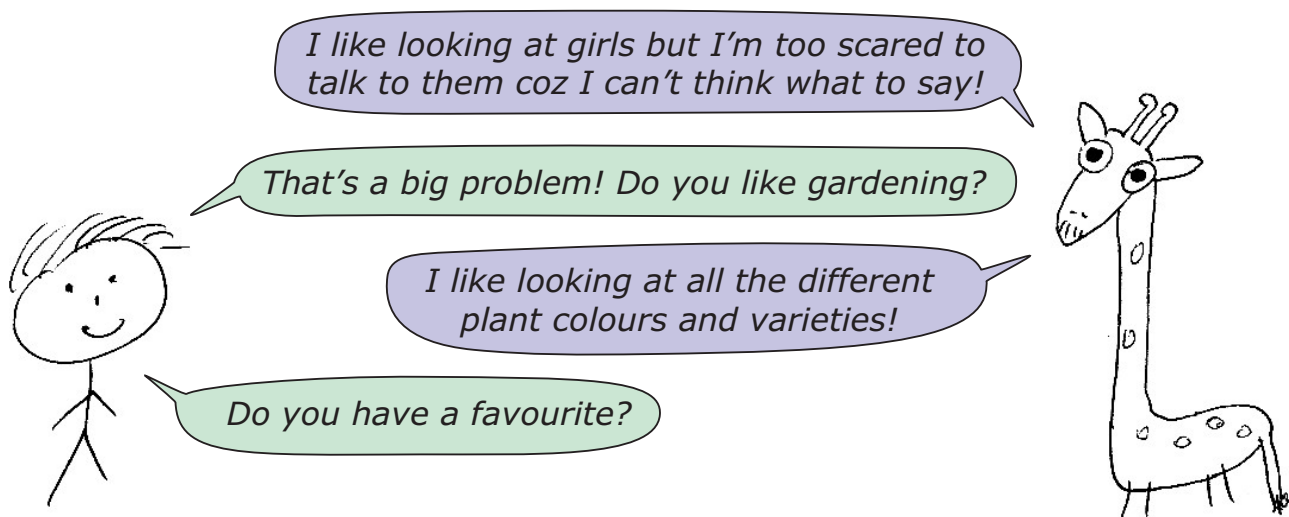


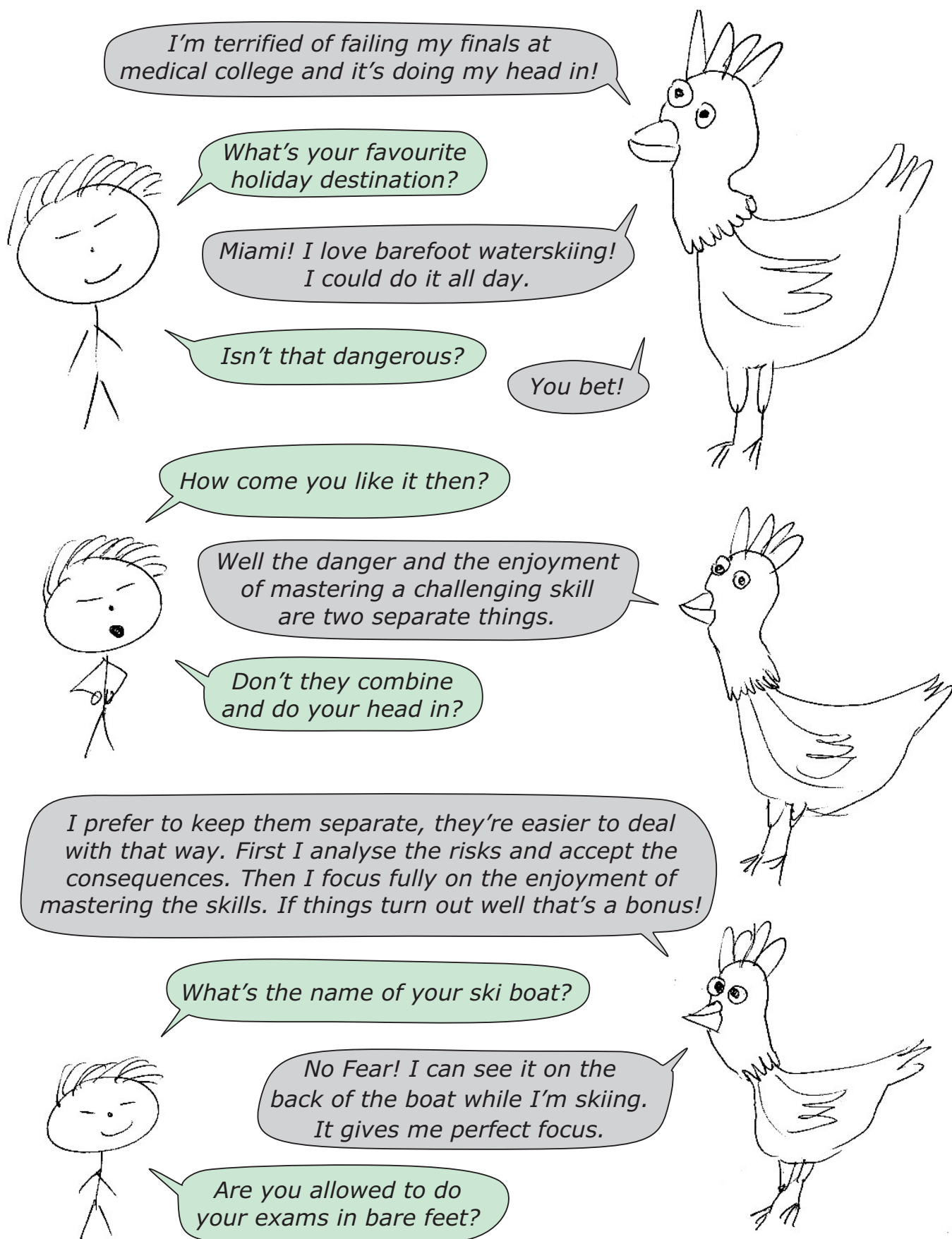
Isn't that less enjoyable?

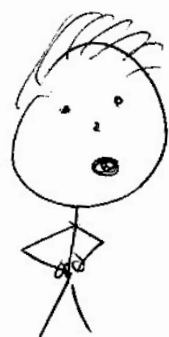
With greater fuel efficiency you get greater enjoyment per distance travelled, more enjoyment per tank, and each tank lasts longer!











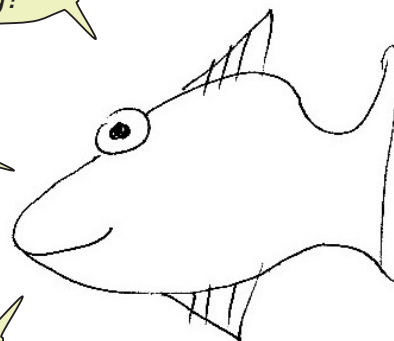
What do you count?

I'm concerned about my behaviour.
I can't stop counting everything!

Everything!

Do you like walking?

Yes.



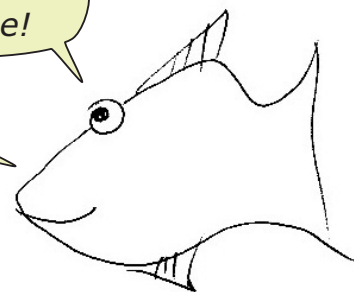
How many steps in
your daily walk?

I'll count them
next time!

How many breaths do
you take on a walk?

I'll count
them!

How many times does your
heart beat on a walk?



All at once?

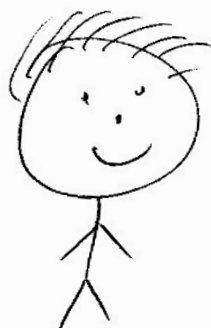
I'll count them!

I'll have to do a different
one each day!!

Doesn't that mean a whole lot
of stuff won't get counted?



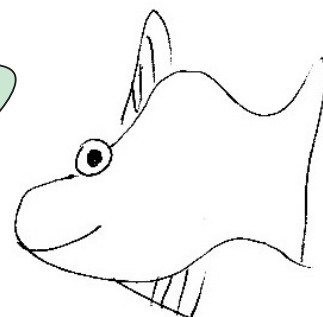
I don't care! I can't
do everything!

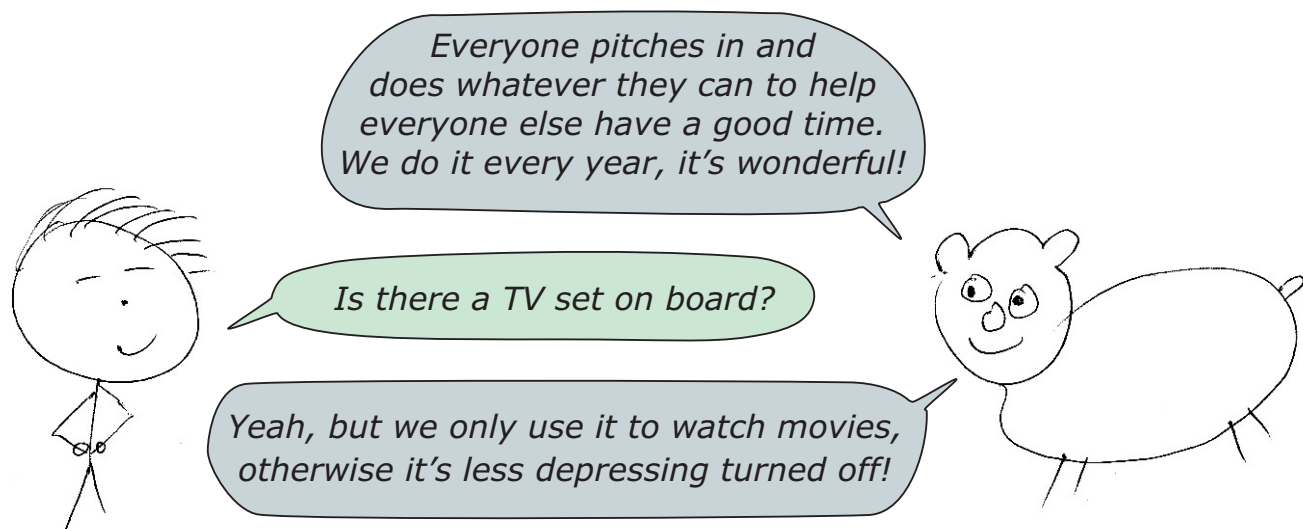
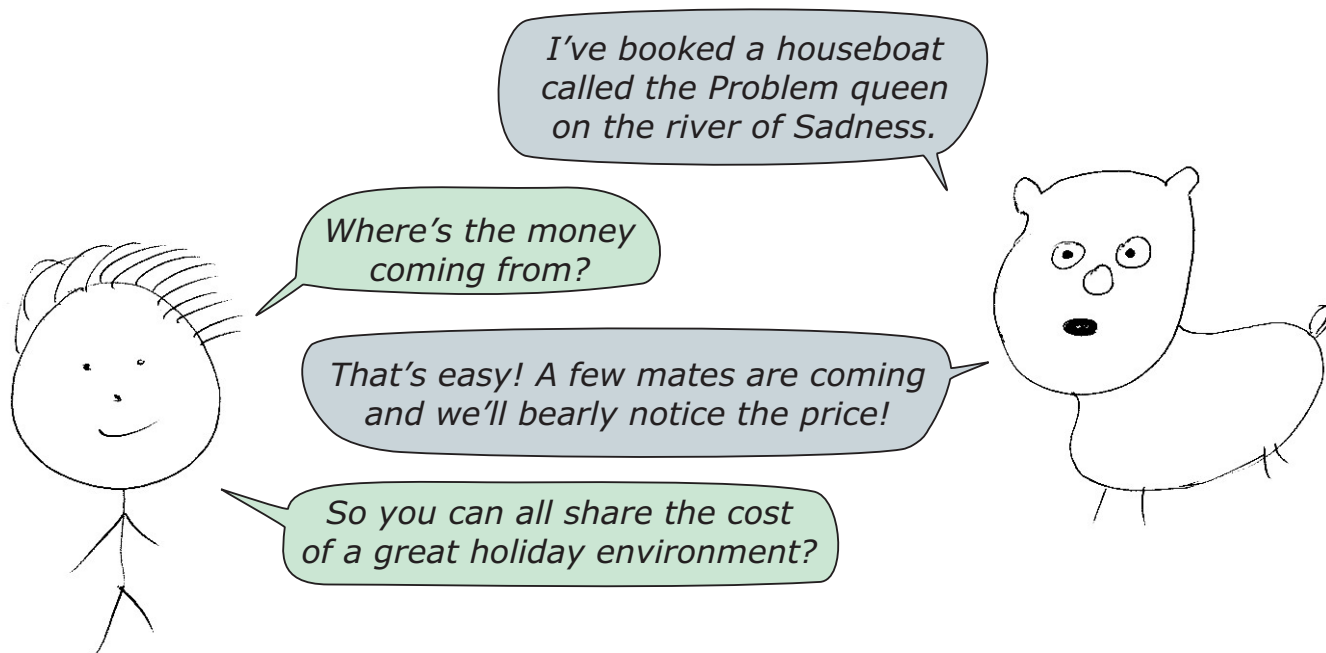
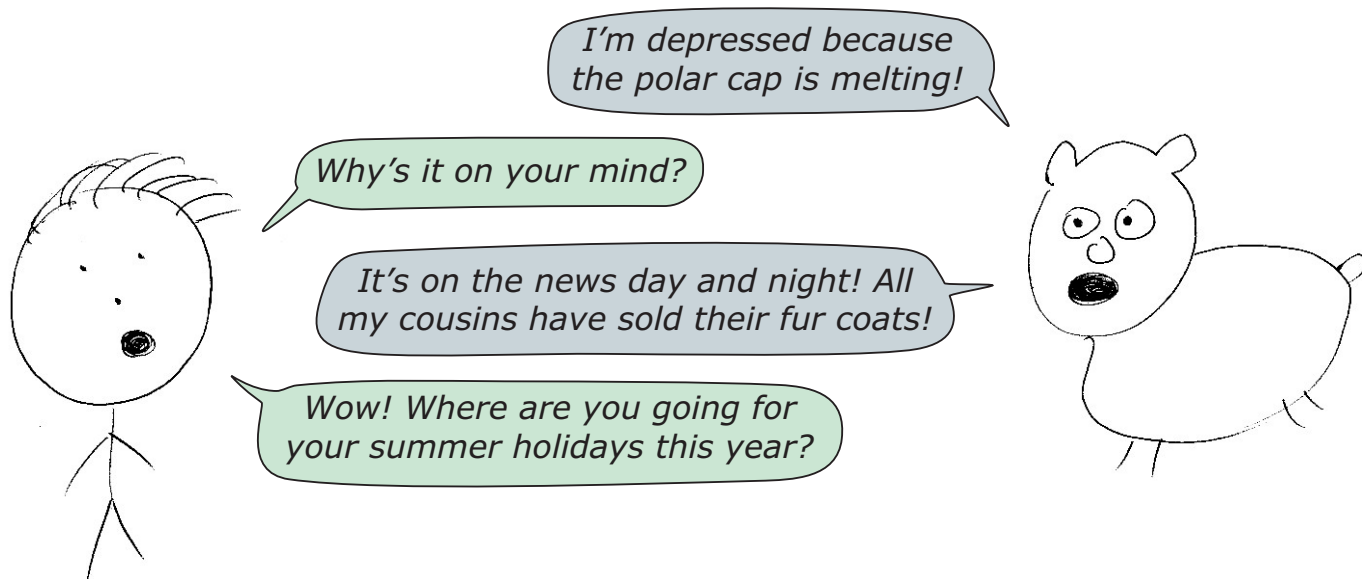


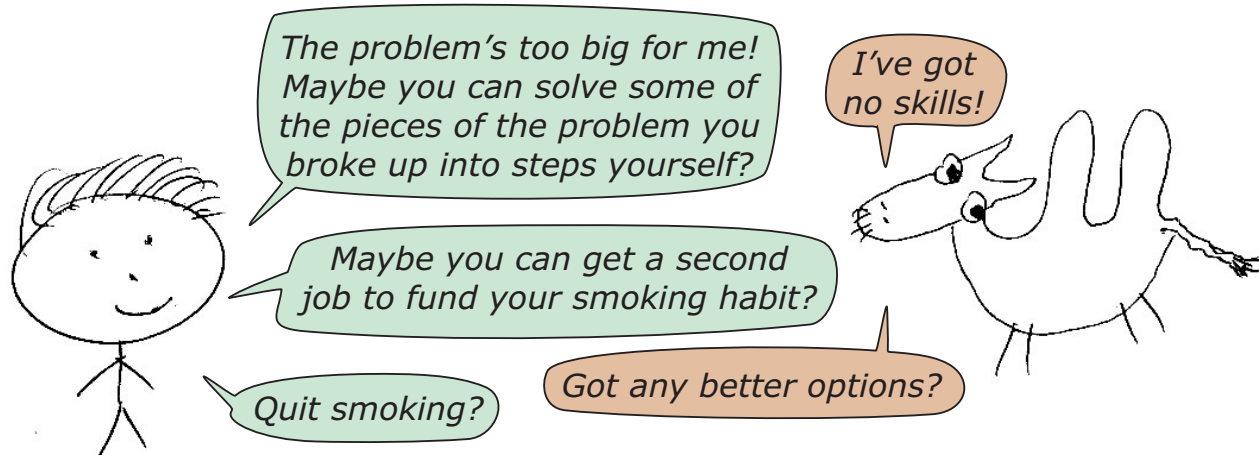
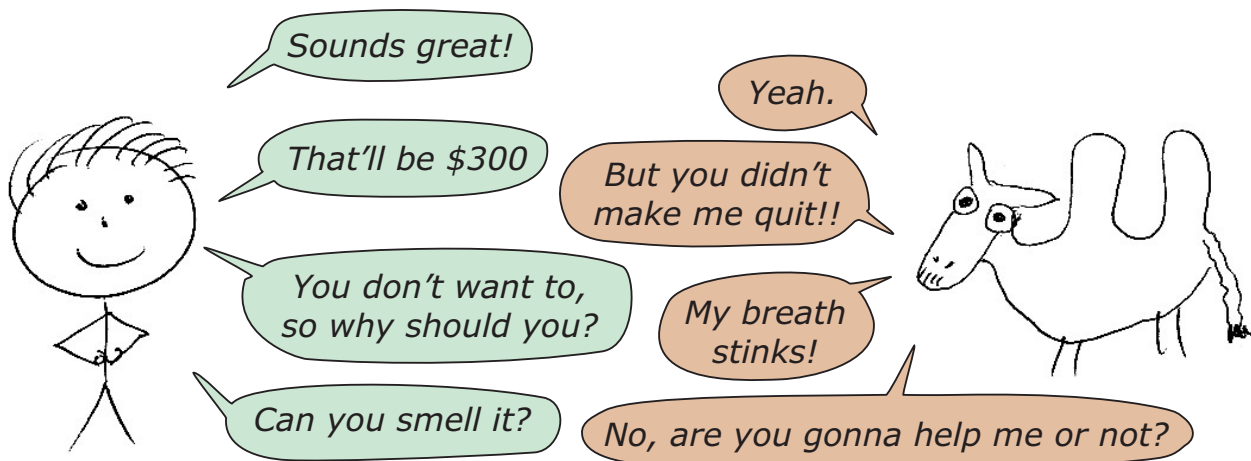
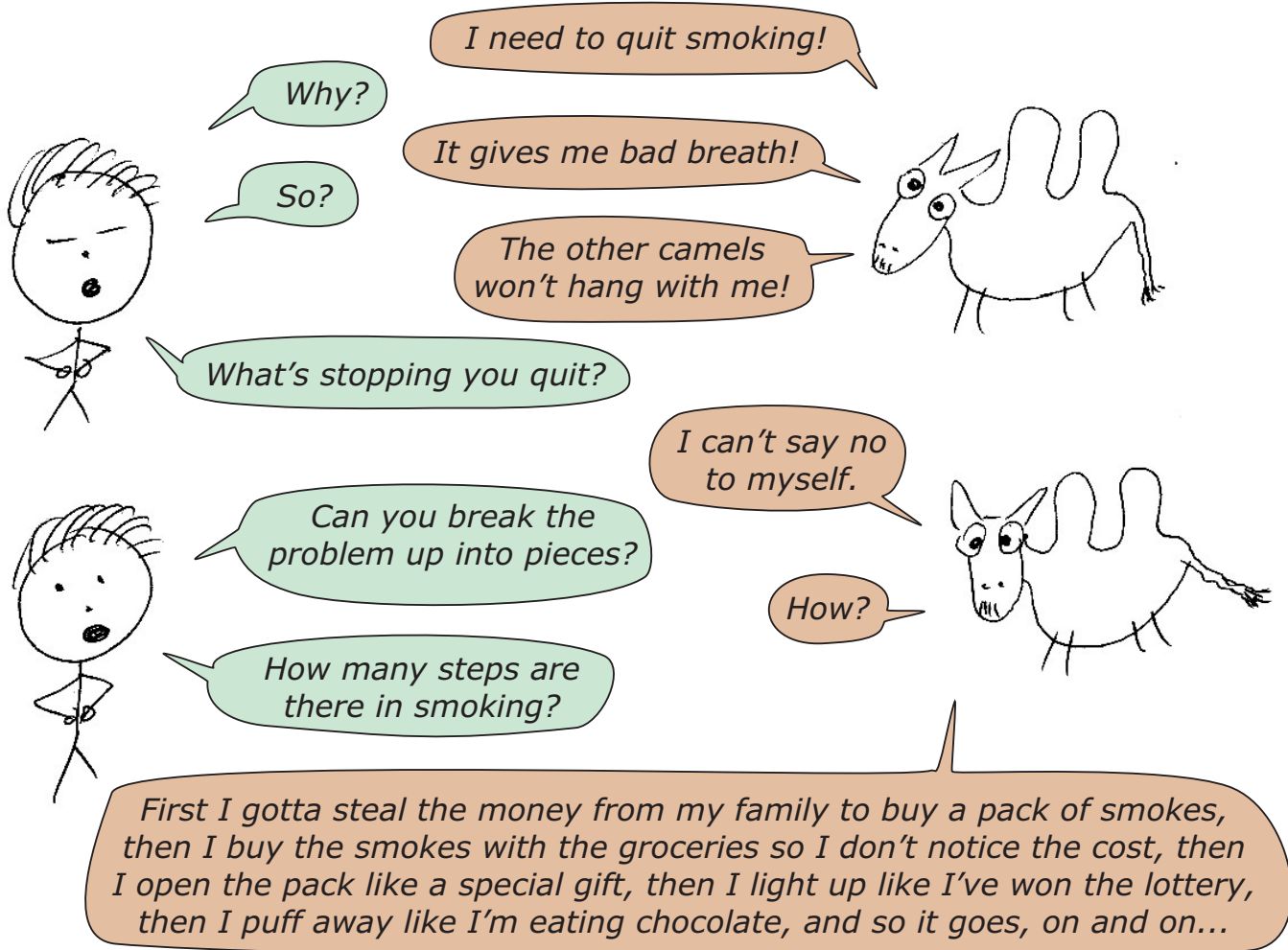
It might be interesting for you to count all
the things you don't intend to count?

That's silly! There's millions of things
I'm not concerned about!

That's a good way to look at things.







The farmer and the cat

A farmer goes into his stock room to get some feed for his chickens, and uncovers a large nest of mice inside one of the barrels. He notices that the other feed barrels are all clear of infestation, so he starts to kill the offending mice, one by one, but there are just too many of them. The farmer has other important jobs to do, so to make sure the remaining mice don't escape from the infested barrel and get into the others, he quarantines it by fixing the lid nice and tight.

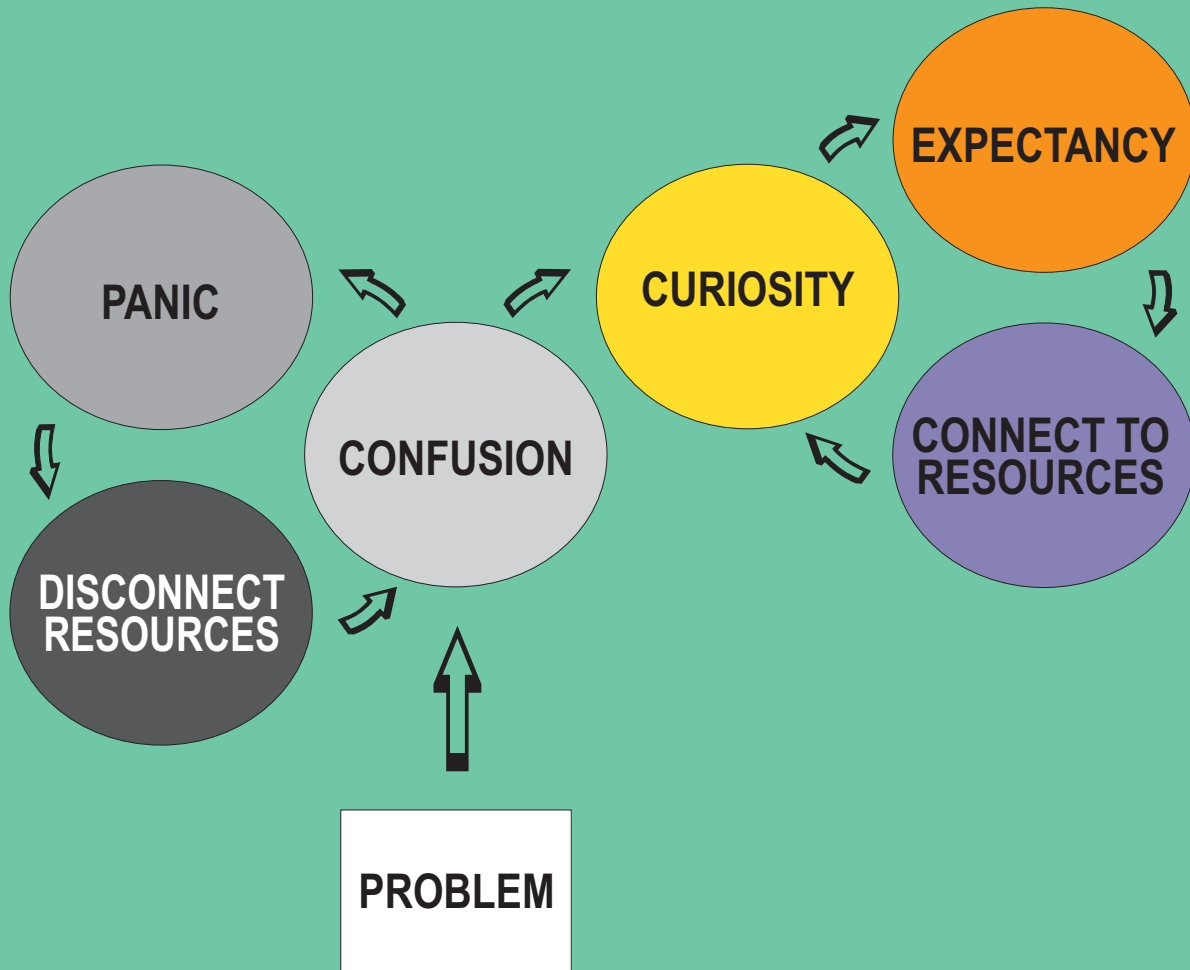
A few weeks go by, and the farmer forgets about the quarantined barrel, which is very slowly filling up with mice, until suddenly one day, as he is about to feed his cat, he has an idea. He can save money on meat at the butcher shop by putting his cat into the mice infested barrel in his stock room for a few minutes each day and letting his cat fill up her stomach with juicy mice, and then quarantining the infested barrel again by re-fixing the lid nice and tight. So he does that, and each day he takes his cat to his stock room for a meal of juicy mice.

One day the farmer notices a very curious thing, there is only one mouse left in the barrel. So he lets his cat eat that mouse. And then the farmer has another idea. He realizes that the original mice must have come from somewhere, and that there may be more looking for a similar opportunity, so he makes a bed for his cat in the stock room, where his cat can lie in the sun all day and have the occasional meal of any juicy mice that are silly enough to venture into the stock room. And the farmer has noticed a fox in his backyard, but he allows him to come and go as he pleases, because he helps his cat keep the unwanted mice under control... permanently.

Chapter 3

PANIC AVOIDANCE PLAN

dogleg to right to avoid grizzly bear to left



If you don't know where you're going you might get there

Confusion = distraction + refocus opportunity

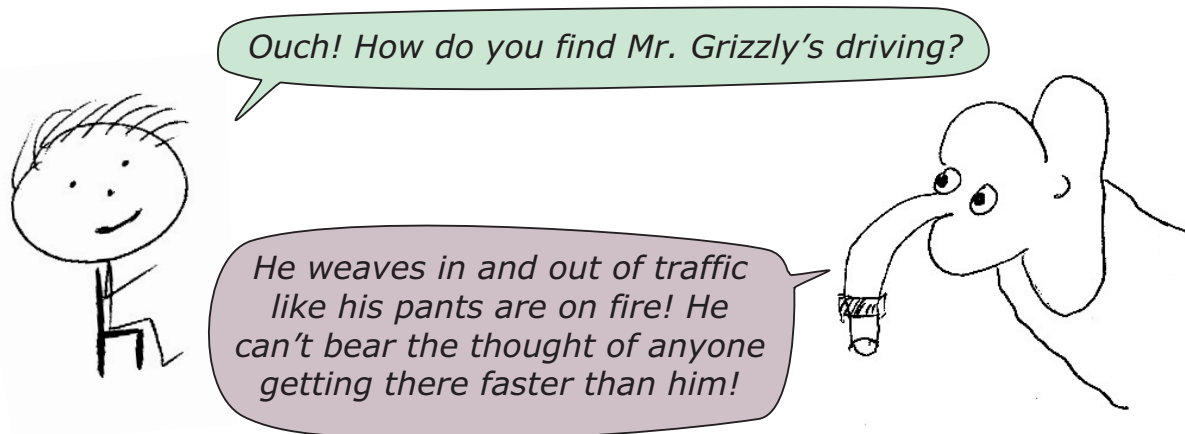
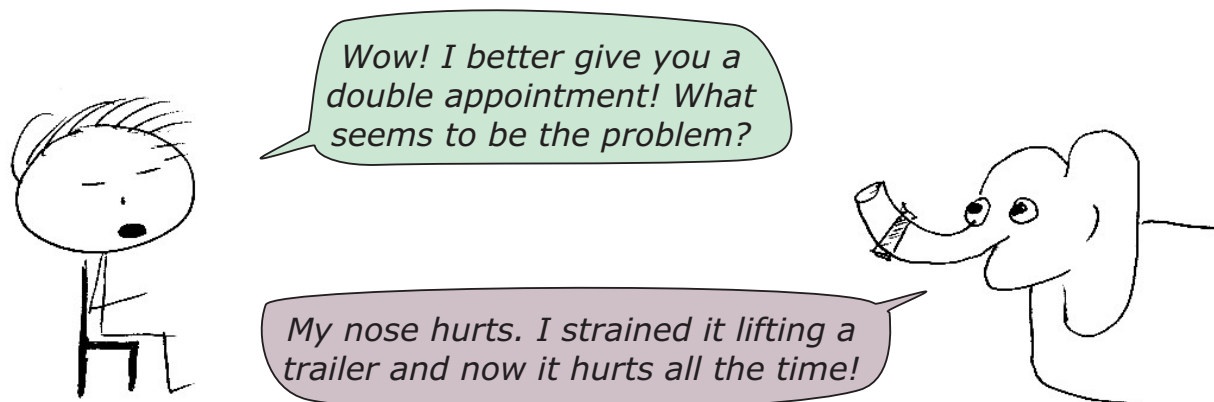
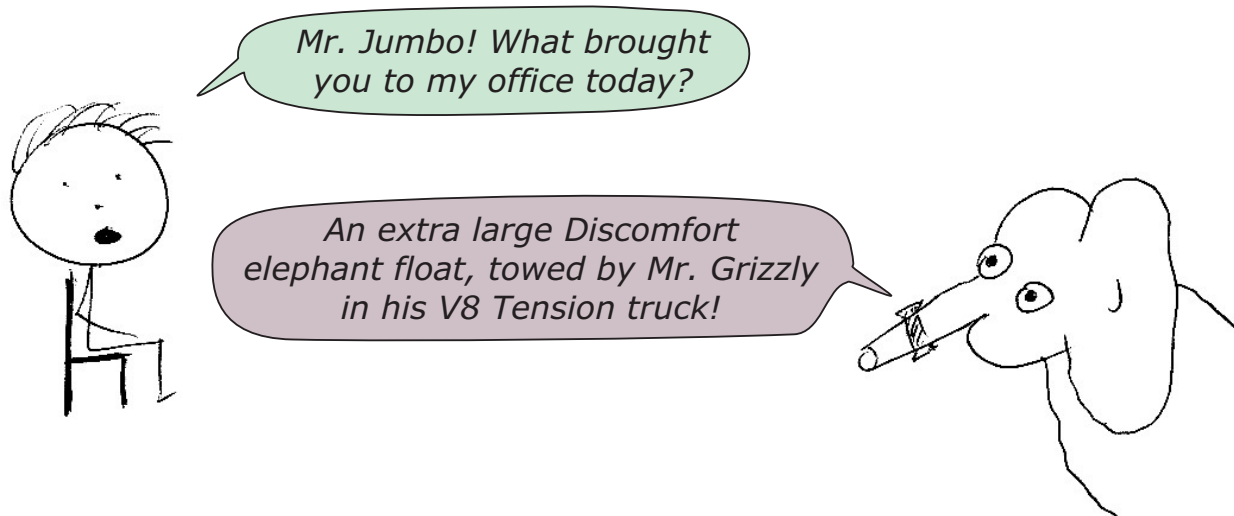
Confusion + curiosity = refocus opportunity

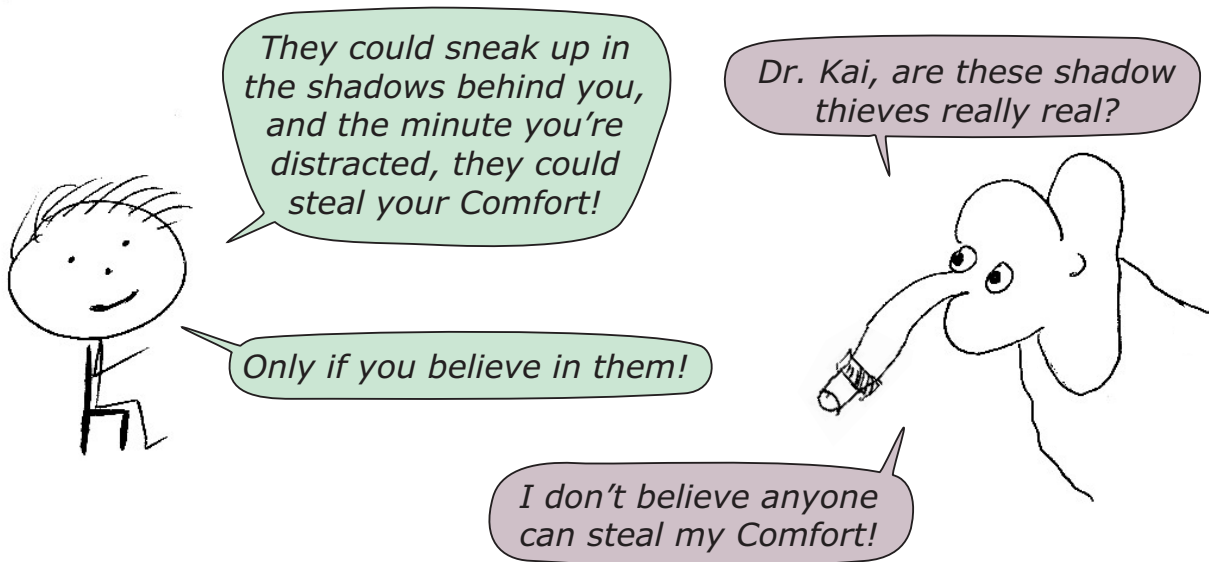
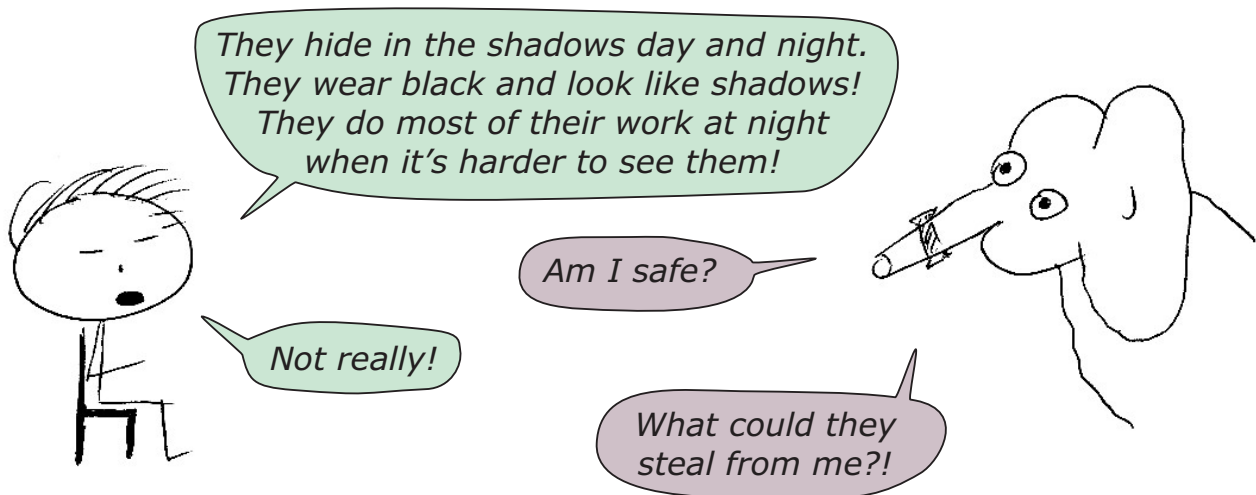
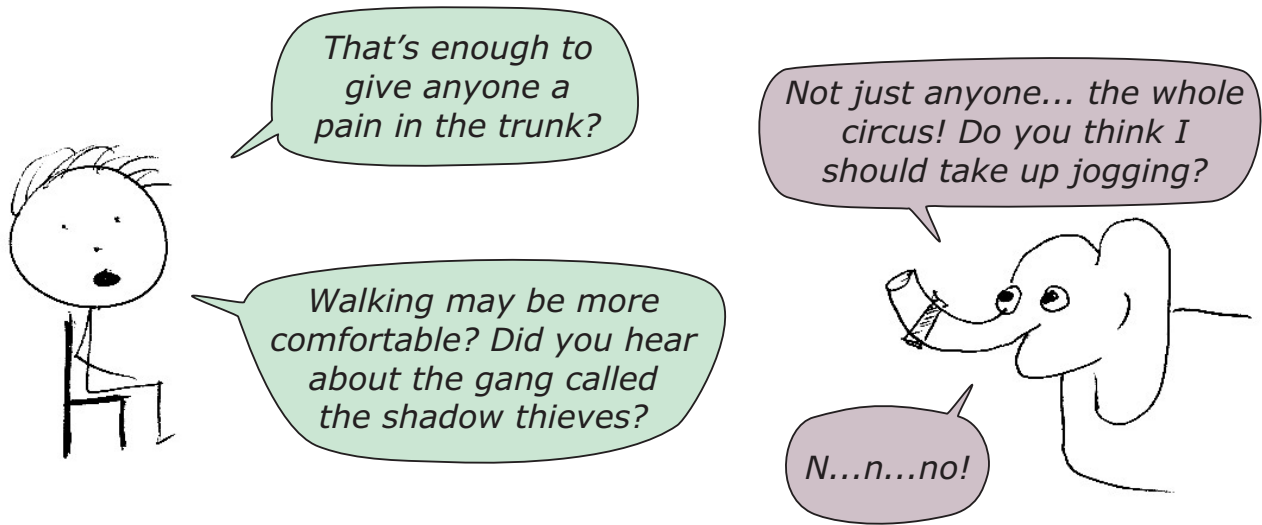
Panic = confusion + lack of curiosity

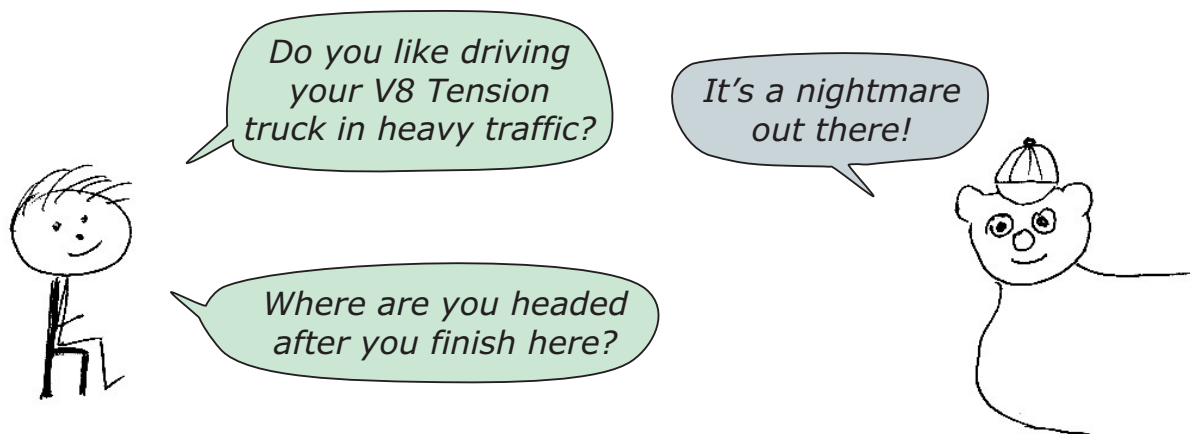
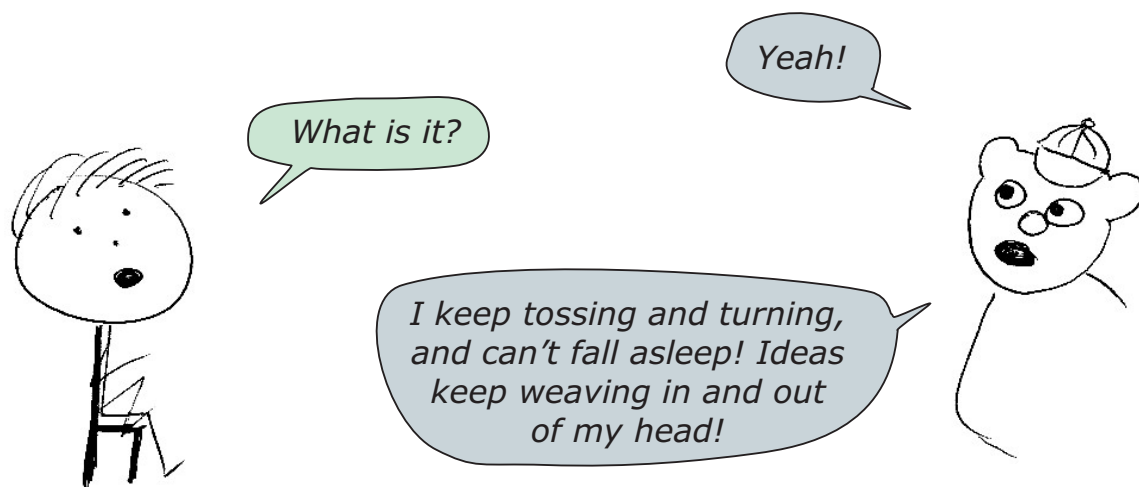
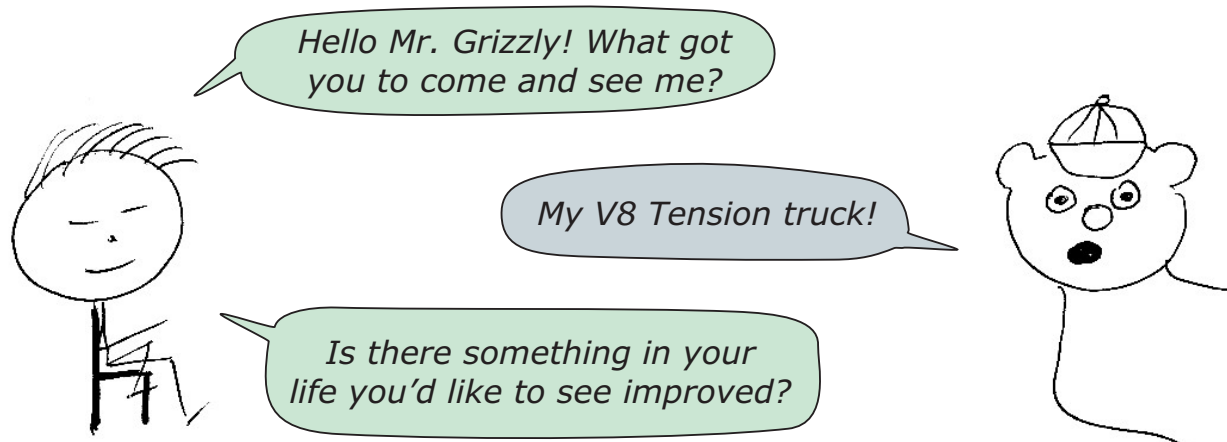
Distraction = Confusion + refocus opportunity

Distraction + disbelief = refocus opportunity

Panic = distraction + lack of disbelief







I'll take the tollway to the city, fight for a park, join the rat race, then do it all again on the way home!



Have you considered the Relaxation freeway bus? It's got it's own lane and sails past all the cars!

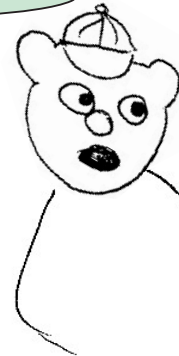
I prefer the Tension truck because the trip seems faster when I'm busy driving!



Did you hear about the guy who got in a fight on the Relaxation freeway bus when he kept talking very loudly to his stockbroker on his mobile phone while the other passengers were trying to relax and read?



That's unbelievable!

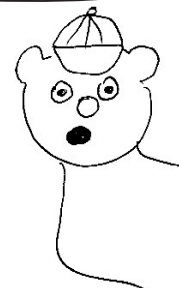


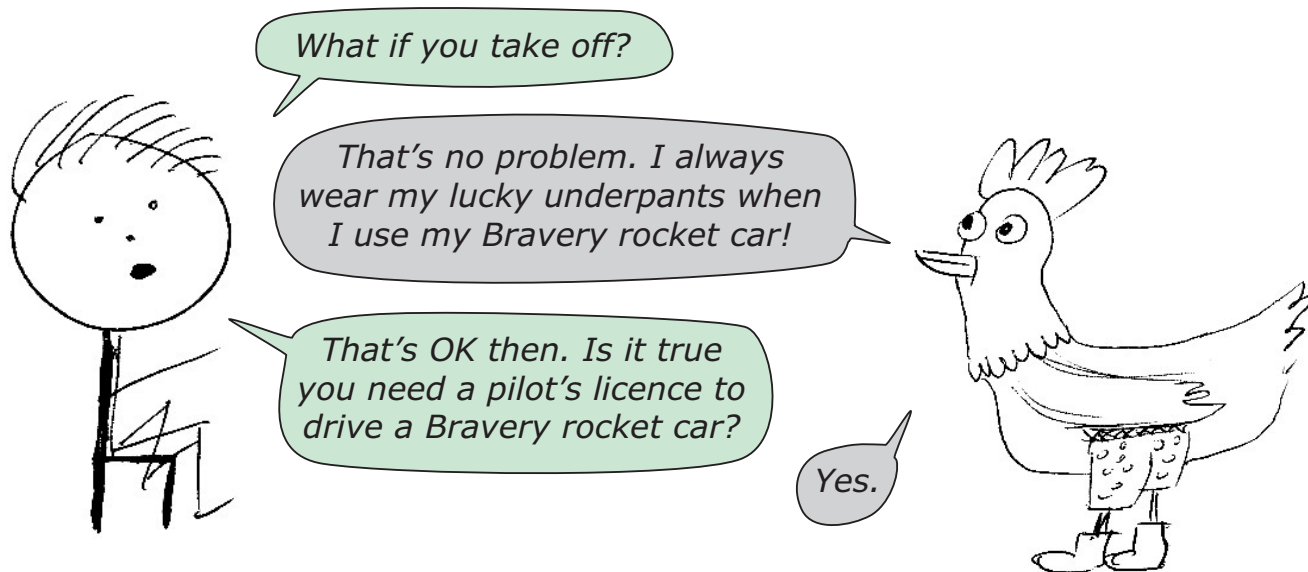
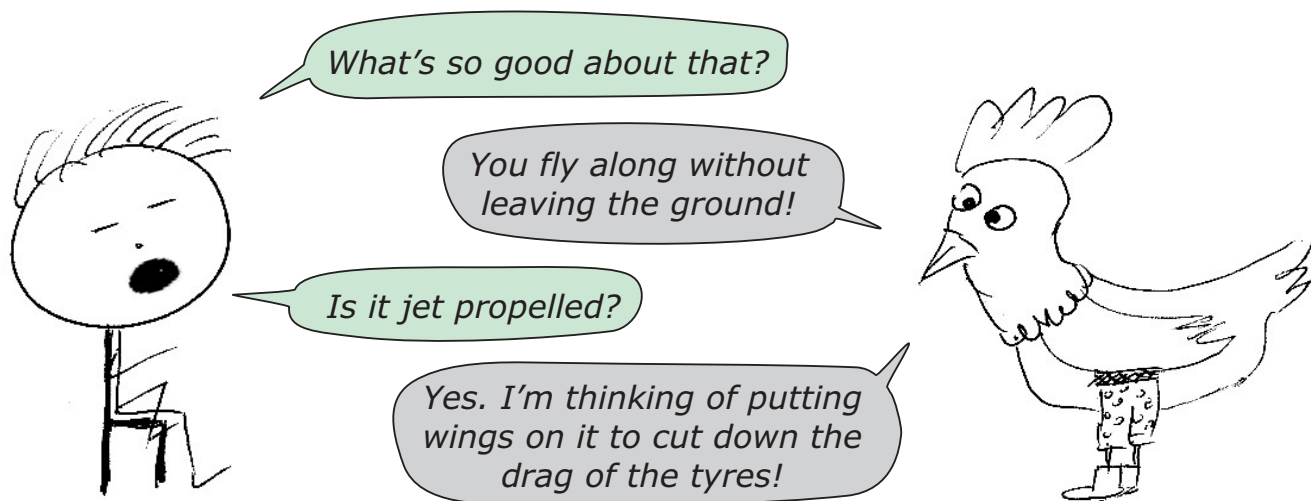
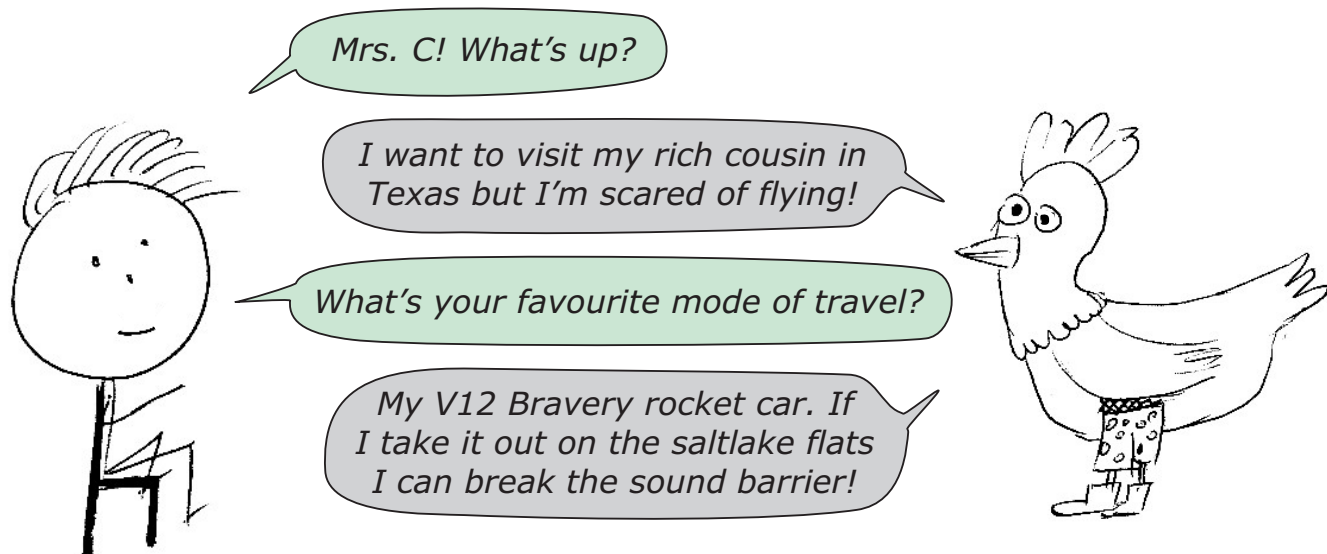
You'd have to be careful not to pay too much attention to stuff like that otherwise you'd miss your stop!

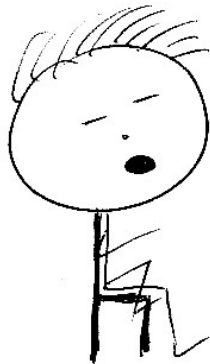
I tend to get very sleepy on the Relaxation freeway bus and have to be careful not to miss my stop!



At least you know you can get on the Relaxation freeway bus any time you want. It's available day and night!





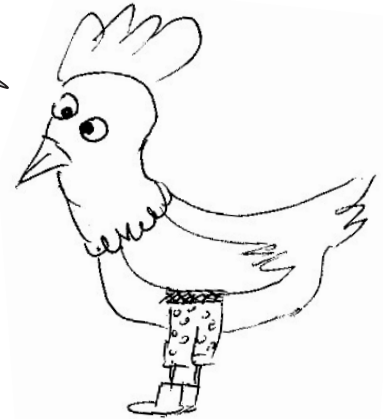


Is there a maths test in the course?

Of course!

If you own half of a fleet of 6 planes plus 4 planes, how many planes do you own?

The same as if I owned the whole lot, less what I didn't own!

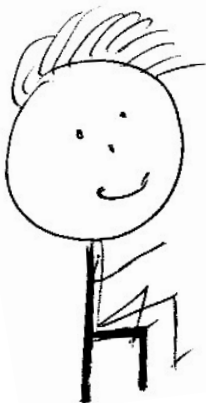
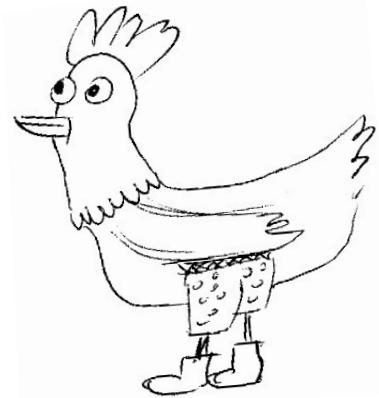


If a hen and a half lays an egg and a half in a day and a half, how many hens does it take to lay 14 eggs in a week?

Three.

You sound confident!

I'm in a safe place in my head where fear doesn't exist!

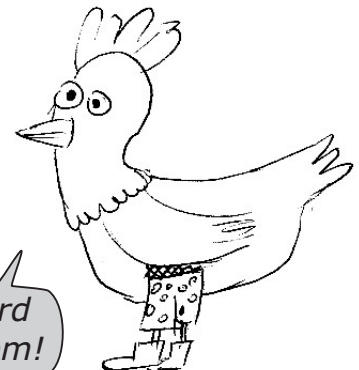


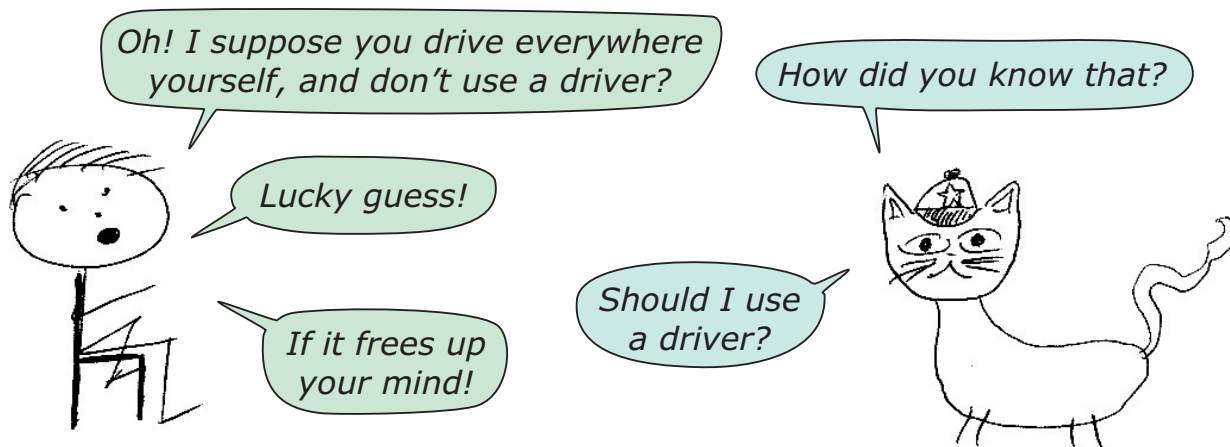
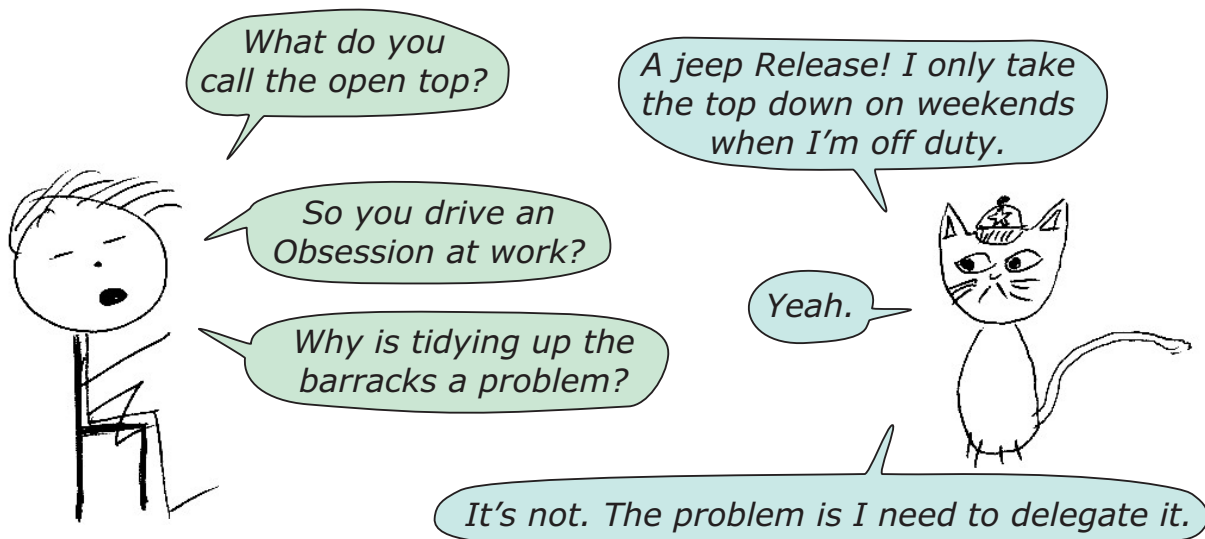
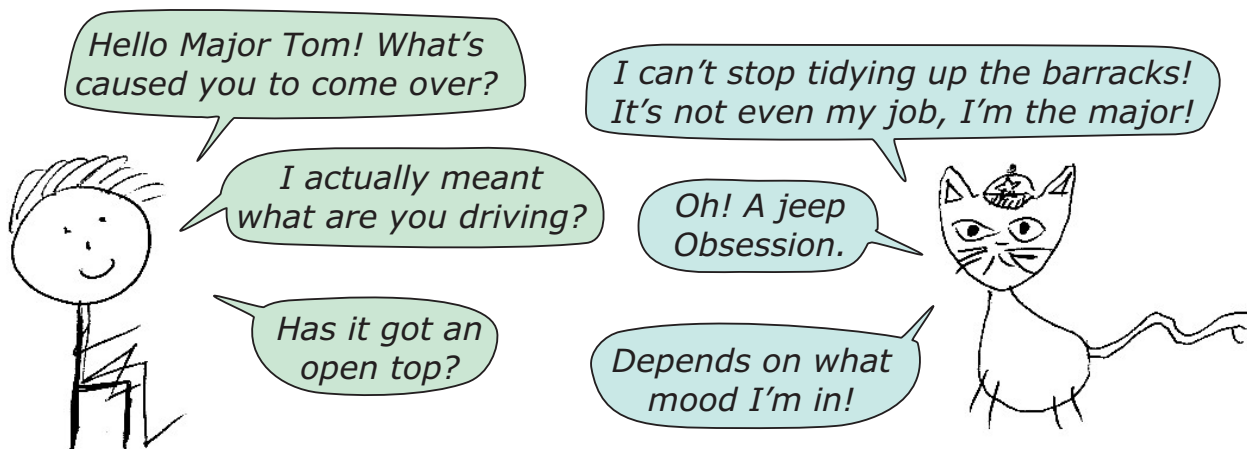
What's this place called?

Land of the Brave eagle!

I hear they've got a few wedgetail eagles in Texas!

I look forward to seeing them!

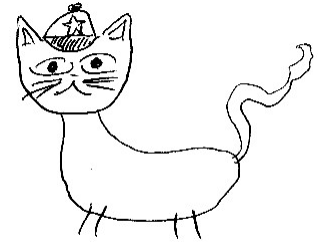






Did you know a lot of the troops at your barracks play volleyball at lunchtimes?

I know. There's quite a few teams at lunchtimes spread all over the barracks with balls flying everywhere. It's quite spectacular!



Sounds a chaotic mess?

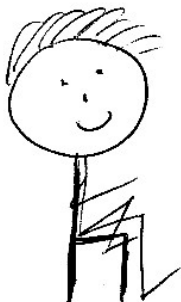


No way. It's a beautiful sight seeing everyone letting off steam with their shirts hanging out!

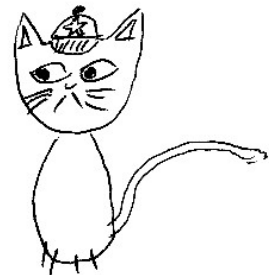
Who tidies up?

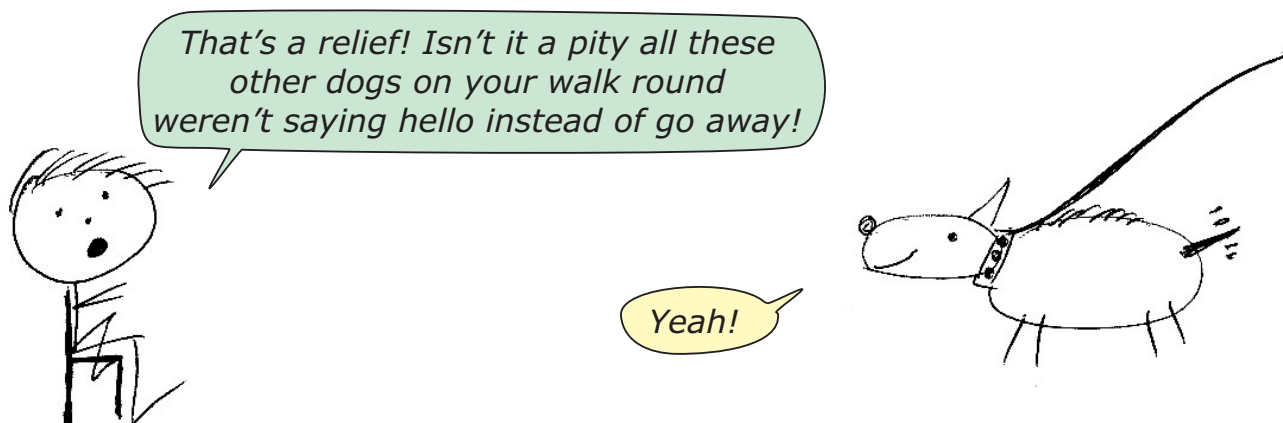
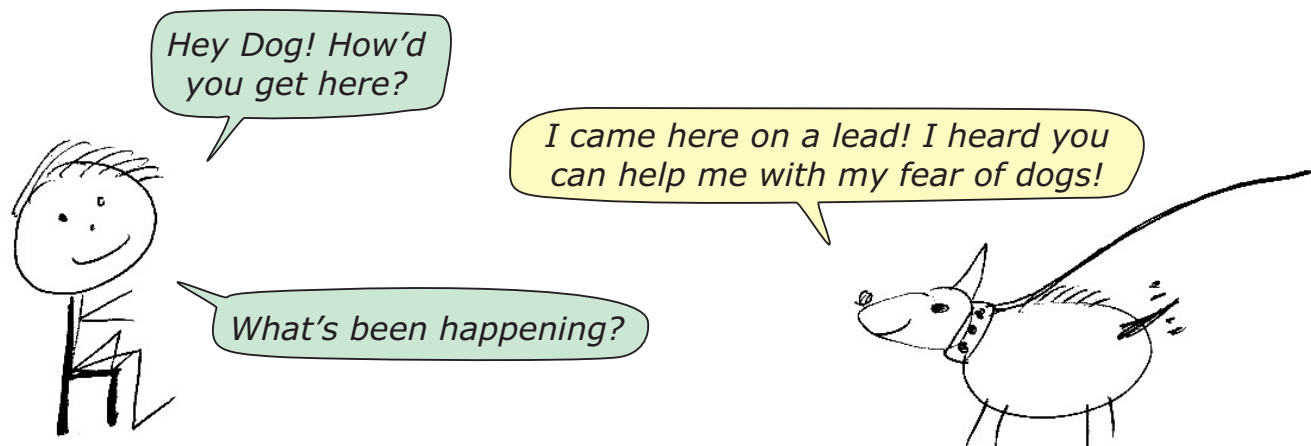


The guys of course. They can tuck in their own shirts and tidy up their own mess. It's their barracks! Do you think I should advertise for a new driver?



An open top could attract more applicants!

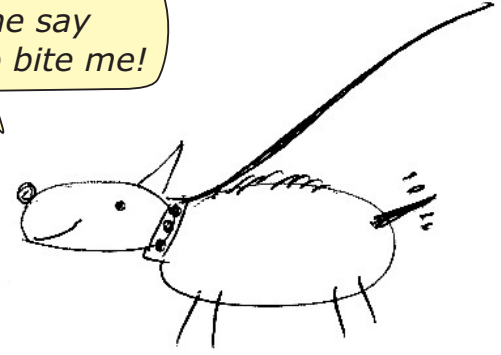




Sometimes I can't even make out the words or what the other dogs mean. Some say "come here!", but I think they want to bite me!



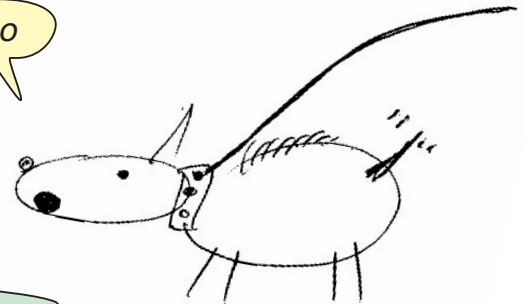
Did you hear about the dog who was cleaning out his shed?



No



Yeah, he was putting out stuff for the hard rubbish collection and his wife pointed at the good lawnmower and said "does that go?" The dog said "sure does!" so she threw it out!

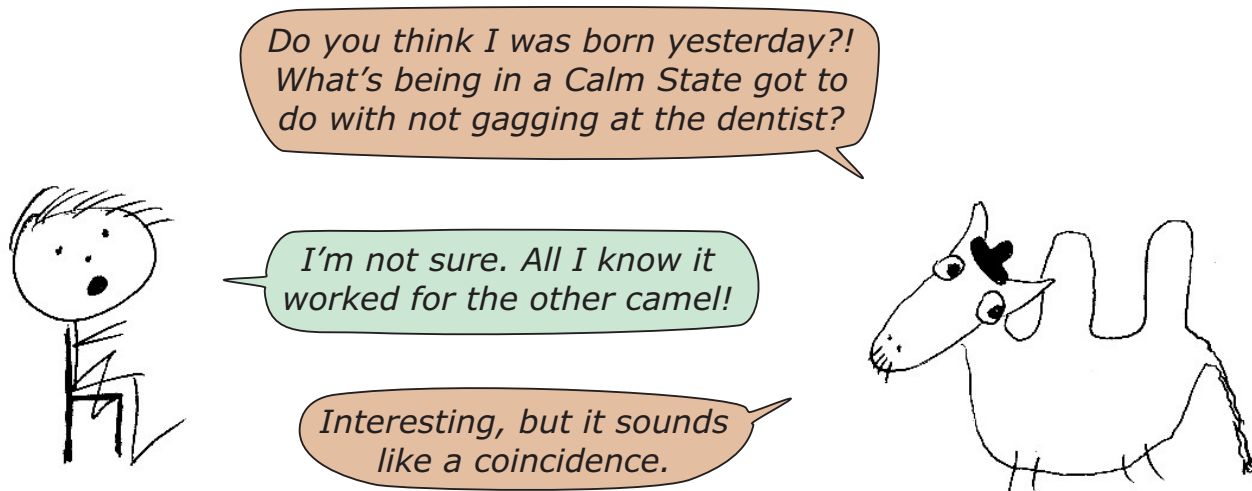
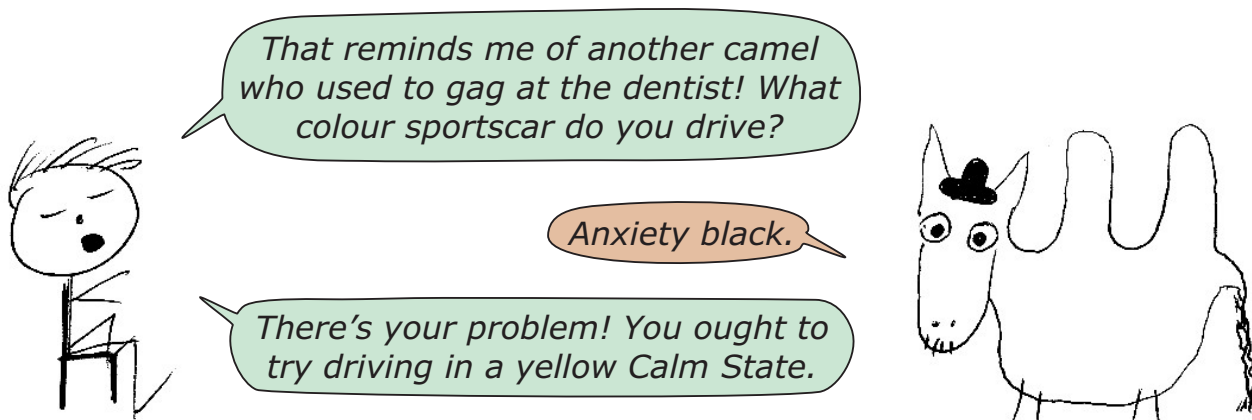
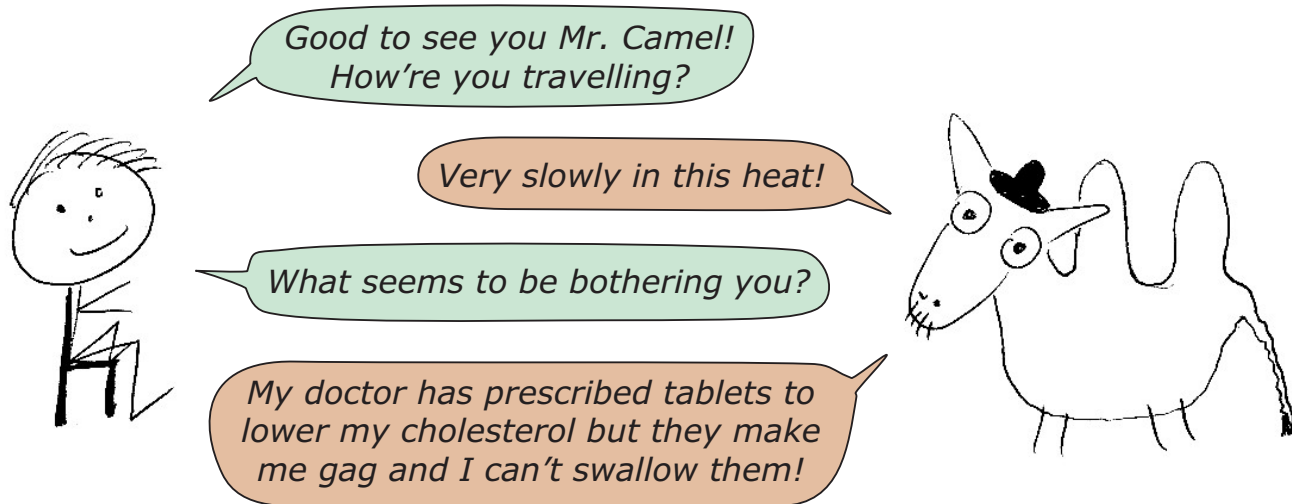


It's easy to get the wrong end of the stick! Do you think I should take a course in advanced dog talk?



I've always found people seem friendlier when you take the time to listen to what they've got to say!

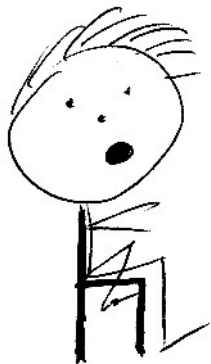
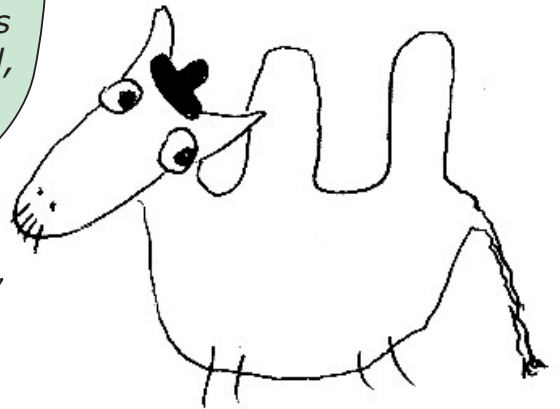






Did you hear about the camel with a blindfold who spun around 3 times, drank a glass of water standing on his head, and then accidentally went home in a Calm State?

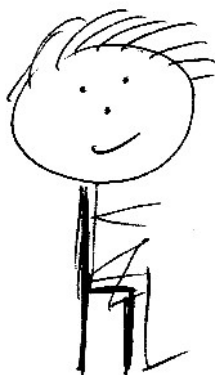
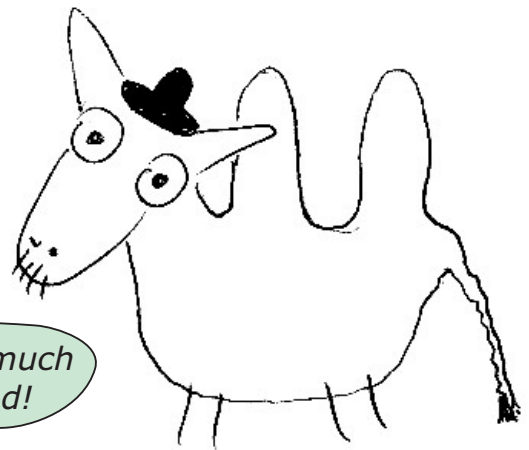
What happened to his Anxiety?



He lost it!

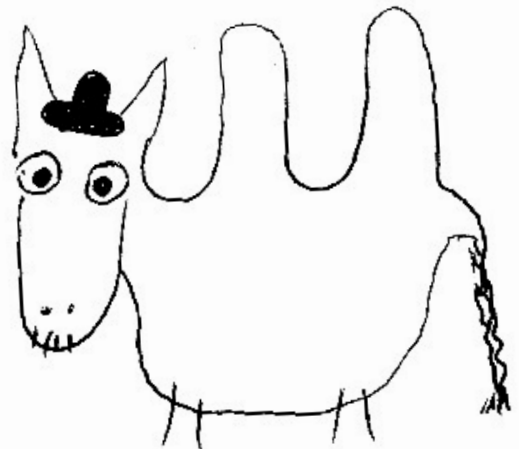
Did he buy another one?

No, he liked the Calm State so much he bought one of them instead!



What can you do in a Calm State that you can't do in an Anxiety?

Practically anything at all!



The king and the tower

Once upon a time in a faraway land there was a king who was dying of a mystery illness. The king's most trusted adviser told the king and his family that the only hope for the king's recovery was to let him see the view of his kingdom from the highest tower of his castle. The king, however, was in a mood of resignation and sent his adviser on his way, telling him that it was impossible for him to climb the tower because he was afraid of heights. Leaving, the adviser bowed and said "and so it shall be, your majesty."

One day the king's youngest daughter was exploring the myriad of corridors and stairs in the castle and discovered a secret chamber that was hundreds of years old and full of royal relics and treasures. In a mood of great excitement she told the king and begged him to come and see. The king was infected with her excitement, and they both headed down the myriad of corridors and stairs to the secret chamber. The king was amazed and delighted to see all the royal relics and treasures that his daughter had found.

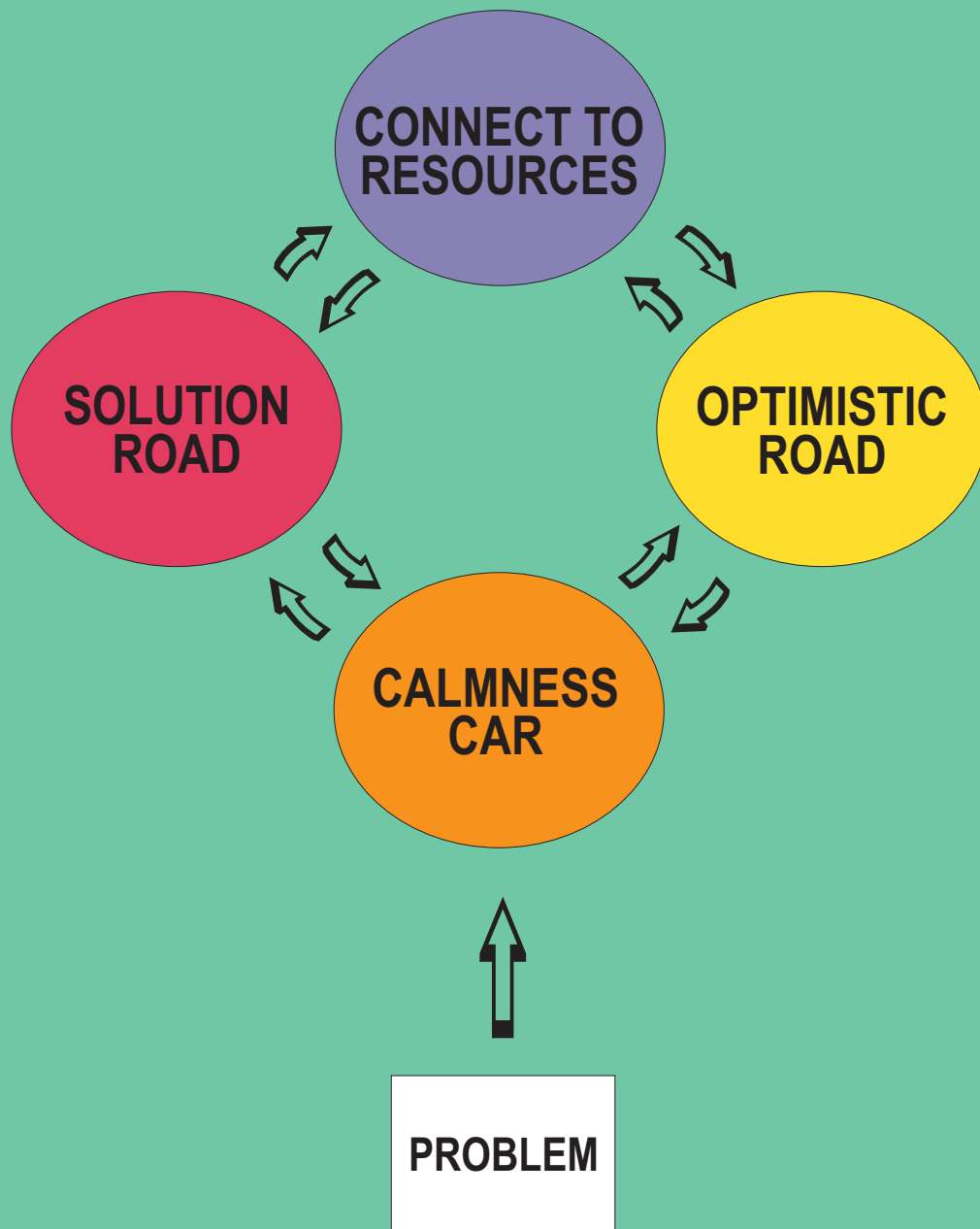
Soon the king and his daughter were hand in hand exploring the castle together, going up and down all the corridors and stairs they could find and expecting to see something new and wonderful at any moment.

Suddenly they found themselves standing at the top of the highest tower in the castle, looking out at the most wonderful view in the kingdom. The king called for his adviser, telling him "I'm feeling wonderful, and I believe I am no longer afraid of heights." Smiling, the adviser bowed and said "and so it shall be, your majesty."

Chapter 4

HOW TO USE A MAP

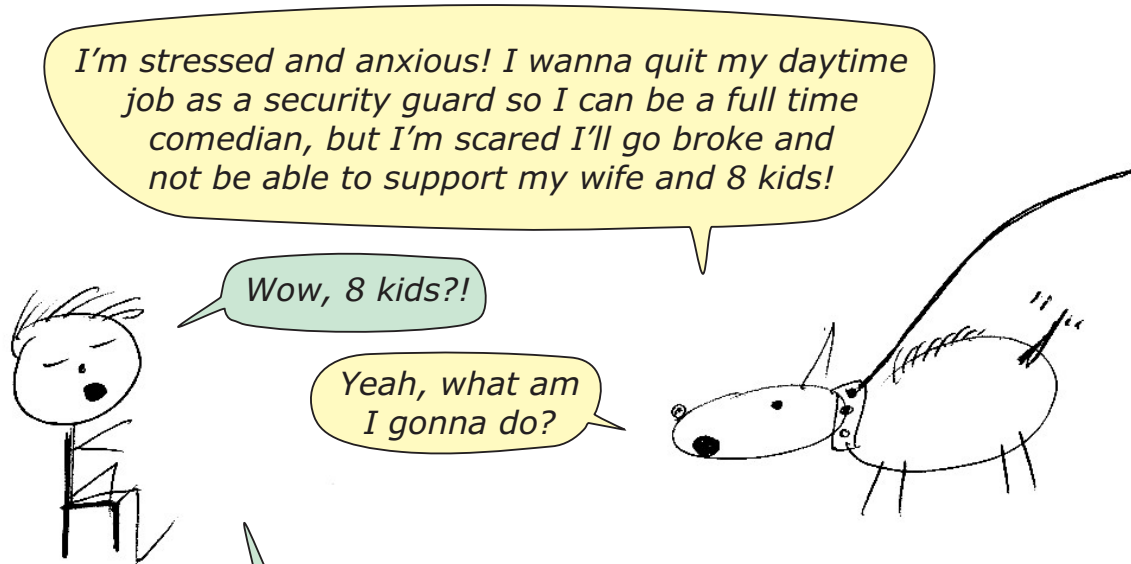
take smoothest road for your vehicle



Is the mood the vehicle or the destination?

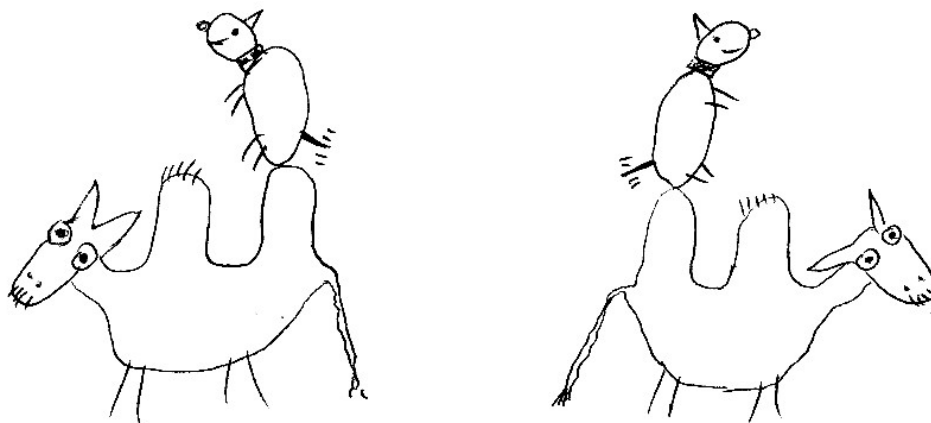
Where you are going depends on your mood

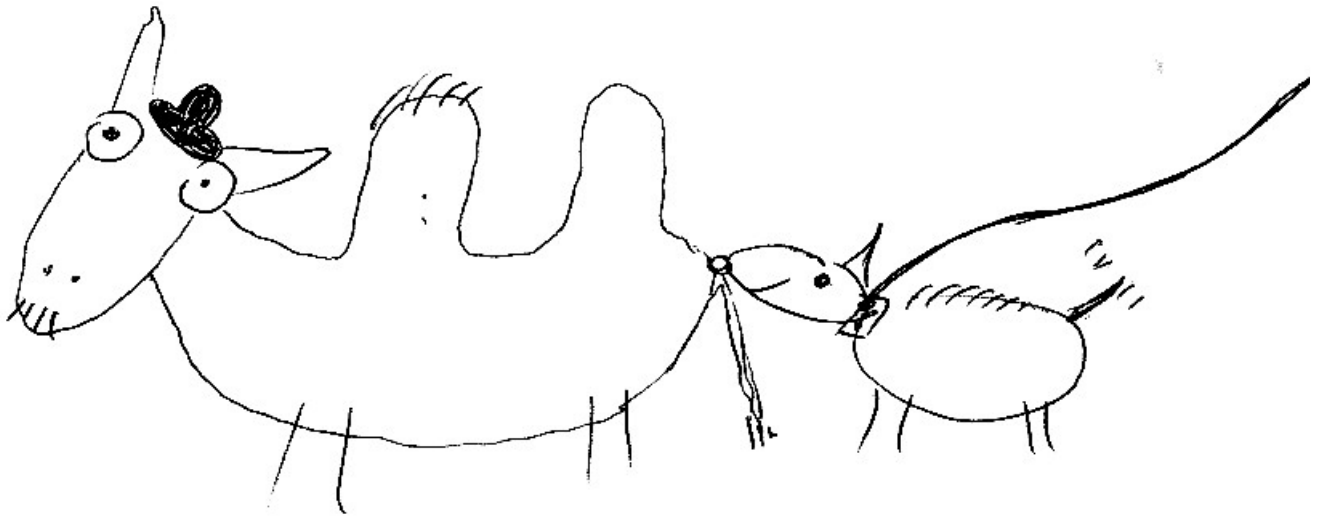
Your mood depends on where you are going



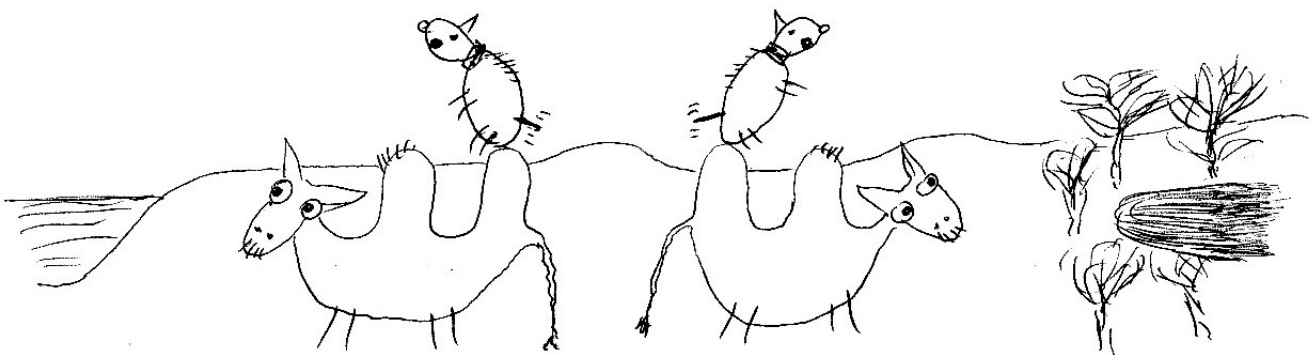
I don't know, but that reminds me of a story about two dogs...

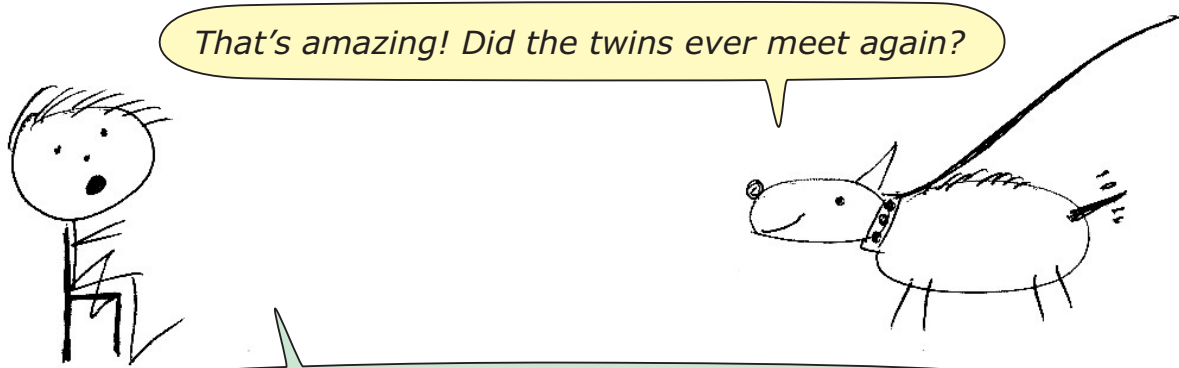
Now these dogs were identical twins, hiking in Africa when they got lost after being separated from their travelling group. The older twin Digby had a boring camel called Cameron who went exactly where he was pointed, and the younger twin Dougy had a curious camel called Camble who wanted to explore and have fun. So Digby and Dougy discussed their situation and decided to try their luck in different directions. Digby decided to head for the coast where there was bound to be food and shelter, and Dougy decided to go the other direction on the off chance he might find an oasis where he could enjoy the company of other dogs and have a cool drink whenever he was thirsty. So the two dogs said goodbye to each other and both headed off, with high hopes, in their chosen directions.





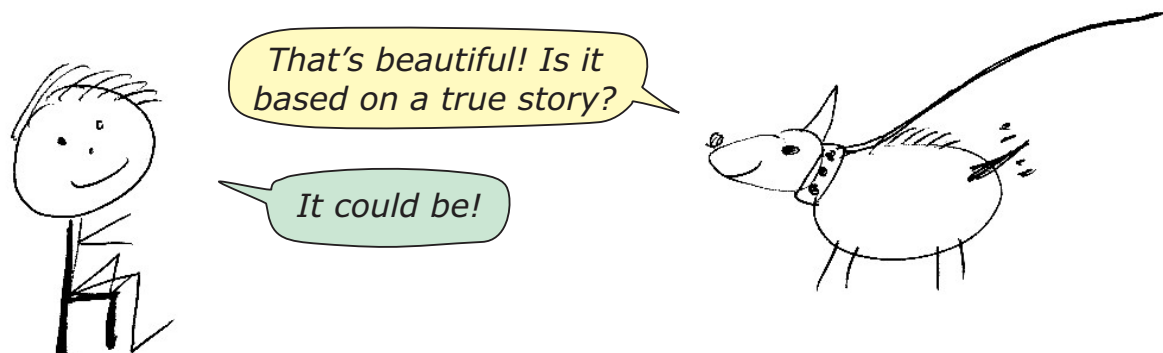
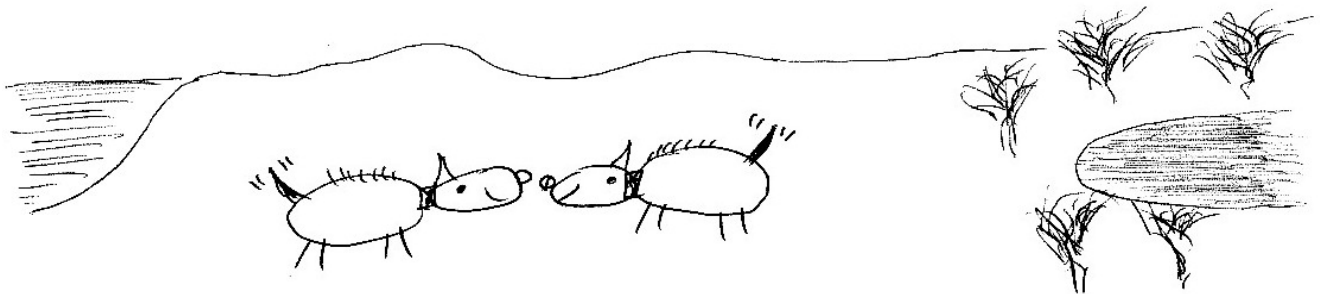
Digby was very confident that Cameron would take him straight to the coast. He wasn't disappointed, and in almost no time he was enjoying the food and shelter he'd headed off to find. Digby and Cameron were both pleasantly surprised to find many other dogs and camels had also made their way to the coast, and some of them were actually quite good company, and a great feeling of calmness came over them.

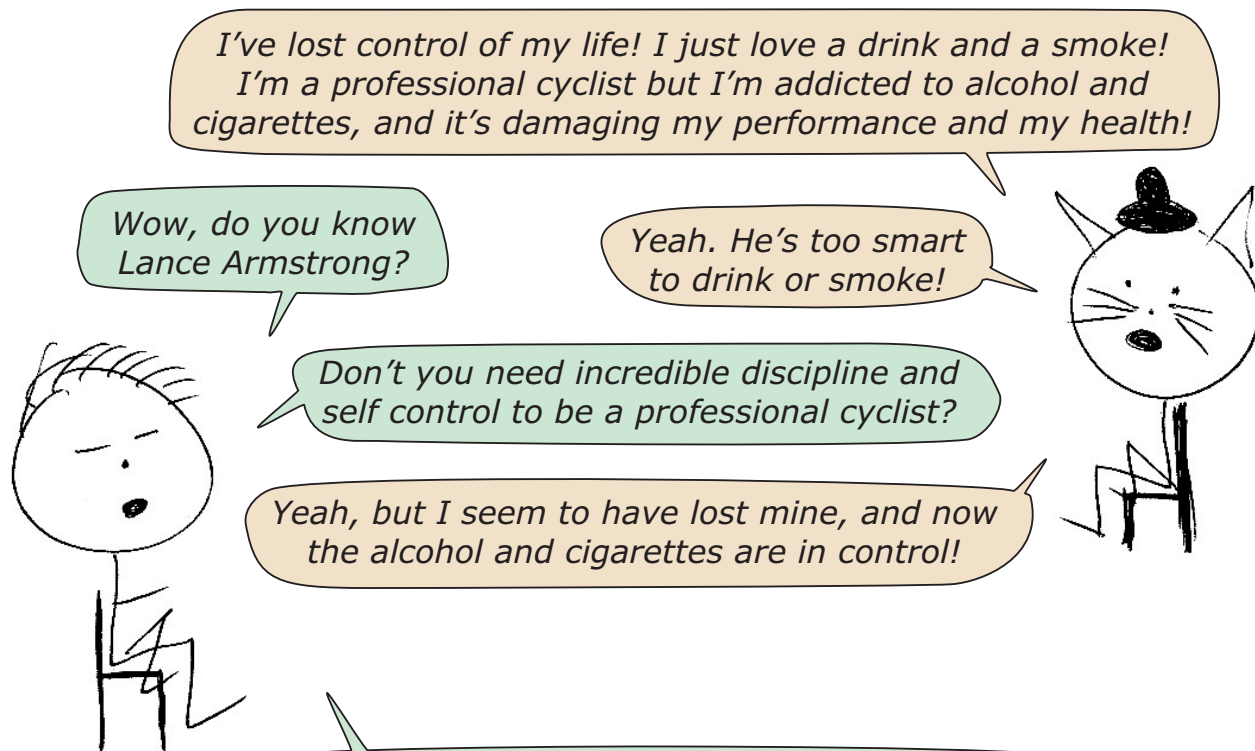




Funny you should ask!

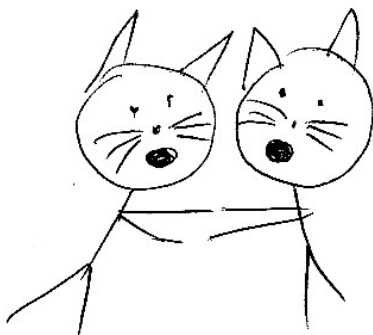
One day Digby was taking Cameron for a walk when he noticed a large group of trees that looked like an oasis in the distance. They went over for a look and discovered the trees were actually very close by. Then they noticed a few dogs and camels, and suddenly Digby saw a familiar dog. It was Dougy, sharing a joke with some of the other dogs! "What're you doing here?!" shouted Digby. "Camble and I wandered around and came across this place after you and I split up, and we decided to stay", Dougy replied, smiling. "That's amazing!" said Digby, "Wander around and come across to my place tonight?!" "I look forward to enjoying your company!" said Dougy.





I'm not too sure what you can do, but your situation reminds me about a story of a tiger called Tim...

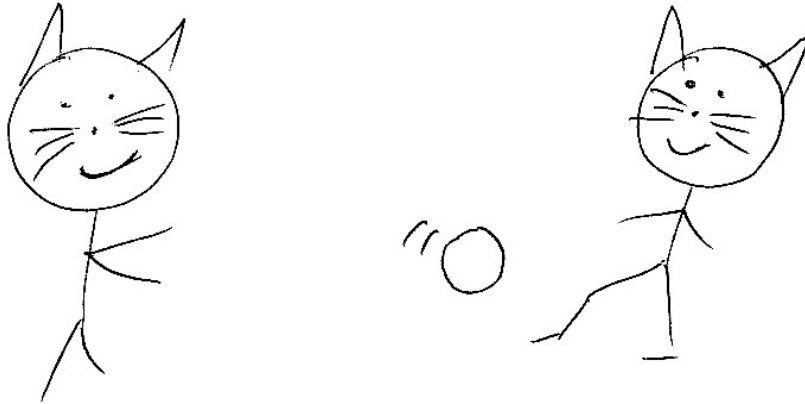
Now Tim and his wife Tam were married very young and were very excited when they found out they were soon to be parents. Young Ted was born, and Tim and Tam had a long discussion and decided to raise Ted with a lot of discipline, not unlike what many parents do with their first child. All the effort wasn't wasted, and young Ted quickly learnt many skills, almost all of which, once learnt, gave him great satisfaction and enjoyment. To further improve young Ted's self discipline, Tim and Tam enrolled young Ted in a wrestling class. The training was incredibly gruelling, and young Ted developed a work ethic and self discipline second to none, and before long that skill was so strong and deeply entrenched that it translated into every facet and moment of his life, and the most amazing thing was that this achievement, and the practicing of all his skills, gave him great satisfaction and enjoyment, a quite unexpected benefit.



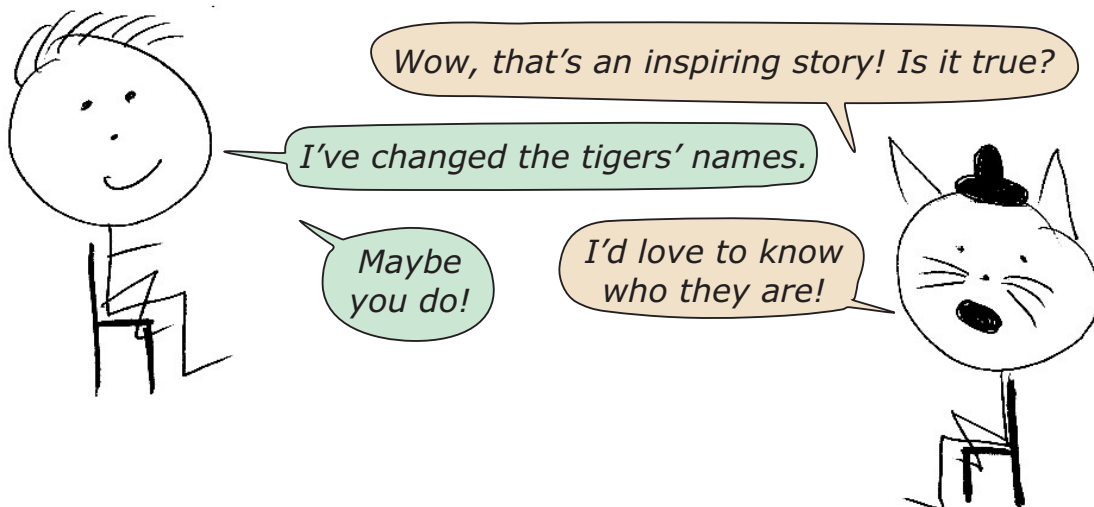


Now Tim and Tam were very happy with how young Ted was coming along. They figured they had all the answers on how to raise a happy child when suddenly they got a little surprise, and young Ted had a little brother called Terry. Young Terry was soon very active so Tim and Tam launched their action plan, and enrolled young Terry in gymnastics classes. The strange thing was young Terry took one look at all the hard work and sweat, and used all his natural determination and fighting spirit to create his own outcome, and refused to participate! He quickly learnt they couldn't make him, and before long he learnt to translate this skill into all the other areas of his life, and young Terry did whatever he wanted, and developed quite a surly attitude, much to the despair of Tim and Tam. So Tim and Tam had a long discussion and decided that perhaps external discipline was not necessarily the best road to self discipline for young Terry, because everyone is different, even at different stages of their lives.





A little time passed, and one day young Terry accepted an invitation to participate in a family fun day at young Ted's wrestling club. There was no discipline in the activities and games and young Terry was surprised to find himself enjoying what he was doing. He asked if he could join the junior club, which had an emphasis on fun. Young Terry's natural determination and fighting spirit soon came out, and before long he was training hard for competitions and enjoying himself immensely, and to his surprise this achievement of enjoying himself immensely became a powerful skill so deeply entrenched that it translated into every facet of his life, and the amazing thing was that this achievement, and the practicing of all his skills, gave him great self discipline, a quite unexpected result.



Wow, that's an inspiring story! Is it true?

I've changed the tigers' names.

Maybe
you do!

I'd love to know
who they are!

The zen master

A long time ago there was a zen master whose students were preparing for the final test that they had to pass to become zen masters themselves. The zen master said "here is your final task, what you have to do is to go through this door here, and on the other side of the door there's a room where you'll find all your worst nightmares, all your worst fears, and your task is to walk across the room and exit through the other door on the other side of the room."

After a moment of consideration a student asked, "master, can you give us some clue as to how we can find the strength for our final test?" The master said "I can tell you two things. The first is to recognise that no matter what your worst nightmares and fears are in that room, they are only in your imagination. And the second thing I can recommend to you is, that whatever happens, keep your feet moving."

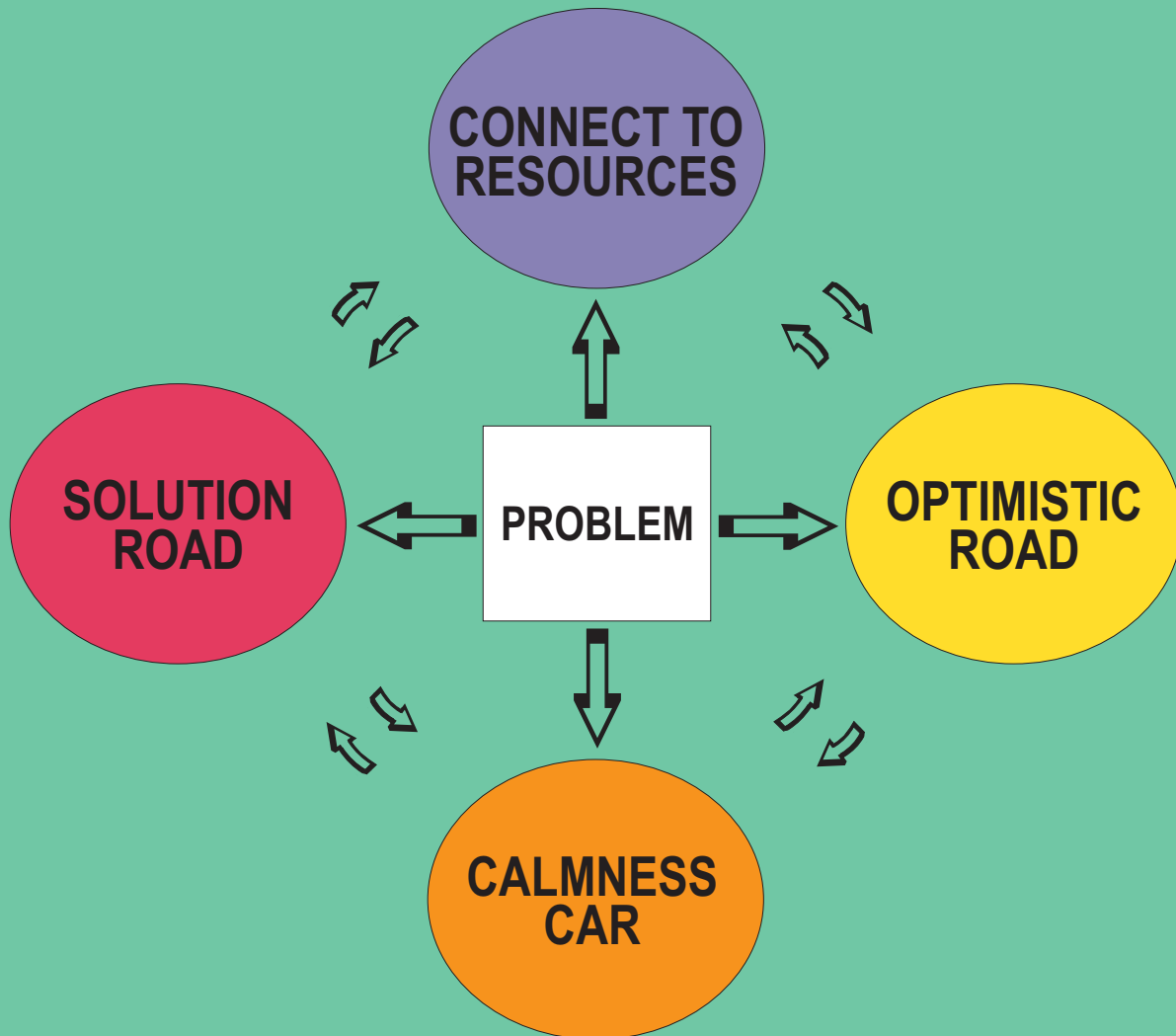
And so the students made their way through the door and into the room, and they all managed to pass through, and out of the door on the other side.

And when asked later what it was that helped them to pass their test, they all agreed that although it was very useful to remember that all your fears and nightmares are only in your imagination, the thing that mattered most to all of them was the advice that whatever happens, keep your feet moving, one step after the other. And so they learned to face those things that they had previously been scared of, and instead of being paralysed, they kept moving, and instead of fighting their demons, they found peace.

Chapter 5

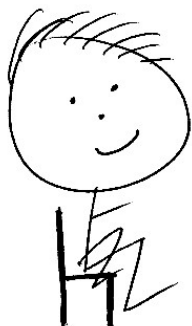
HOW TO REALLY USE A MAP

look for buried treasure along the way



Is the destination closer than you think?

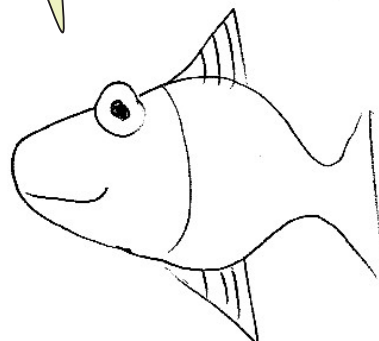
You can go and pick out certain words written ***directly*** in the long list of instructions ***to your destination***



I've had a mysterious queazy tummy for years, it's got all the doctors baffled! Where can I go to get it fixed?

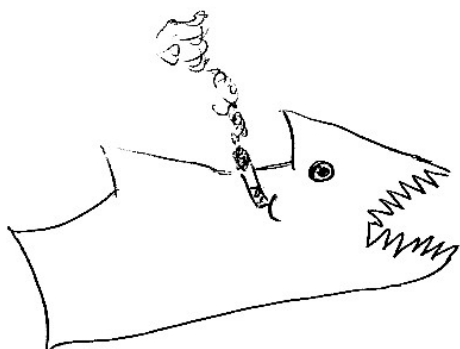
Who's your builder?

I do everything myself, I've been a home handyman for years!



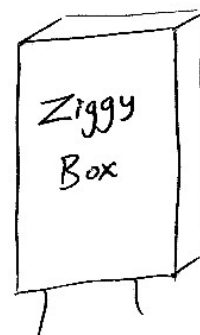
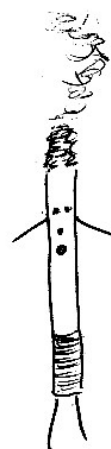
That's interesting! That reminds me of a fish who built his own home using only recycled building materials...

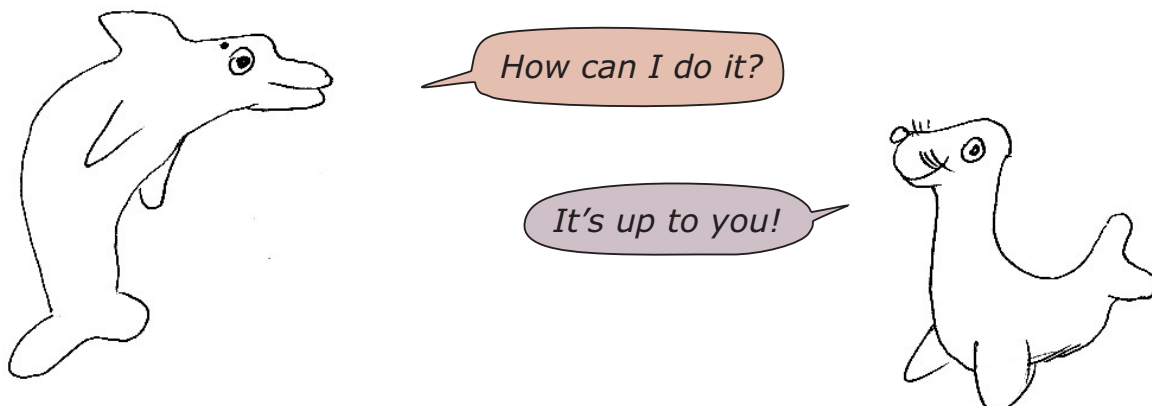
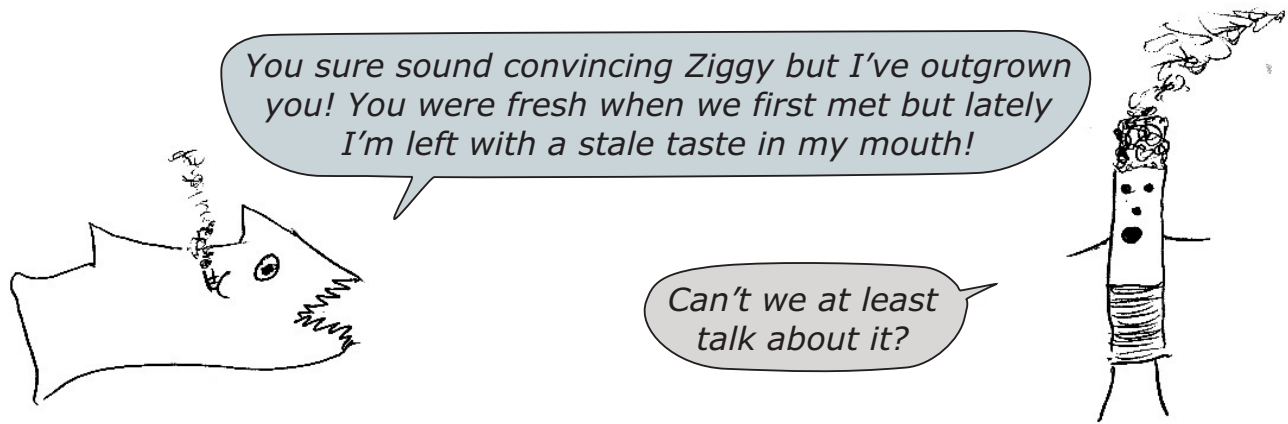
Now this fish, who's name was Sharky, used to smoke and when he used the power saw he wanted to concentrate fully, focus only on the power saw, so he used to put his lighted cigarette behind his ear for safekeeping. One day he was repairing an internal wall and was so engrossed that his cigarette burnt down and set his hair on fire. Now he'd been feeling out of sorts inside his chest and tummy for quite a while, so he figured this was a sign and it was time to quit. Sharky was his own boss, so he thought he was in charge... until he decided to stop smoking. He confidently looked at his cigarette packet and said "Ziggy, the last few years have been wonderful, but we've drifted apart! I just don't enjoy your company anymore. To be honest, it's got to the point where our relationship is purely physical. It's time we parted company and both moved on!"



It's over!

Sharky, I love you and I won't let you go! You need me and deep inside you know it! I'm gonna stalk you and tempt you for the rest of your life. You may as well give in and admit you gotta have me and can't do without me!

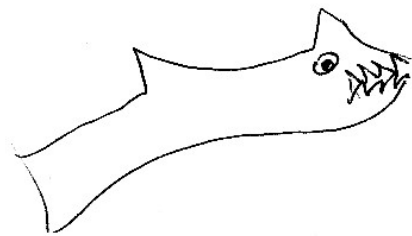




There's a message in there somewhere for me about what I put inside my body, but how can I fix up my internals?



Well Sharky, your question of what YOU CAN FIX reminds me of another shark who's a plumber. One day his wife complained that the pipes were blocked, and some were old and leaky, so he collected some old pipes and plumbing fittings from a renovation job at work and put them to good use. He pulled apart his plumbing, and then put it back together again, recycling old pipes and reconnecting them somewhere else where they could be useful. Perhaps you can do that with YOUR OWN INTERNALS.

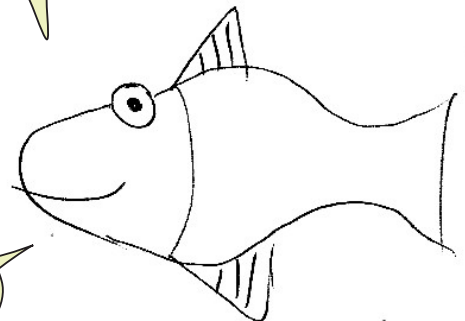


You're right Seal, I can fix my own internals.

That's a very interesting story, Dr. Kai, but I don't smoke!

Maybe you can hire someone to fix your internals for you. Not all plumbers are sharks, you know!

I'm perfectly capable of fixing up my own internals myself!



The curious king

Me and my best friend Stinky are walking across short cut paddock when Stinky spots a green-haired pygmy. As I catch up to join him the green-haired pygmy comes over and hands us an old half torn map and two pairs of goggles and says "let's visit the curious king... walk this way!" We follow him as he saunters elegantly up the street and around the corner... and there, in a vacant lot, is a miniature tiger-moth biplane built for two. The green-haired pygmy tells us "It's perfectly safe, I'll fly and you can sit on top and navigate!" A sign on the cockpit says "Flying and rock climbing do not mix... bombs could also be a problem!"

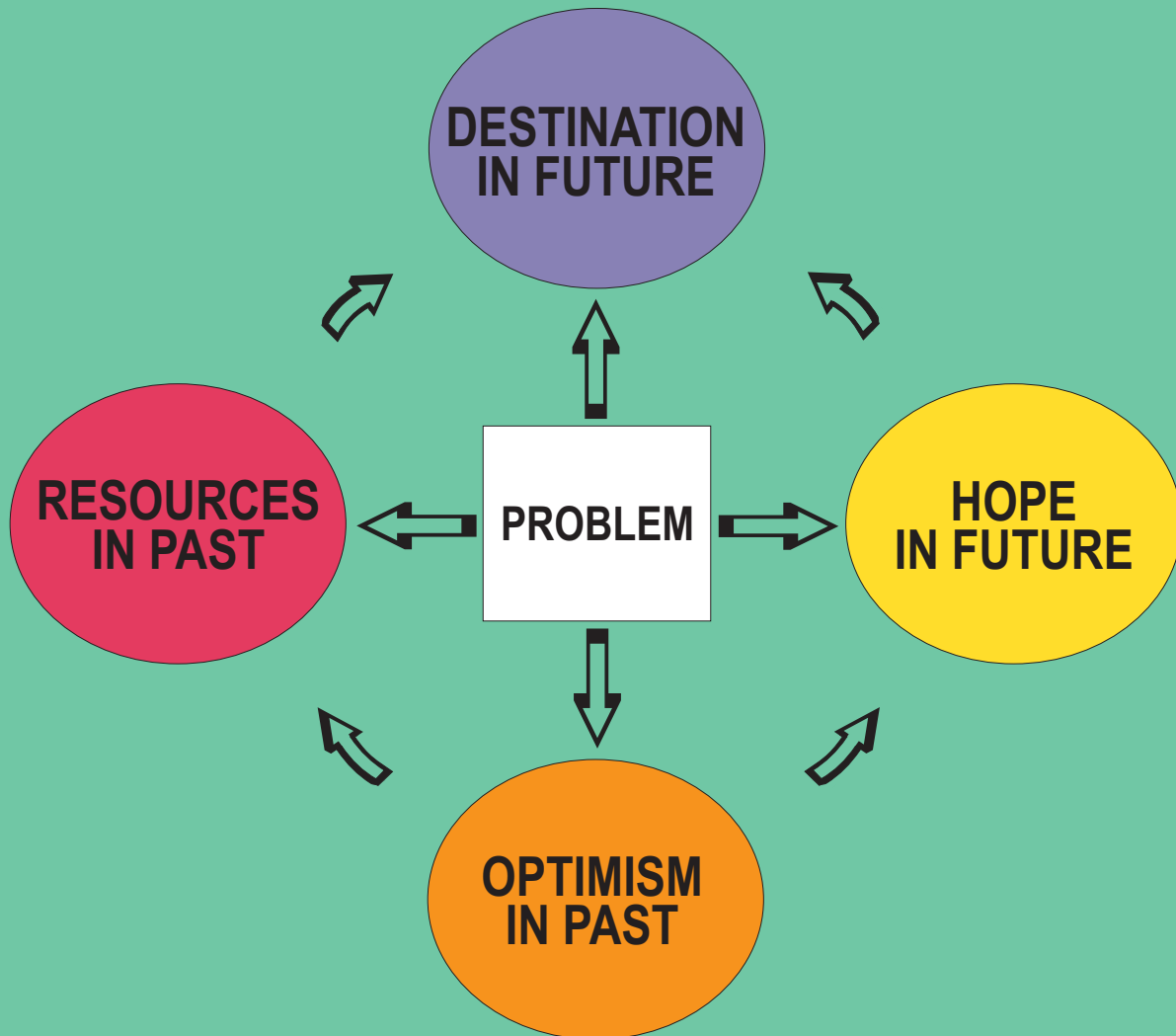
Now I know what an eagle feels like... if I thought skipping school with Stinky was fun, this is something else again! Strapped onto the roof of the tiger-moth, we soar up through the clouds like a bird. The cool breeze is streaming through my hair, and I can feel it lifting me higher and higher... I feel completely free as I clutch the half torn map and watch the earth below me looking like a giant green saucer with a matching map painted on it. I yell a few directions and soon I can see the sparkling rocks of the king's mountain cave growing bigger, and we are now getting closer and closer to our destination. Suddenly the engine splutters and stops "Whoops, forgot to fill up the fuel tank!" yells the green-haired pygmy. The tiger-moth glides for a few minutes, then swoops downwards and quickly lands in a clearing beside the king's cave. We all clamber to the ground safely. "I told you it was safe!" says the green-haired pygmy.

"Hello, hello, hello!" we hear a loud voice, and I look up to see a very tall armed foot soldier looking splendid in a royal blue uniform, complete with white buttons and a very big gold and silver helmet like the ones worn by the Swedish Royal guards... he's the captain and he's got half a dozen burly assistants, also dressed in blue... and we're under house arrest! The soldiers frog-march us deep into the king's cave and take us straight to the king's royal chamber, where the king is sitting on his throne drinking a cup of tea. "Three burglars, your majesty!" announces the tall captain proudly, in his loudest voice. We look at the three foot soldiers who are holding us and I think to myself "I thought there were six soldiers..." "Sometimes it's hard to tell what's real and what's imagined these days!" remarks the king, almost as if he knew what I was thinking. There is a long pause, and then, looking curiously at us, the king asks "Tell me about all the fantastic things you've been doing today!"

Chapter 6

HOW TO USE A TIME MACHINE

before too long it will be now



Dare to see what the future might look like

You can be very smart in the future, and with the benefit of hindsight you will be able to explain how you got there

So tell me Dr. Kai, how can I give up smoking for good? I've tried and tried without succeeding!

Have you ever been responsible for hiring and firing?

Yes, many years ago I was a restaurant manager.

Have you ever had to actually fire anyone?

It's a life changing experience! I remember when I first got the job as manager I was filled with optimism that I could do a good job.

Why?

Because I had good life experience managing many other duties, lots of people I'd learnt from, and I'd done lots of study on how to manage businesses and people. Back then I had everything I needed to solve my future problem!

How did your optimism help you with challenges like having to sack staff?!

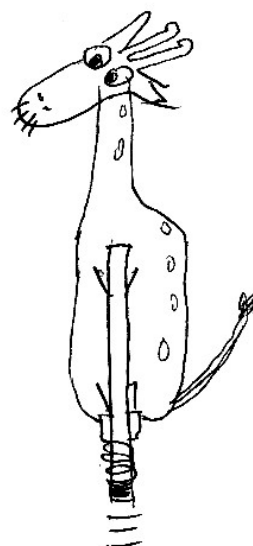
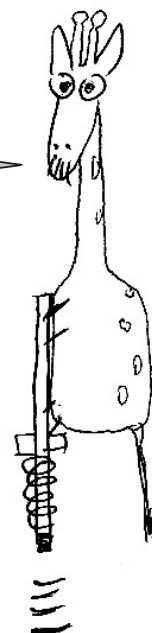
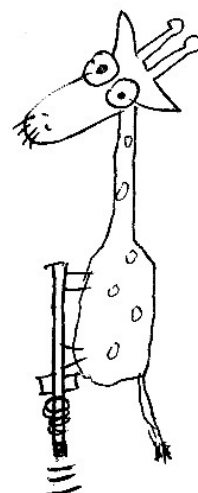
I was so optimistic that I had hopes of my restaurant being the most popular in town within two years. So I made a business plan to grow the financial health and the level of service and efficiency by 50% each year. I studied every menu, every roster, every cook and waiter and quickly found out that some staff were lazy, and some were actually stealing from the business.

What did you do?

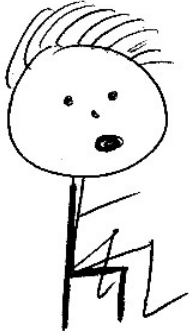
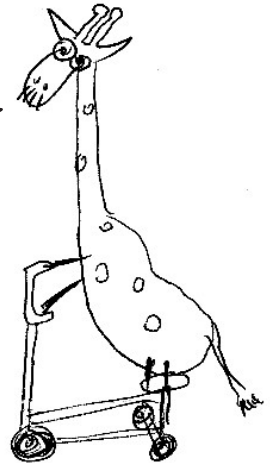
I spoke to every single staffer, one by one. Some shared my vision for the future, a more efficient prosperous business, and agreed to be retrained and lift their game. Some didn't and decided to leave. One or two didn't want to change and I had to let them go.

How easy was that?

Easy in hindsight!

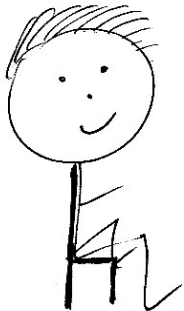
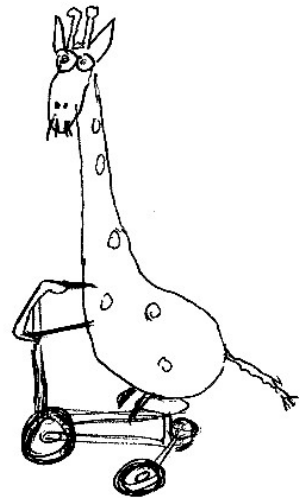


We can separate them now, but back then there were some strong emotions driving some of these attitudes and decisions. I was filled with optimism and hope that in the future we would have a much healthier business, and I had to use my determination and position of authority responsibly to overcome the wishes of one or two people who were greedy and self indulgent, and had no interest in the health and welfare of the company that was actually paying their wages.



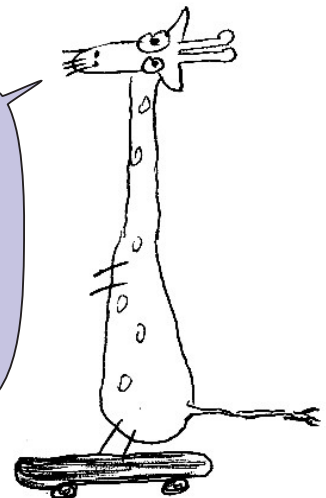
How emotional was that?

Very! These guys carried on about how they had to feed their starving kids, when I knew they didn't even have any. One guy kept coming back every day for weeks begging for his job back, when he'd been stealing from the till for years. All the ones who left had plenty of severance pay so I stuck to my decision. Now, years later, the business is healthy and booming with a prosperous future!



So tell me Gerry, when and where did you first learn this very difficult and useful skill of letting something go, even though it was emotionally difficult?

I remember being just a little kid in school, and I started collecting stamps. I had a huge empty album to fill, and in no time at all it was full of stamps. I'd look at them every day, and I loved every one and wanted to keep them all. Then I started getting some different stamps that would really improve the collection, but the album was full. So I had a close look at my collection, and noticed some stamps were in very poor condition, and were actually spoiling the collection, so I threw them out.



Was that easy?

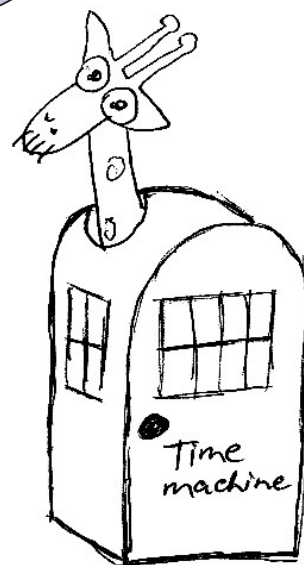
No, very emotional. But what made it much easier was the enjoyment of what I put in their place!

I don't suppose you smoked in those days?

Are you kidding? I was too busy enjoying my life! I was so fit and healthy I was practically jumping out of my skin!

Can you see yourself collecting stamps or doing anything like that again in the future?

Definitely!



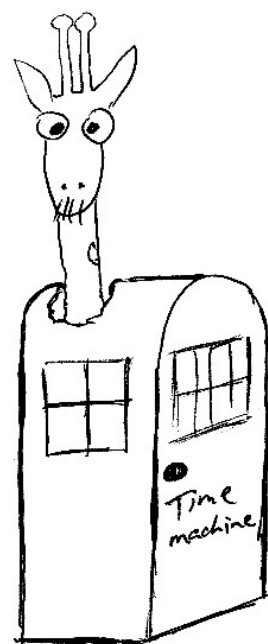
Sounds like the skills of rejecting what you don't want or need were already there years ago when you were a little kid collecting stamps. Maybe you were born with them?

Yeah, my mum told me I used to spit out my mashed pumpkin at mealtime and I was totally determined not to eat it.

Once you made your mind up to reject something, that was it?

Definitely!

You told me you were kinda thinking of giving up smoking?



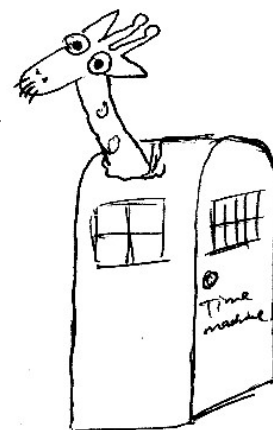
Over what time frame?

I think to be more exact I've totally made up my mind to reject the idea of smoking.

Wow! Do you have the skills to travel into that particular future?

From right now until as far as I can travel into my future!

I was born with many skills, and one of them was travelling from then to now. The rest should be no problem!

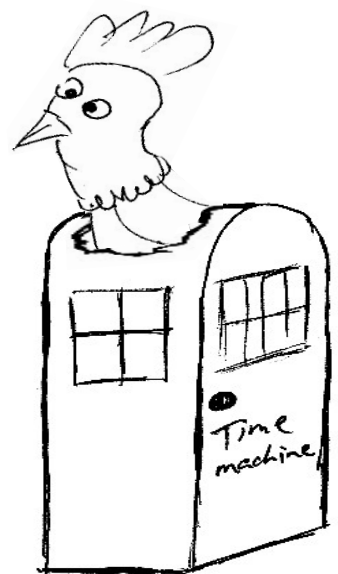


Hello Mrs. C, I see you've brought your own time machine today.

That's right Dr. Kai, I've only got a licence for an automatic! So this is the only one I feel comfortable in.

How did you find the traffic?

That morning peak time zone is a killer, so I left later and got here in no time at all!



You're looking very calm and relaxed today! Last time I saw you there was some mystery illness that had you all in a flap! What happened?

I decided to take my time machine for a spin!

Where did you go?

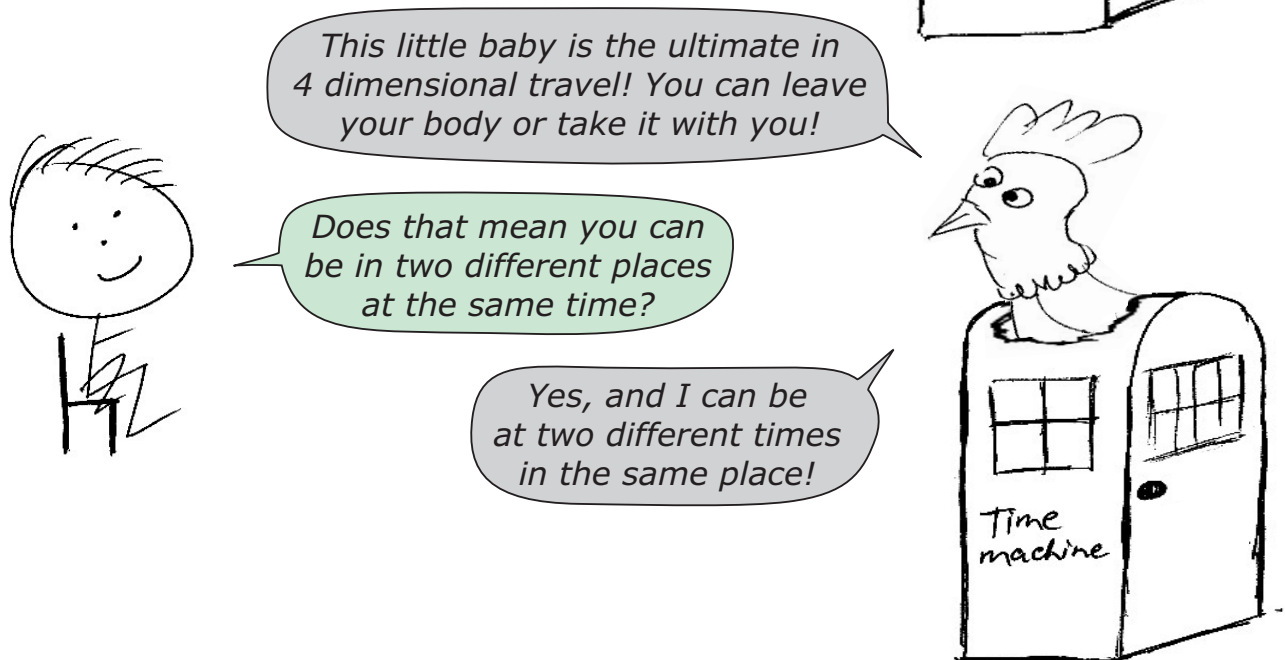
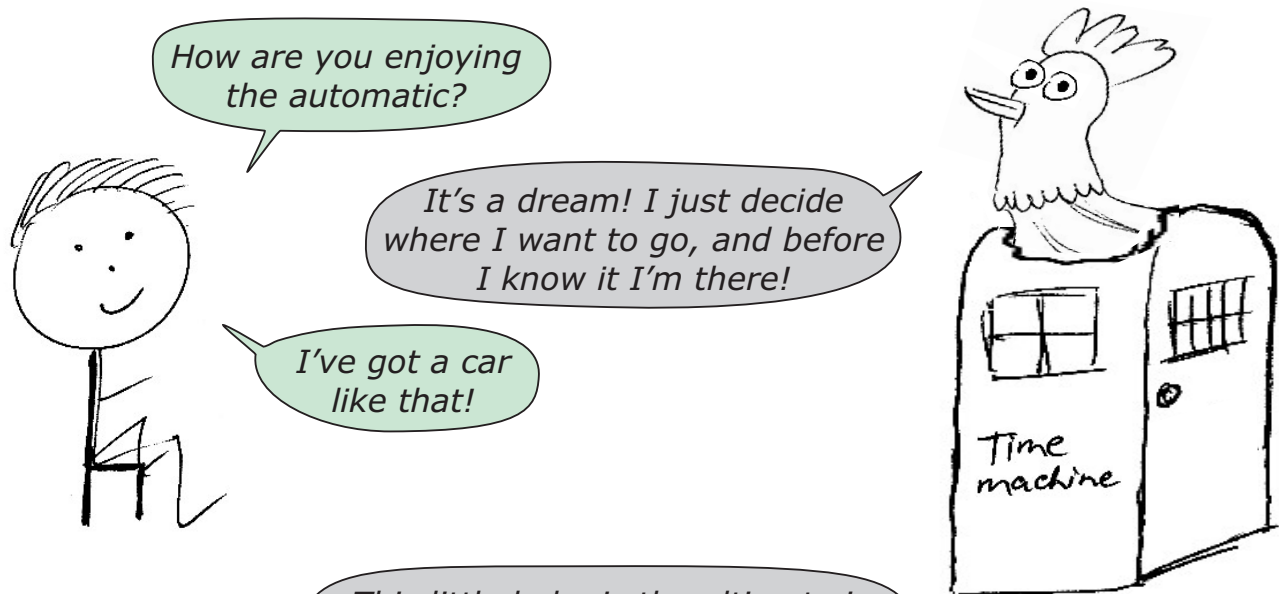
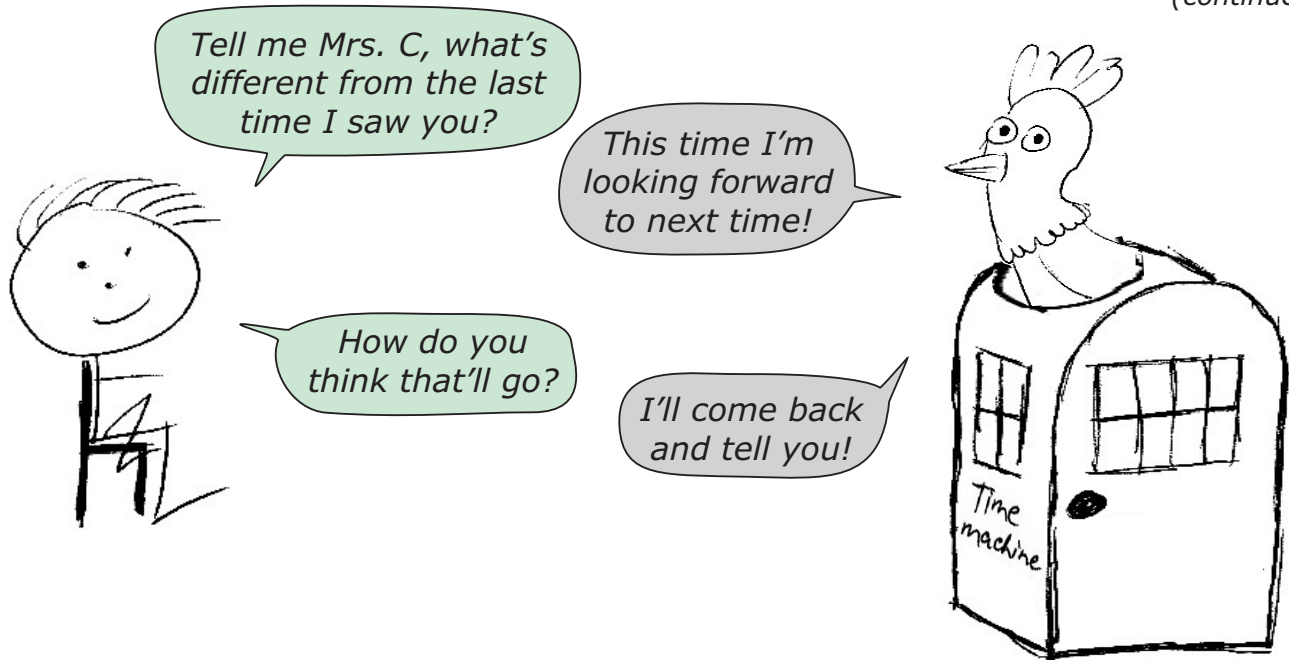


To the place my mystery illness was cured!

How do you do that?

I just close my eyes and the machine knows where to take me!





It is and now was a prerequisite of reading this chapter that you own your own time machine. I suppose that unless you are one of the surprisingly high number of people who have one already, you are not interested in how to use one in the future anyway.

The prophet and paradise

A man and his wife ask a prophet, "please tell us, what is the difference between hell and paradise?" It is cold and raining, and the prophet takes them into a large cave from another time, millions of years ago. In the centre of the cave is a beautiful warm log fire that has been burning for thousands of years, and a wonderful delicious smell of hot roasted wild vegetables and herbs fills the air. The delicious smelling food is on hot rocks surrounding the fire. The rocks are on wooden planks and are very large, far too heavy for one person to lift or move.

The cave is full of cold and hungry people, constantly screaming and crying, and many people are trying to eat the scalding hot food and are burning their lips and hands. Some are hitting and burning each other with pieces of hot rock from the edge of the fire. Some people are trying to warm themselves by the fire, but others are pushing them into the fire so they can take their place.

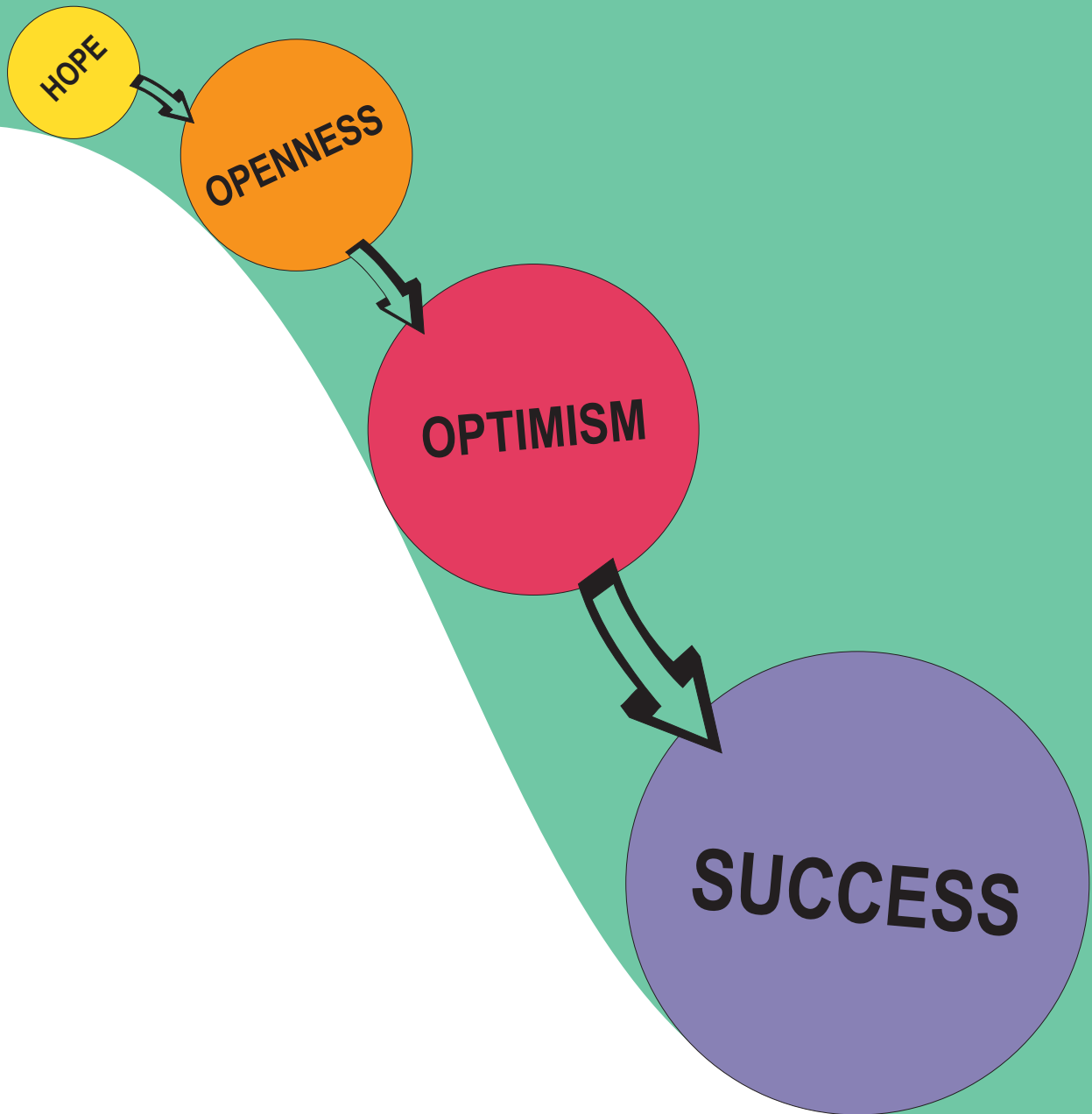
Other people are doing the same to them, and those people who have survived are frightened and carry rocks to hit anyone who comes near them. All the people in the cave are screaming and crying from cold, pain, hunger and fear. The prophet says, "see, this is hell."

And then the prophet takes them into the next cave, which is also from another time, just like the first. The same beautiful warm log fire that has been burning for thousands of years is in the centre of the cave, and the same wonderful delicious smell of hot roasted wild vegetables and herbs fills the air. But in this cave everything is quiet and peaceful. Small groups of people help each other carry the heavy rocks on planks so that others can share the cooled food, while other groups have turns sitting around the warm fire. The prophet says, "see friends, this is paradise."

Chapter 7

HOW TO RIDE A SNOWBALL

a slow acceleration gets the destination



Can you ride a rolling snowball?

You can get interest on your interest, and arrive with serious momentum

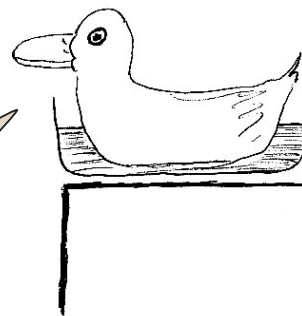
Dr. Kai, this is really important! I've got a pimple on my bill and I've got to get rid of it so I can ask Daisy for a date!



Have you ever had a ride on a rolling snowball?

Does a bobsled count?

No, you have to stand on the snowball and sort of moonwalk to make it roll while you stay on top and move along with it at the same speed!

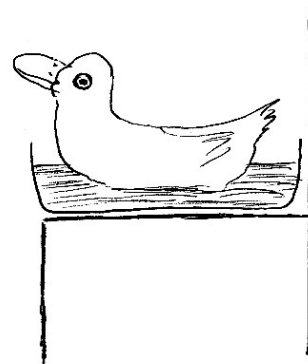


Like a rolling log in a river! Sounds easy!

Yeah, except the snowball grows in size with each revolution as it picks up snow. And if it's downhill pretty soon you're moonwalking on a huge growing snowball that's rapidly picking up size and speed!

Sounds like fun!

Yeah, and wherever you're going, you get there in a hurry with unstoppable momentum.



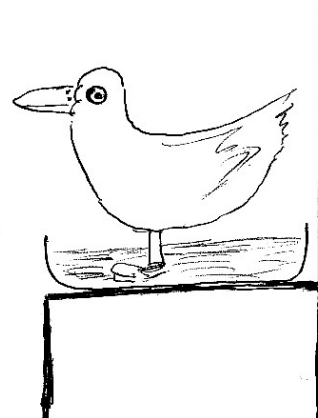
Interesting, but how's that help me get rid of the pimple on my bill?

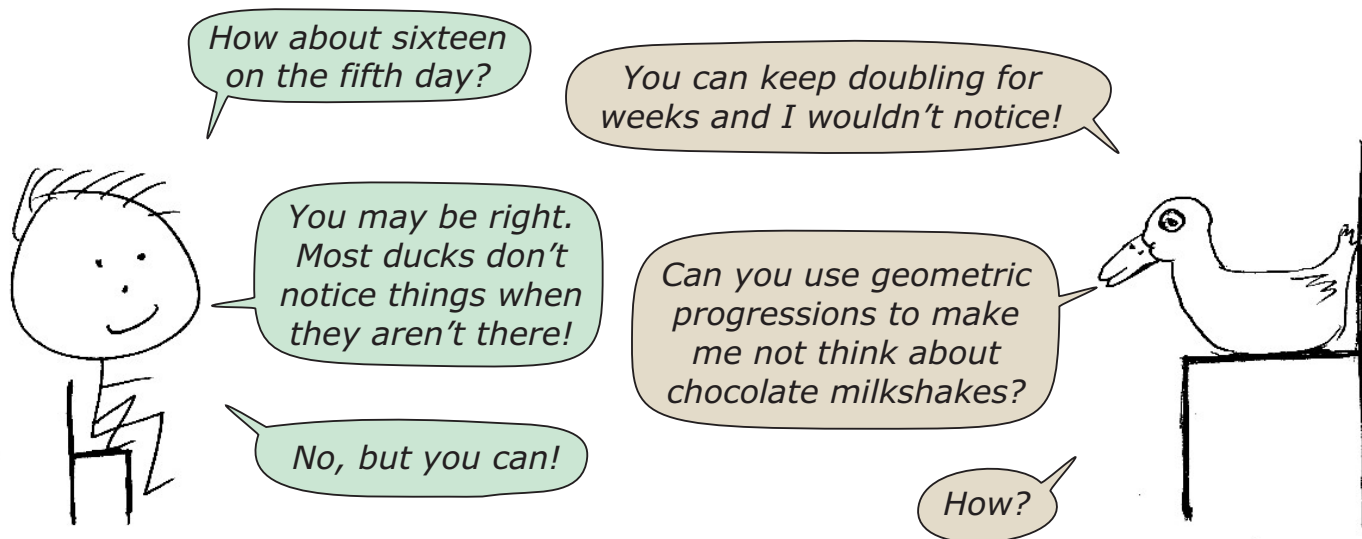
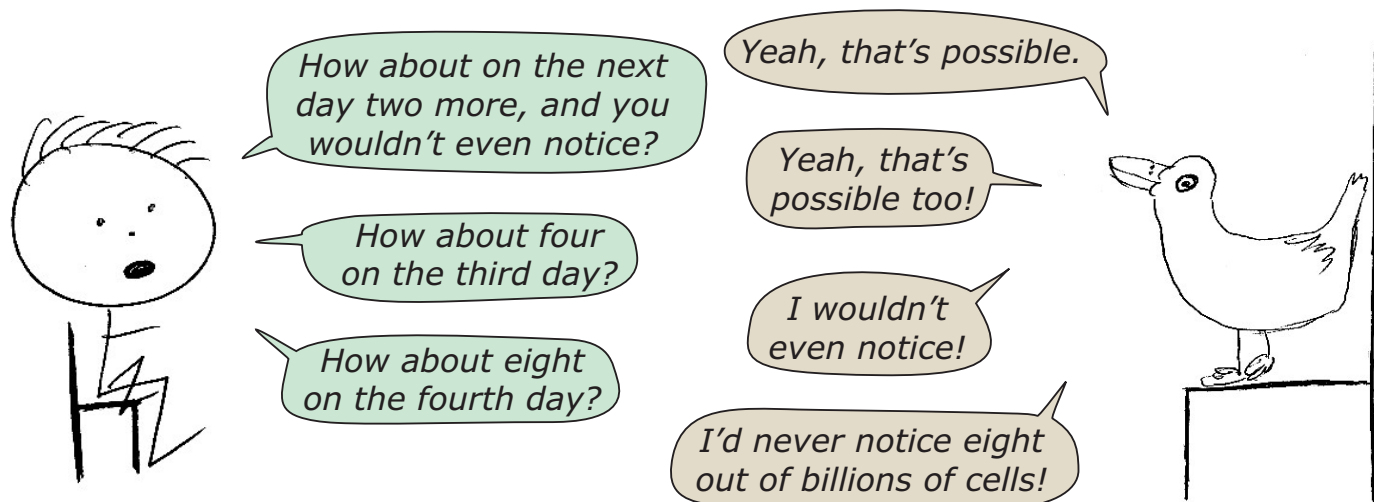
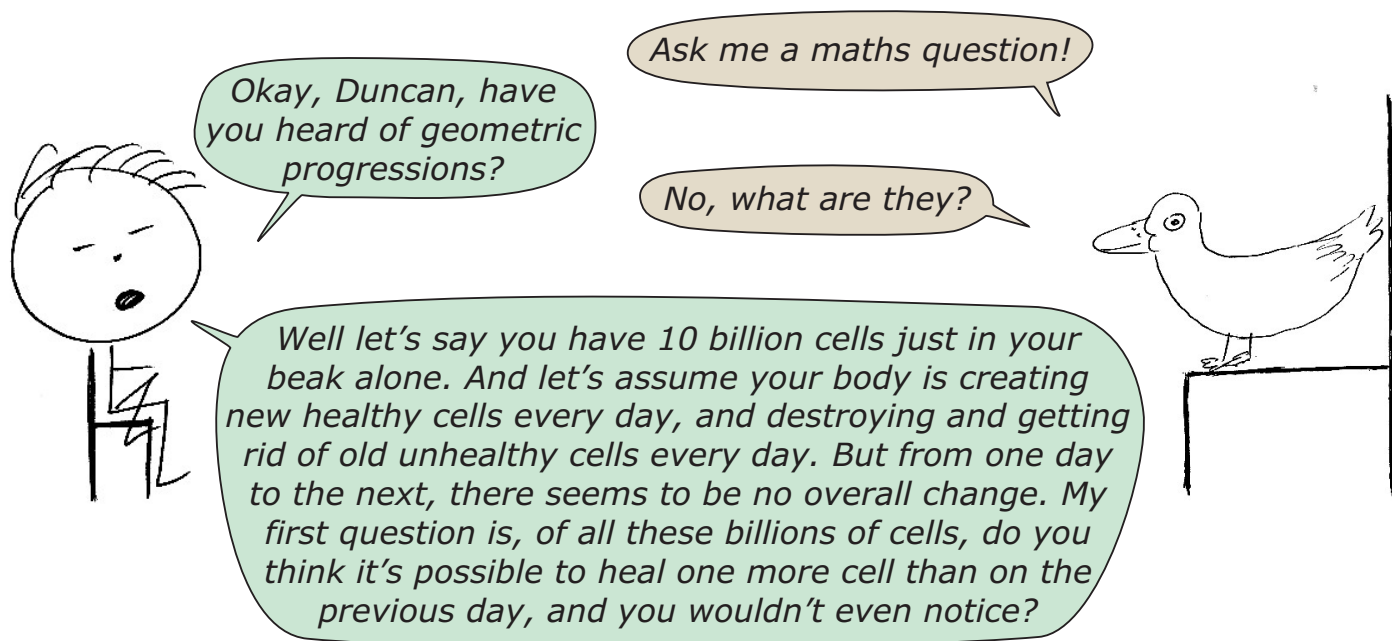
Are you good at mathematics?

I don't suppose you like chocolate milkshakes?

I guess so.

I do, doesn't every teenage duck?





How many seconds are there in three weeks?

Probably millions!

Do you think it's possible to not think about chocolate milkshakes for one whole second on the first day of a three week camping holiday?

I do.

What about 2 seconds on the second day?

I could do that!

How about 4 seconds on the third day?

That would be double and doable!

Do you think if you doubled again to 8 seconds for the fourth day you could do that?

Absolutely!

Could you not think about chocolate milkshakes, and think about something completely different for at least 16 seconds on the fifth day?

Yes.

What about 32 seconds on the sixth day, and keep doubling for the whole three weeks?

That would be very easy! Ask me another question!

Can you balance on a tennis ball without falling off?

All ducks have good balance!

Okay, could you walk slowly and balance on a rolling tennis ball?

I can do that!

How about a snowball the size of a tennis ball rolling down a hill?

I think I can do that!

If a snowball the size of a tennis ball rolling down a hill doubled in size every one minute, how long would it take before you can touch the moon?

Years?

Would you believe 27 minutes?

No!

It's true!

How fast would I have to be running?

You would have to run the circumference of the moon in one revolution. At one revolution per minute that's over 650,000 kilometres per hour!

Wow! Can you use geometric progressions to slow yourself down if you're going too fast?

Yes.

Ask me a question about that!

Okay. If all the ducks in the world could live forever, and 50 percent all the ducks were female and permanently of child bearing age, how long would it take to double the duck population of the world if there was a one child policy for all ducks?

Longer than that! The answer it would never double.

I suppose the answer is a long time?

Wow! So geometric progressions can be used to manage the health of entire populations or the health of the planet, right down to individual cells in our bodies?!

They're very powerful! If you give your body the right nutrients or instructions, a geometric progression could even make short work of a pimple on a duck's bill!

Like riding a rolling snowball!

The teenager who couldn't sleep

Once upon a time there was a teenage boy called Tom who couldn't sleep. He tried every known cure he could find, but nothing worked. He even tried counting sheep, but that didn't seem to help either.

Now, as if that wasn't enough, Tom developed another problem. Like most teenagers, he was very fond of chocolate milkshakes, but unlike most teenagers, he had several a day more than his fair share, and before long Tom had developed a nasty case of acne. Tom checked his face every day, but the situation was slowly getting worse.

It soon became clear that something needed to be done, so in desperation Tom consulted a skin specialist. The specialist confirmed Tom's worst fear... he had to give up chocolate milkshakes! Tom decided that the cure was worse than the disease, and refused to accept the treatment.

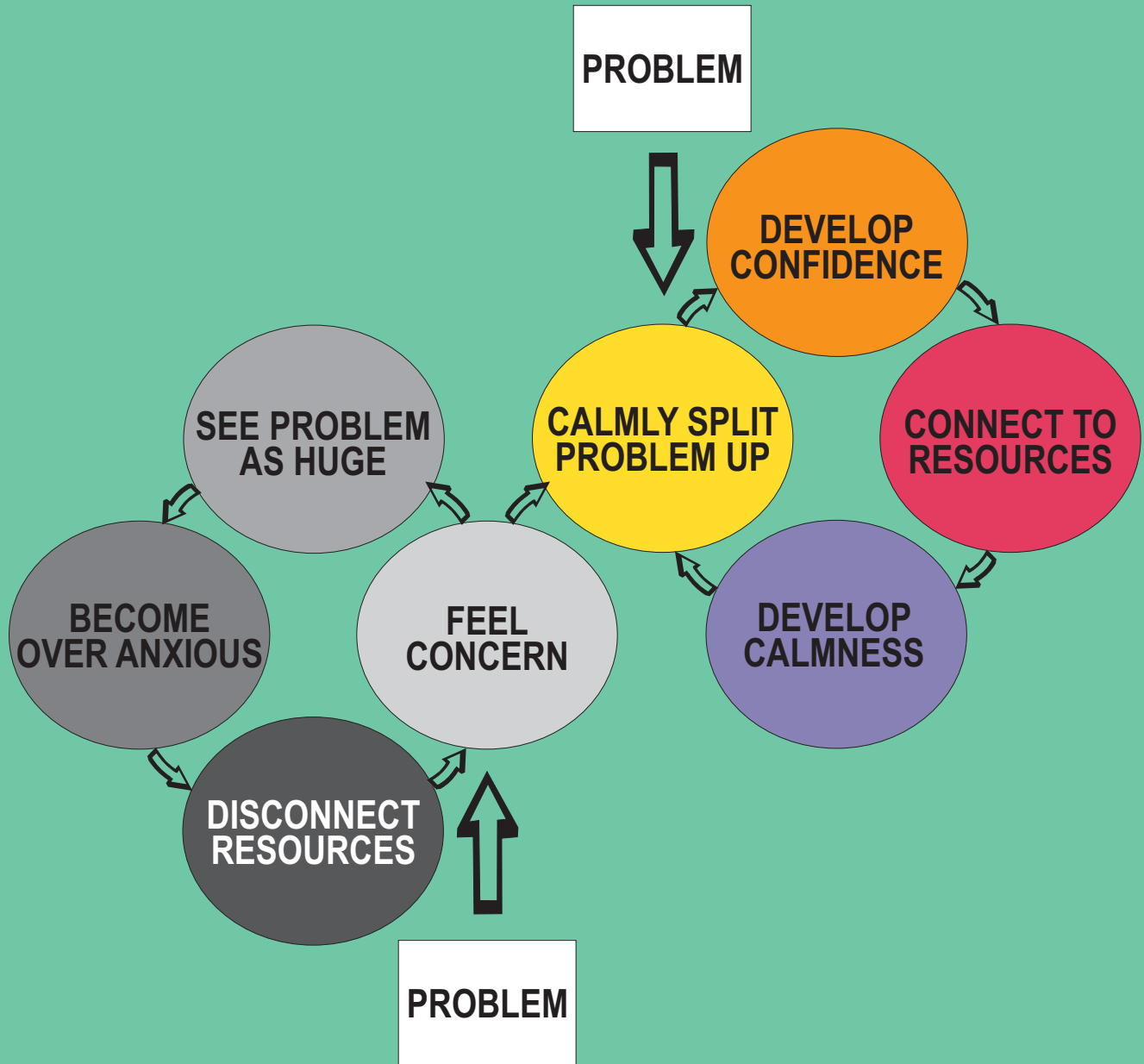
*Some time passed and Tom became increasingly anxious and desperate. He continued to check his complexion every day, and he noticed his insomnia had worsened and he was constantly tired. One day he mentioned this to a wise old uncle, who told Tom that what he possibly needed to cure himself of his insomnia was to go away on a camping holiday for four weeks... and go somewhere **where there are no mirrors**. So Tom did that, which was quite a healthy experience, and a very interesting thing happened to him... his insomnia was cured, and so was his terrible acne.*

There is an old proverb... the best way to help someone is never tell them what they don't want to hear.

Chapter 8

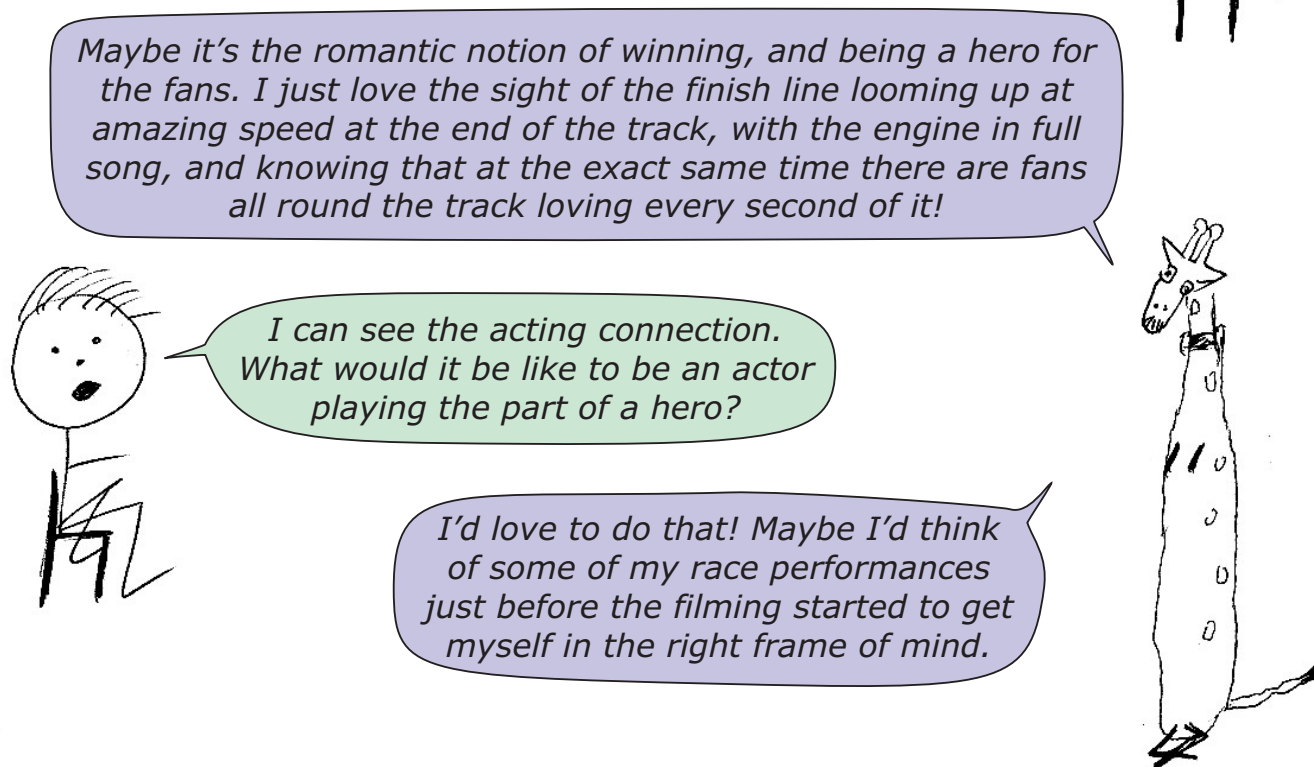
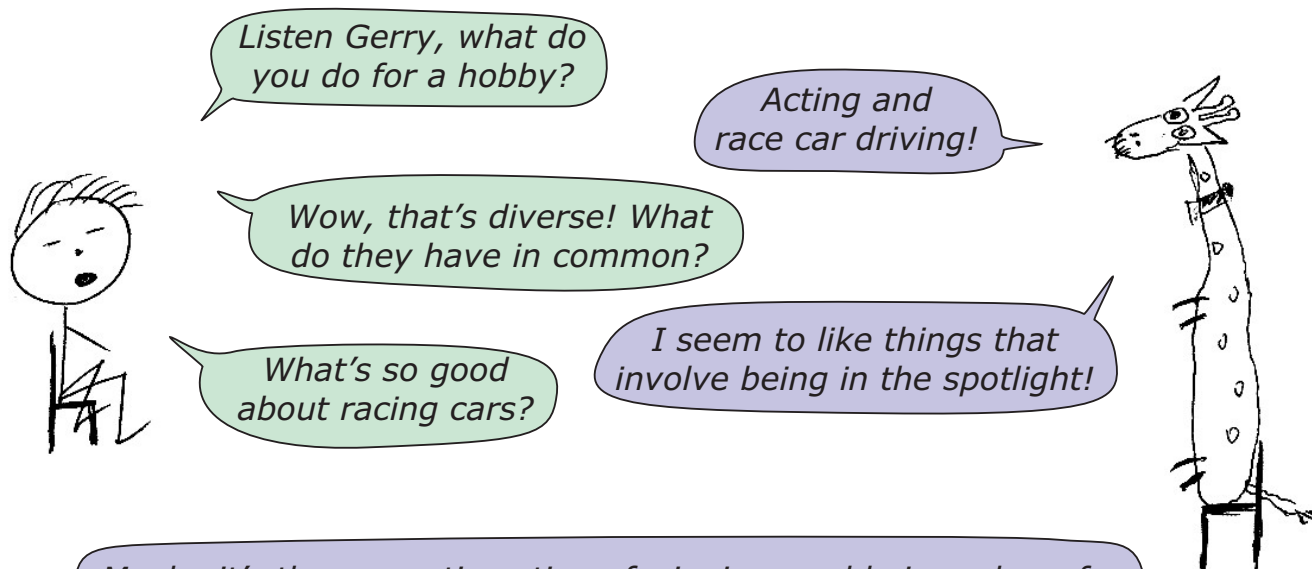
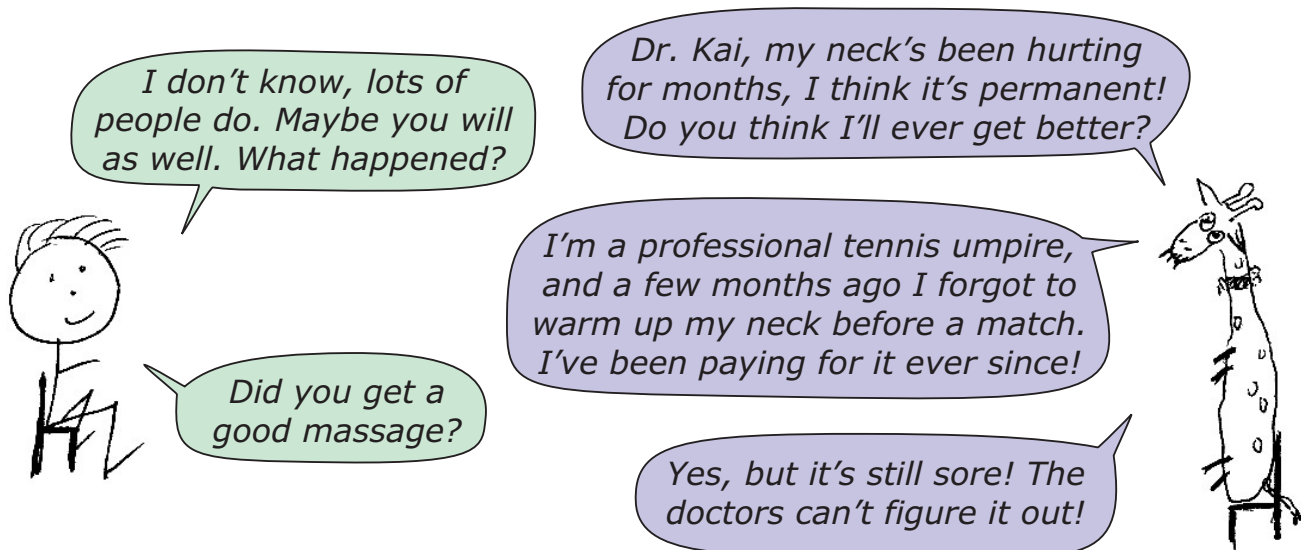
HOW TO BE A BACK SEAT DRIVER

get a different view of the road



Reorient yourself or reframe the problem

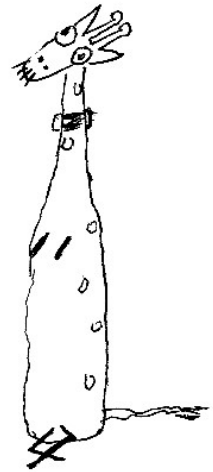
From the spectator's point of view, getting to the finish line is easy





How'd you like to play the lead in a movie about the life of a famous racing driver from a by-gone era?

I think I'd like to play Stirling Moss! When I was a kid I used to watch black and white newsreels of his races. There was only one camera, so you couldn't see too much.

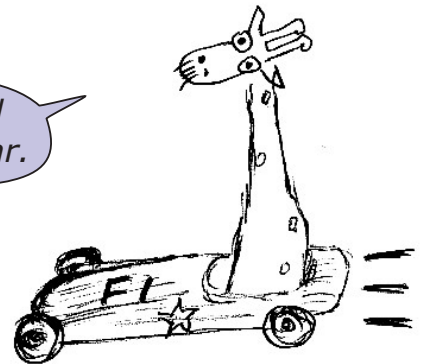


If you made a modern movie, can you imagine how many different camera angles there would be?

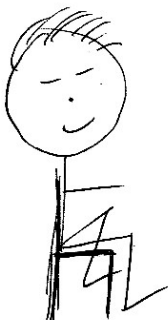


Quite a few! We could make it very spectacular.

If on a particular day Stirling Moss raced with a painful injury, but showed no pain, could you play that part?

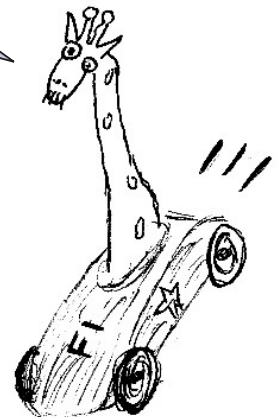


I feel fully qualified! I think when you look at someone else's physical actions, like Stirling Moss for example, you notice how you feel about what they are doing and separate their actions from how they are feeling, because only they know how that feels.



So you would act like you were totally focussed and enjoying yourself?

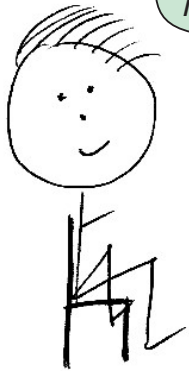
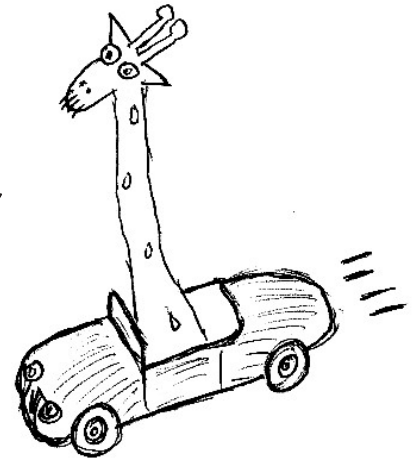
That's right!





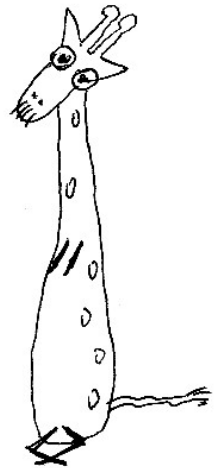
That reminds me of a cartoon of Goofy racing around in his tiny open top car with his long neck and head way up in the air.

I guess that's one way to get a high camera view of the track!



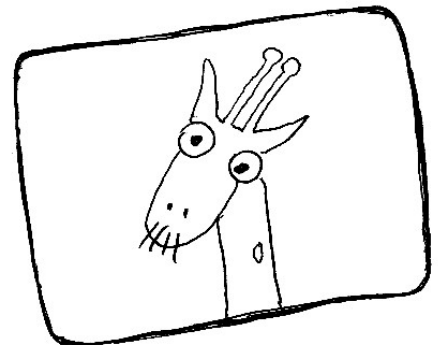
Maybe you could do it in your next race using a helmit-cam?

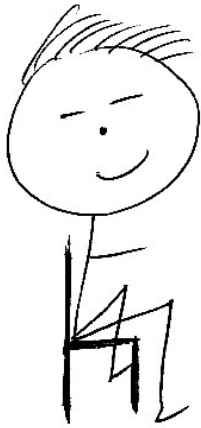
That would be cool! Another good one would be at the finish line looking back, a finish-line-cam!



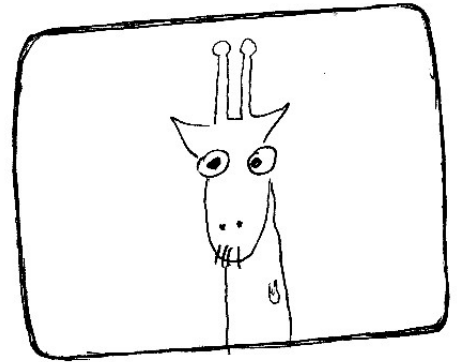
You're starting to get into the idea of looking at yourself from different angles. Have you ever been surprised to notice yourself in a shop window or shop mirror and just for a second thought it was someone else who looked awfully like you?

Yeah, it's very disconcerting! Sometimes I find myself staring at a funny looking guy on a TV monitor in a shop who's just standing there staring into space when I realize it's me on security CCTV!





That reminds me of a young girl who couldn't sleep. She ended up solving the problem by imagining herself on CCTV, sleeping peacefully like a baby, totally safe and watched over by her parents on the CCTV in another room. She didn't even need a real CCTV, her imagination was good enough to get her totally relaxed and asleep within minutes of going to bed each night!



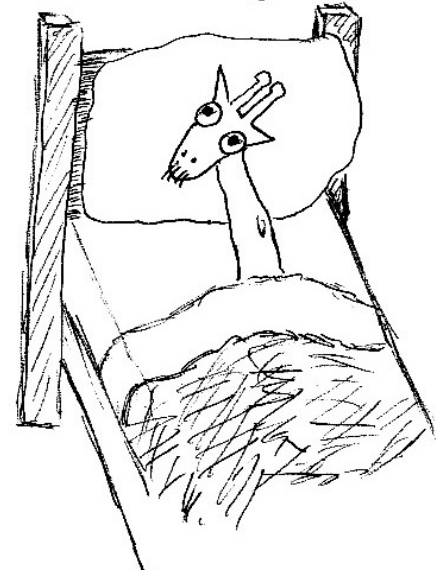
Imagining that is almost an out-of-body experience!

It can be very real! Some people report that in times of intense emotion they can clearly remember being outside of their bodies, and looking back at themselves!



Is it necessary to leave your body in order to see it as relaxed and happy?

Perhaps not! I wonder what your neck would look like viewed from the angle of the most comfortable part of your body that you can notice?

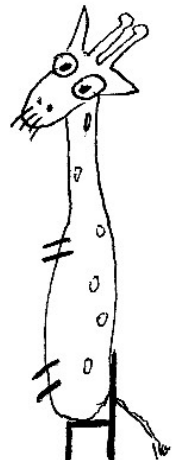


It seems to be that what you pay attention to is quite important!



That reminds me of a man who fell out of love with his wife. He became blind to her good points and could see nothing right with her. He forgot about the time something went right and he fell in love and became blind to her faults, and could see nothing wrong with her!

Maybe my health isn't that bad!



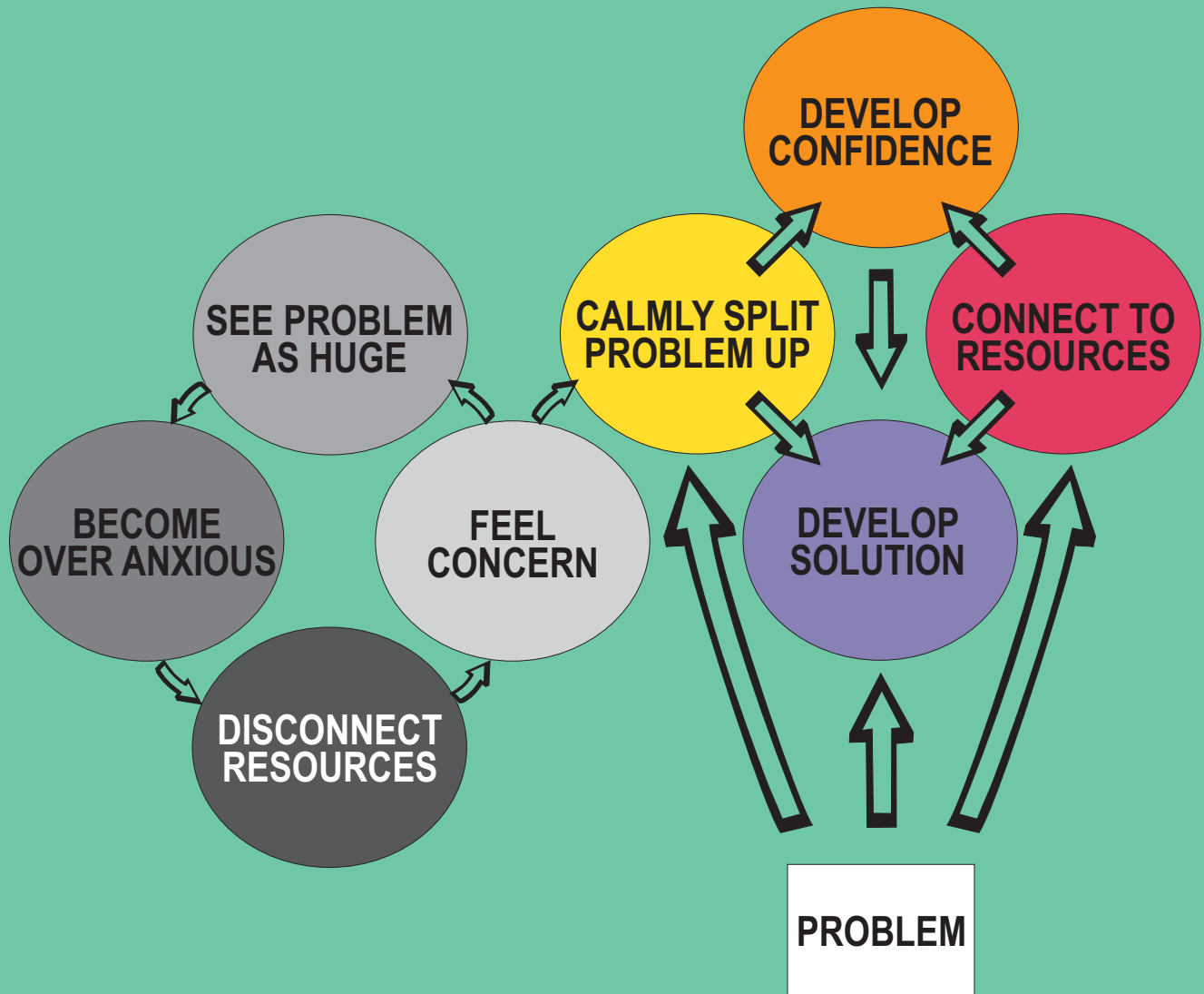
The little boy and the window

A sad little boy is tapping on a window pane, and the glass feels cold and sounds paneful... it looks dark and empty... and all he can hear is the tapping sound on the paneful glass... next to his tapping finger... out on the window sill he sees a silly centipede walking in a circle, eating its own tail... and getting shorter and shorter... and harder and harder to see... and the sound of the pane disappears as he suddenly notices something outside... its his mother and farther away he can see his big brother, sitting on a see saw... and he can hear the swooshing sound of his father's silver saw... he never saw the silver saw... but it doesn't sound saw at all... so he goes out to see... The father points to some wood, and tells the little boy "bring it me!"... the little boy says "it can't be done, you weigh a ton!"... his dad says "everything is relative, my son!" and now a little farther away the boy can see a rustling grey hare... with not a hair out of place... and it doesn't seem fair to see the hair of an old man on a silver bicycle so far away... and he can hear the whirring sound of the shiny silver spokes spinning around and around... and farther around, surrounded by climbing red roses he can see a round cottage... with a doorway and a window, way up high in the attic... so the little boy decides to look into it... and he climbs all the way up and into the attic...and someone says "lookout!"... so he looks out of the open window way and way in the distance he can hear the sweet sound of two blue bluebirds singing a colourful tune in an orange tree with bright green leaves... the little boy can see there is no pane, so he puts his hand out of the open window way to feel the air and he can hear the whispering of a beautiful, warmly scented breeze... and someone says "listen!"... and suddenly the little boy realizes he's been looking in the wrong place the whole time... and he feels happier... and so the little boy decides that from now on he will only look and listen and feel in the right place...

Chapter 9

HOW TO DRIVE MORE SKILLFULLY

your best course is your best course



Utilize your special skills

*With your skills, you can avoid the hazards
and get there one way or another*

Dr. Kai, I'm in serious trouble! I'm anxious and depressed, I've got an injured hump and had to stop working and now I've got low self esteem and I'm developing agoraphobia!

Wow! How's your body enjoying the break?

It's not! It's taking advantage of the lull in activity to ramp up the list of complaints and it's stressing me out!



So removing the stress of work for R&R ended up giving you even more stress?

Listen Cameron, most of the experts reckon camels are happiest when they are doing something useful. What special skills have you got?

What can I do about it?

Have you got a record of all your complaints?

None!

Yes I've got them all written down in a special folder filed into dates and categories. I'm very organised since my injury!



That's a very useful skill!

How can I put it to use?

Do you like hiking in the desert?

Does a camel have bad breath?

How much would you charge to organise a group desert hike?

I love the idea of that so much I'd do it for free!



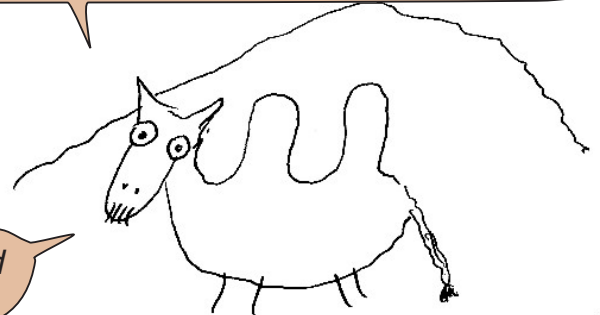
What is it about the idea of organising a group desert hike that you like?



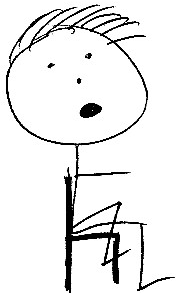
Everything! Breaking up the trip into sections and working out the best way to do each section, or maybe going through all the different equipment and resources and working out the best way to use them. There are so many ways to get from A to B in the desert I'd like to try them all!

Wouldn't doing all that stuff stress you out?

It's pretty hard to feel stressed when you're having fun!

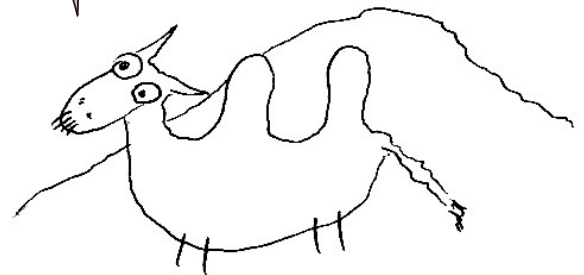


That's interesting! Have you ever been sick or anxious and had to do something that was fun?



Sometimes a sore throat can come in handy! Have you ever had to stay home from school with a sore throat?

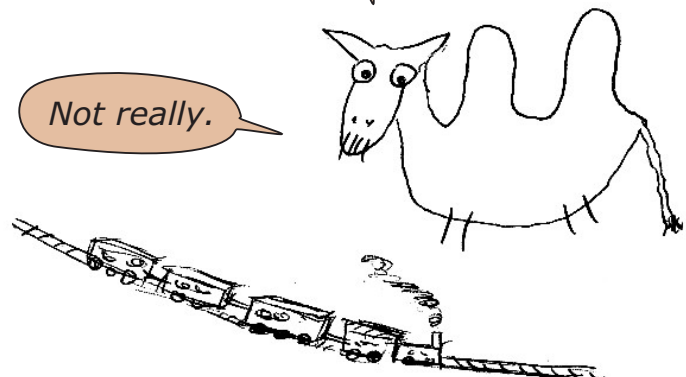
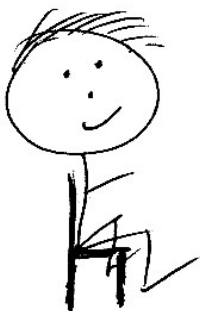
Once I had to give a talk on desert hiking and I thought I would have to cancel because of a sore throat. So I made a few slides and used a whiteboard, and cut the talking to half, and it ended up a huge success!



Yeah, and I remember having a lot of fun playing with my train set instead of doing classwork.

That wasn't too stressful?

Not really.

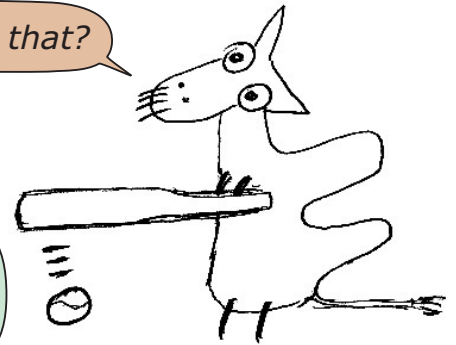


That reminds me of a batter I saw on TV the other day who got his best score with an injured leg!

How did he do that?

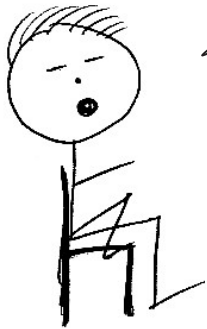


He had to focus all his attention on his main strength, which was hitting boundaries. He ended up changing his batting style even after his leg got better. Do you like kickboxing?



I like watching the tactics. I saw a match a few weeks ago where one guy hurt his foot doing a kick, and I thought he was going to lose for sure.

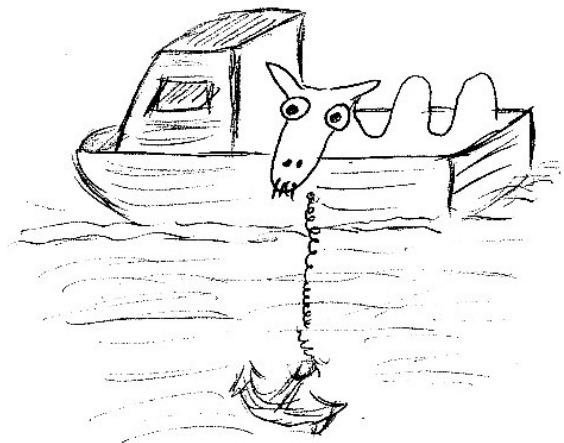
What happened?



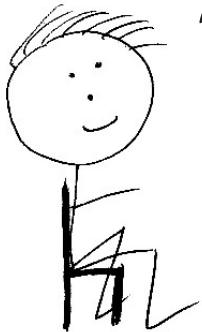
He switched styles and used orthodox boxing for the rest of the match. He happened to be very good with his hands, so he changed the range and ended up winning easily despite his injury.



That's really clever! Tactics in sport can be a game changer. I remember a yacht race where the bigger, faster yacht should have won easily, except that the skipper of the smaller yacht knew his yacht could turn faster, so he turned the race into a tacking match. The skipper of the bigger yacht didn't want to risk missing a better wind, so he followed the smaller yacht's zigs and zags, and the smaller yacht ended up winning!



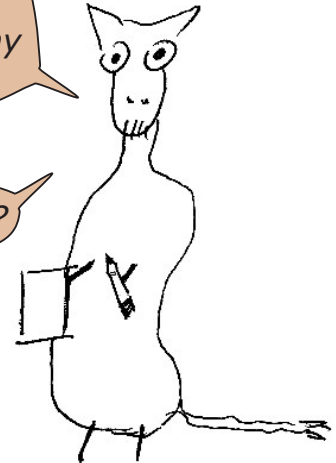
You could invent your own race and create a new high speed camel delivery market!



Maybe with one bad hump I can just load up on my good hump and increase my speed with a lighter load!

How could I use my writing skills?

There once was a camel with good writing skills like you who did a lot of carrying for the Shah of Iran. When he retired he ended up writing a best seller all about his adventures.

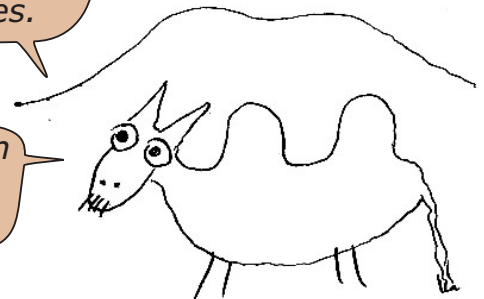
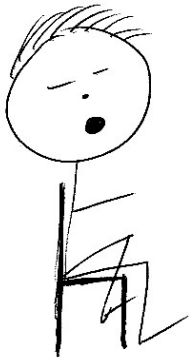


Can it ever be depressing for you hiking in the desert?

Maybe I should keep a diary of all my desert hiking adventures.

Never! In the desert depression and agorophobia are things that happen to other people!

How about self esteem?



Perhaps if you close your eyes you can be in the desert anytime!

I wish I could bring it with me all the time!

I find the desert a very healing place.

You can heal yourself with no mindful effort, or your body can get better without any use of logic.



The teacher and the shoe

This is a story about a very busy little girl called Stacey. Now Stacey is very clever, and she is always the first to finish her work at school. Whatever exercises the teacher sets for the class to do, Stacey can always do them very quickly and with very little effort. So Stacey is constantly bored, and looking around for something to do. She spends much time drawing and doodling, but after a while this also becomes boring.

Stacey soon develops various ingenious ways to amuse herself, and turns her attention to playing tricks on the other students. Before long the other students become annoyed with her antics, and refuse to talk to her or pay her any attention at all.

So now Stacey has nothing to do again, and decides she needs some excitement in her life... and so she makes a promise to herself to mess around in class whenever she is bored, and not be scared of getting into trouble. Stacy invents lots of different ways to distract the class, but none of them seem to work.

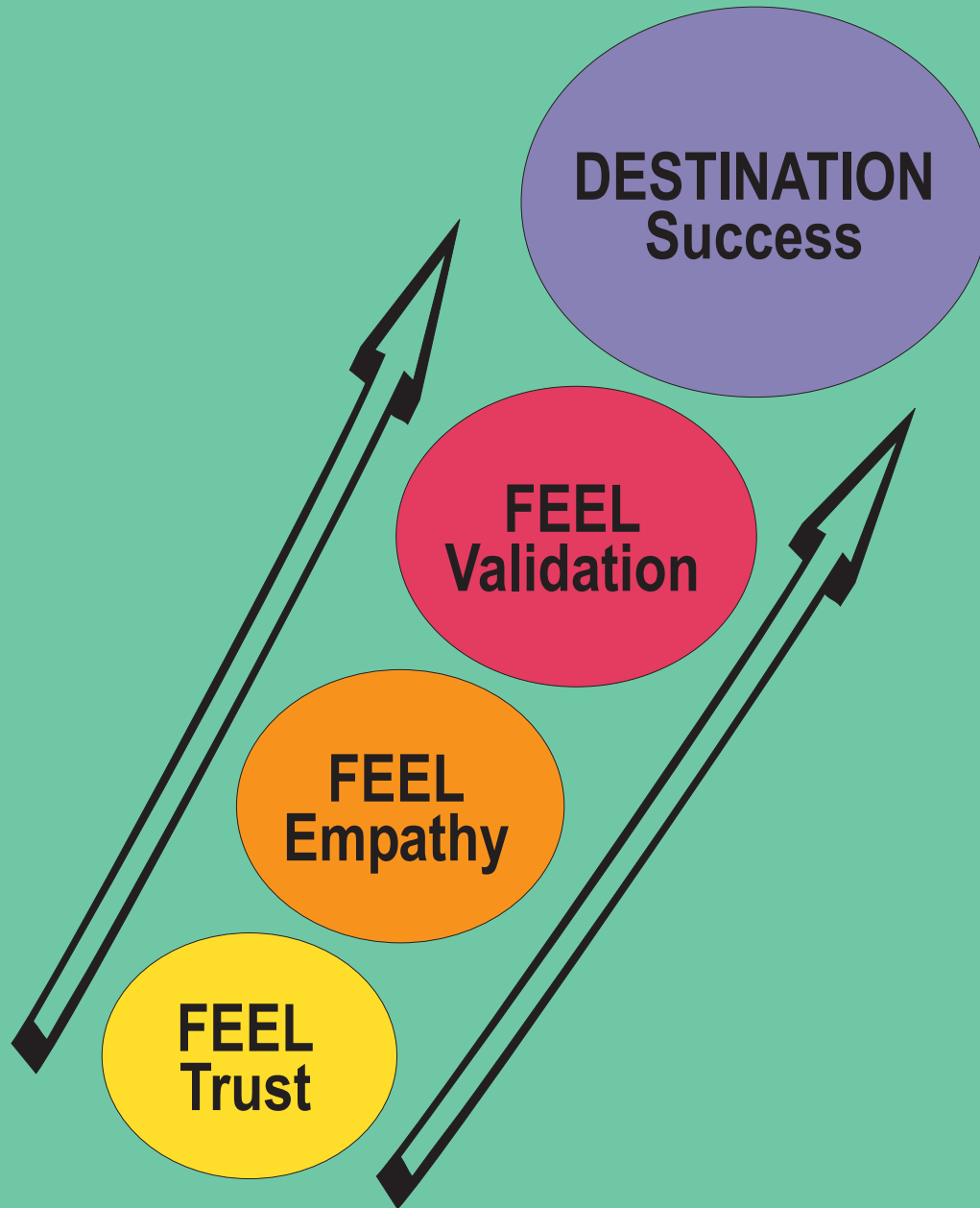
So one day Stacey tries a new distraction... she takes off her shoe and throws it across the room, sending it crashing into the Venetian blinds, shattering the silence and creating total havoc, and she feels very powerful... this could become a new trend! The teacher says, "Stacey, if you finish your work early, do you know that if you put up your hand you can get a reward... a special puzzle?"

Now as far as Stacey can recall, she only made a promise to herself to do what she could to stop getting bored... and she's alright after that.

Chapter 10

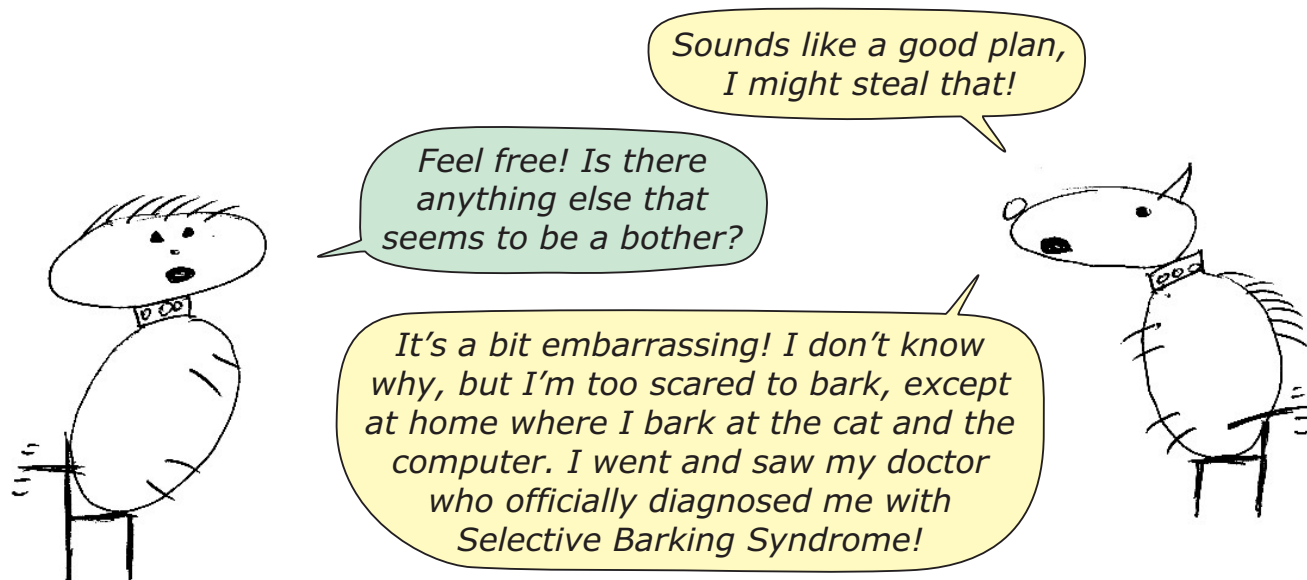
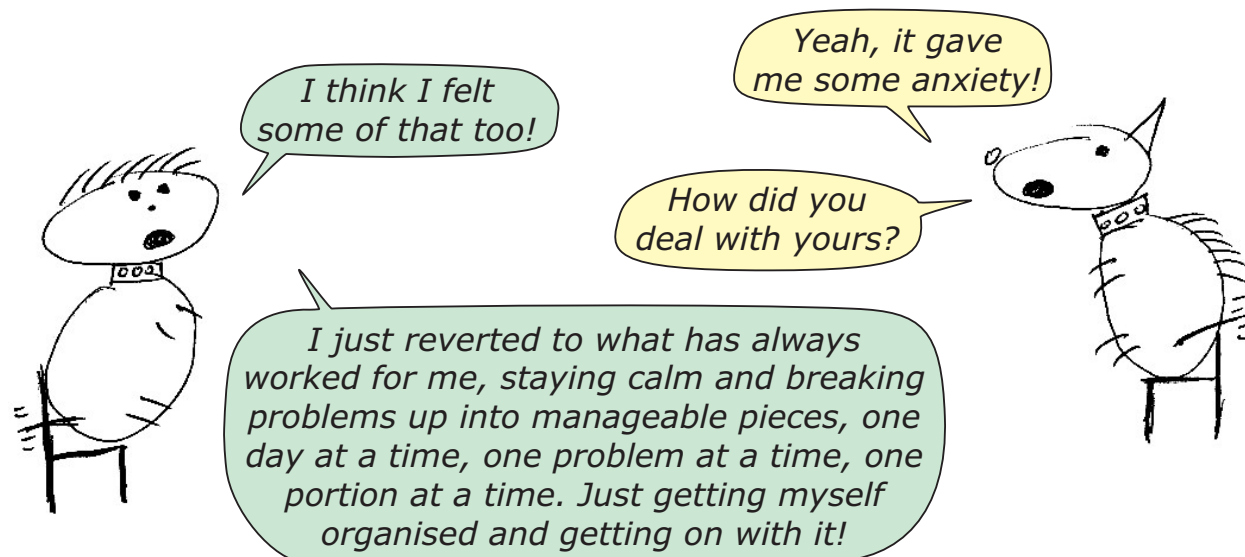
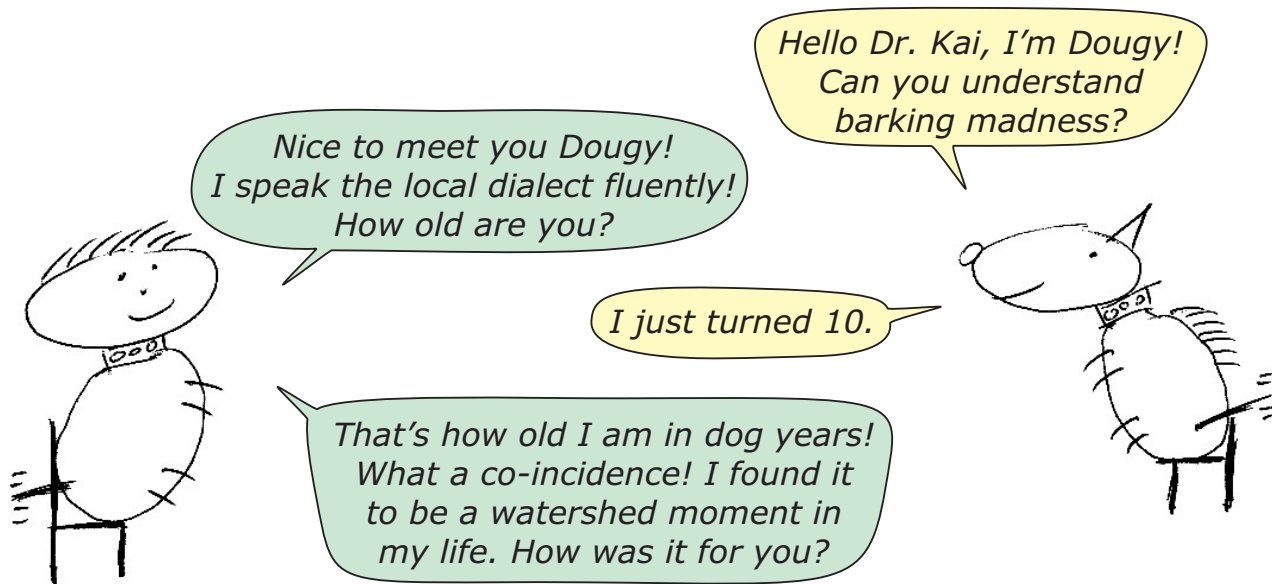
HOW TO RIDE A SLIPSTREAM

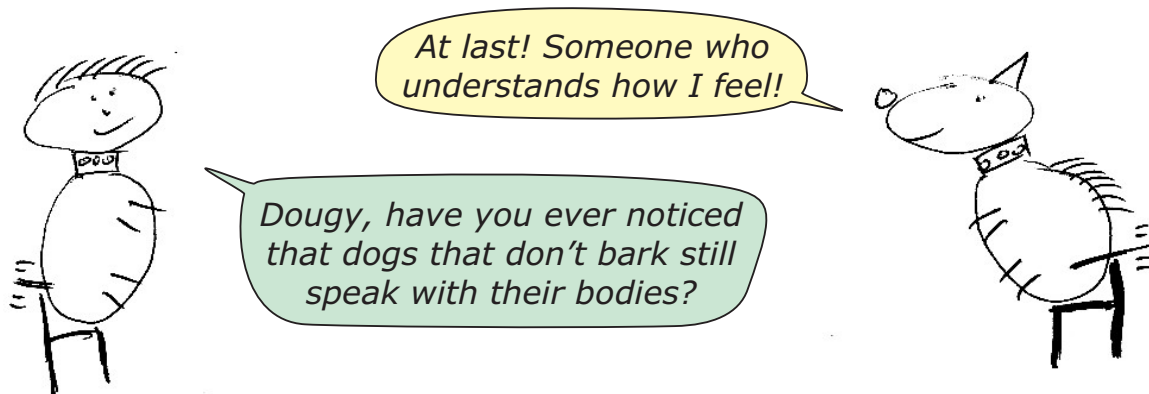
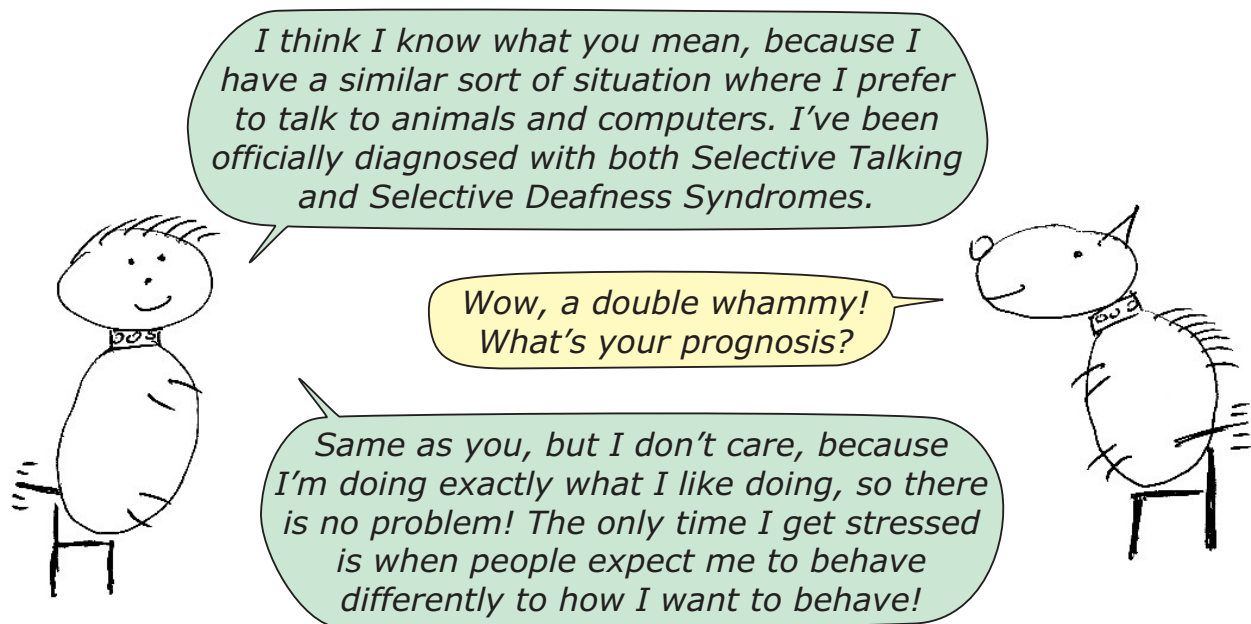
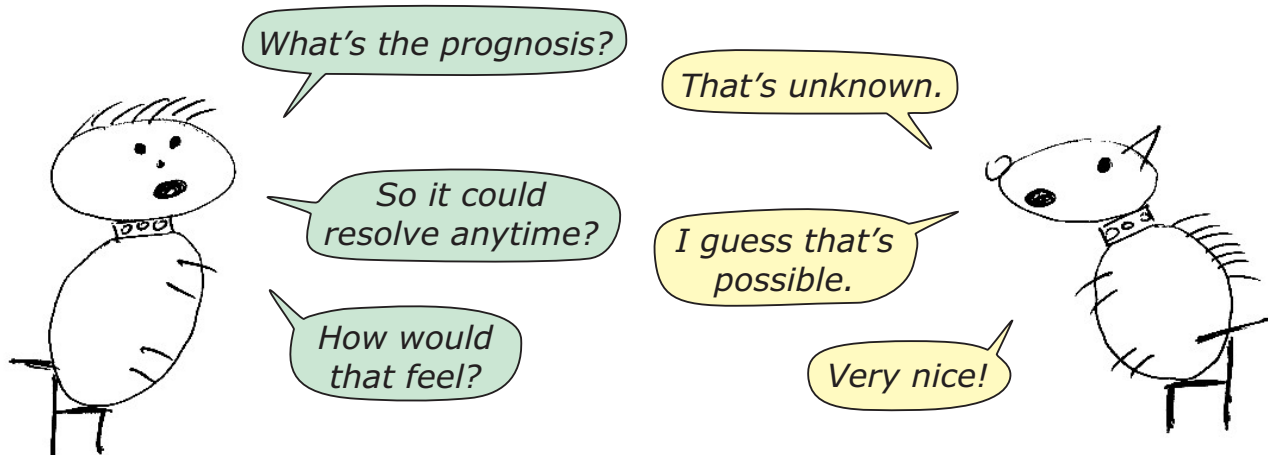
Validation can provide motivation to your destination



Accept the trust of those you trust

Empathy and acceptance from those who have time for you can be an important catalyst to help you to where you want to go







For example, instead of looking at you and saying "I'm not confident", they turn away or hide in a corner, or if they're happy they smile and jump up and down instead of barking. If you watch their faces and their bodies you can feel their emotions without any need for words.

How do dogs speak with their bodies?



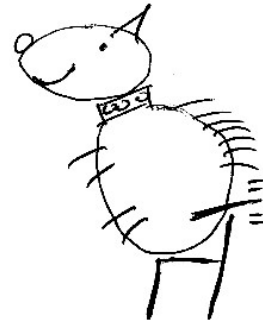
You're right, that's exactly what I do! Now I can learn a new language besides barking!

Do you like computer games?

Doesn't every 10 year old dog?

Why?

It makes me forget all about dog obedience school. I can do what I like instead of being told what to do!



And in front of your computer you can say whatever you want to say?



Woof to that!

That reminds me of a man I know who has Selective Swearing, only in front of his mates at the pub!



Is wearing football boots only when playing in a football team Selective Dressing?

I think so.



Have you noticed how mates and players in teams look out for each other and support each other?

What's the incentive?

I don't know, but it seems instinctual to help your friends. And when a team does it, the total is greater than the sum of the parts!

Do you like team bike racing?

How can that be?

I do.

Have you noticed how they use the energy of the slipstream to go fast with less effort? They take turns to share the load of pushing harder in the lead, then they share the savings as a team.

That's a beautiful thing!

I agree. Teams and supportive mates can help you relax and accept your strengths and limitations, and that can lower your stress and allow you to reach your full potential!

Do you know many supportive people?

That sounds good!

Mostly dogs.

Maybe you can get together and form a bike racing team?

Will that help my confidence?

I think so.

Do you think I'll ever get better?

You're 10 years old aren't you?

Where's my toolbox!

Don't you just hate it when your tools don't work properly... and you have to use your screwdriver as a chisel... and the missing spanner from the spanner set always seems to be the one you need... and your shifter is too small. You lent your other big shifter to one of your mates, but he never returned it... even though you asked three times, and now you can't even remember who it was... and you can't use your best pliers, because Jim next door is still using them, so now you have to use the old pliers... but where are they? And if that's not enough, now you've got to paint the front fence and trim the hedge and miss out on going to the footy... and you can't remember where the step ladder is! Now that never happened before you got married... you had time for doing everything you like doing, and you can't remember noticing anything going missing... well if it did go missing you didn't notice it was gone... all you know is, if you want your toy toolbox, its right where you left it...in the middle of the bedroom floor... anyway, if not, your mum will get it for you... that's right, between you and your mum, you know where everything is, and everything is fun...

Geoff Lucas... Duke to his footy mates, is a bit of a pacifist... his hero is legendary tough-guy John Wayne... the Duke... the irony of this wasn't lost on his footy mates when they gave him his nickname.

Geoff is married to Honey, his former childhood sweetheart, and besides being a librarian, she is a qualified accountant. Geoff impressed Honey when he told her he liked the way her figures stacked up. Geoff also reckons Honey is sweet... he figures it's a pretty silly name, but it suits her. Geoff doesn't say anything about that to Honey though, just in case she can't see the funny side of that idea! Geoff also thinks managing the household is a pretty silly and easy job... not useful and challenging like his job making custom mufflers. Making mufflers can be organized chaos, but Geoff is always a bit baffled when he gets home from work... the chaos is far better organized at home where Honey is in charge.

Now Geoff Lucas... Duke to his footy mates, and Jiffy to his wife, is a bit self conscious, impatient and proud to a fault... Geoff likes to spend his weekends working on his hotrod in the garage. The garage floor is strewn with half finished projects... with tools and rubbish everywhere.

One sunny Saturday Honey asks Geoff "Would you like to tidy up the garage before lunch or before a few other jobs I've got for you?"

Now Geoff Lucas... Duke to his footy mates, and Jiffy to his wife... is a pretty bright young man... there's no way Honey is going to trick him into doing a whole lot of jobs on top of tidying up the garage, just in return for putting things off until lunchtime... so he doesn't fall for it... "I want to do it now" he replies, and heads out to the garage. "Good idea", says Honey... "I suggest you start by tidying up all the tools before you throw out any rubbish". "Okay" says Geoff.

After an hour or so Geoff comes back inside "Hey Honey, I've put all the tools in a giant box and all the rubbish in the waste bin... the garage looks empty! There's only one problem... I can't find anything now." "I know you've got a sore elbow, but why don't you make a list of things you can manage to do about it? Then I'll have a look and we can negotiate about a few extra things I'd like done!" suggests Honey. "I think I'll put all the tools on painted boards like that show you told me about on TV... but who did I lend my electric saw to... it was my favourite, and I really miss it, and now it's gone forever!?!@*!?" Geoff grumbles to himself, and as Honey hands him a glass of fruit juice, he continues "That blunt handsaw is going to slow the job down by a few hours, not to mention severely aggravate my injured elbow! I could do it in seconds with the electric saw!" "You gave it to that pushy Butch a couple of years ago... he kept swearing and forgetting to return it, and now he thinks it's his!" says Honey. "Oh yeah", says Geoff "That's not fair, but I'm too scared to ask him now, in case he's offended" "I know his name is Butch, but he won't bite you if you just tell him how you're feeling... men are allowed to feel pain and admit it to their mates" says Honey, "Butch can understand your feelings the same as I can if you're strong enough to tell him! Why not give him a ring and invite him around for a working bee... it would be a chance to let off some steam talking about the footy and hotrods and maybe you can both see each other from a different perspective!"

Now Geoff Lucas... Duke to his footy mates, and Jiffy to his wife... is a pretty bright young man... and he knows a good idea when he hears it, so he responds "Wow, Honey that's genius... that accounting degree you did sure has come in handy... I'll give Butch a ring right now... but what'll I say when he wants to take my electric saw home again?!" "Tell him to buy his own one and if he's a good boy you'll let him off the hire fee he owes you!" replies Honey.

Geoff gives Butch a call "Can I borrow my electric saw?!" asks Geoff. Butch comes over and gives Geoff a hand, and Geoff tells Butch about his sore elbow. "Hey Duke, I know how you feel" says Butch, "I had the same problem myself... I found the best thing was to use the right tools and ease back in at your own pace... and don't let anyone push you around!" "Thanks for the advice, Butch, I'll be keeping the electric saw! I'll decide later how much I'll use it in the future when I see how my elbow pulls up after I've done this little job today" says Geoff.

Now it's great to be a pacifist... and proud... but you've got to admit it's pretty handy to have your dad around to hand you a baseball bat when there are monsters under your bed... and your mum says monsters disappear if you make them laugh, so a feather from your pillow to tickle them and a few good jokes she told you could come in handy as well... and now that you've grown up you need a more adult technique... like showing the monsters a mirror... because everyone knows that monsters have no reflection... so when they look in the mirror, they realize they don't exist, do they? And then they just disappear!

Have you ever noticed how everyone grows at their own pace... and some people with incredible latent talent improve slowly, but go farther... like the tortoise and the hare. And really talented people always seem to listen and hear everything when others speak to them... they make sure they communicate and hear the "who, what, when, where and why" of every statement very clearly before speaking and listening... they make no presumptions, and listen and speak patiently and respectfully, and are not too proud to express their feelings... and others seem to automatically treat them the same way... showing them what to do... feeding them information. Wouldn't it be great to be able to do that? If they can... maybe you can. When these really talented people were toddlers, I'll bet their mums gave them plenty of answers when they kept asking "why?"

The truth is you have an incredible amount of information stored in your brain... giving you the ability to negotiate any situation with calm and ease... and when you give that part of you more respect and recognition and responsibility... and work in unison with both yourself and others towards your common agreed goals... the combined effect will be pure genius!