

EMPOWERMENT

Live The Life You Love

Volume 1 Issue 3

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Special points of interest:

- With love, all things are possible.
- Success leaves its foot-prints all through history.
- Character DOES matter!
- Natural is always better.
- Happiness is the highest form of health.
- Live Love Laugh

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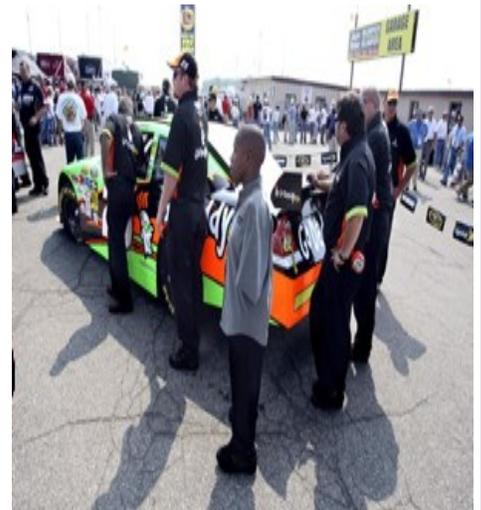
IN SPIRIT WITH RICHIE PARKER

In May 1983, Tracy and Lottie Parker were given one of their greatest blessings in life. A baby boy they proudly named, Richie Parker. They bravely listened in shock as the Doctor informed them that their son had been born with a non-genetic birth defect called "Bilateral Amelia" that left him without arms.

Having two loving, devoted, determined parents was definitely an advantage that Ritchie would need in order to succeed. "There were always things around the house that made it so that I didn't need to ask somebody else for help to do it and that was always important to me," he noted. "I had two parents that from day one tried to make it so that my life was as normal as possible. Whatever that is," he added.

"I always wanted to drive," said Richie. "I was told by a few different people well, 'if there's a bus in your area or if there are taxicabs, that is all you need to do. You should use that as your transportation'. But that just wasn't me," he said. When he was 15, Richie saw his dream car. It was a 1964 Chevy Impala SS and his parents convinced the driver to sell it. He still continues to drive that car today.

Eight years ago, Richie's drive and love for cars led him to apply for an internship at Hendrick Motorsports and a thoughtful decision by Hendrick Engineering Manager, Rex Stump, gave Richie the opportunity of a lifetime.



With 5 championships and 8 years of experience Richie is still employed with the company.

Watch the inspiring video on You tube to learn more about life story of Richie Parker, his family and his career.
<https://www.youtube.com/watch?v=qILDMDPCEY>

Are You Living Your Life List?

The Political body in Rome, declared an individual had to own property in order to be involved in the military. The philosophy of that idea was that those who had something to lose would fight harder and be less likely to retreat. For history enthusiasts, Rome is full of cultural and architectural structures that once housed the

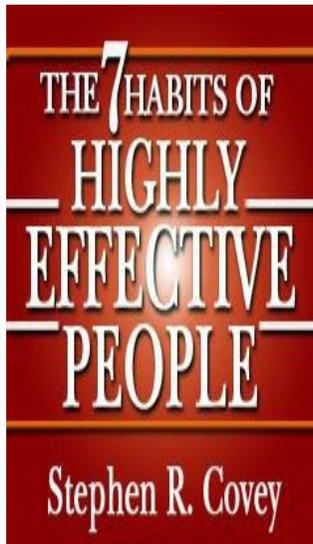
events and shaped the longest standing empire of a culture that thrived for 500 years. To date, no other conquering empire has stood as long as Rome which is just one of the many reasons that attract tourists and makes Rome such a fascinating life adventure.

www.Bucketlist.org

THE BUCKET LIST

TIME TO START LIVING





PERSONAL DEVELOPMENT “Are Your Skills And Knowledge Up to Speed?”

Some classics are still bestsellers today because their content is consistent with success. “[7 Habits Of Highly Effective People](#)” by Stephen R. Covey, is one of those books. In his research of success literature for the past 200 years he identified two ethics that form a solid foundation for the 7 habits to be built upon.

The **Character Ethic** is defined by the 6 pillars of character that uphold “personal principles of self-conduct” that that the majority of society

agrees are necessary for a functional life and world. The 6 pillars are: 1) Integrity 2) Fidelity 3) Courage 4) Compassion 5) Contribution 6) Responsibility/Justice.

The second is the **Personality Ethic** that didn’t start having much significance until the 1920’s. This ethic is image based. The focus is based on how one “appears to be” rather than who one “actually is.” Emphasis in this ethic focuses on looks, how you dress and present yourself to others.

While presentation has a certain place, if an individual is not grounded and have strong roots in character, they will have no power to endure any long term effectiveness.

The genuine authenticity and inner success that develops from Character Ethics has to come before outer success can be achieved. If people don’t trust you, they won’t stick around long enough to share their ideas, money or resources that you will need to grow and succeed.

*“Live so that
when your kids
think of
fairness, caring
and integrity
they think of
you”*

*H. Jackson Brown
Jr.*

RELATIONSHIPS “Are You Surrounded With Love & Joy?”

There is no question that the perception of stress is an individualistic experience. Nothing brings out our vulnerabilities and deepest fears like our intimate relationships with loved ones. When a problem or conflict arises how do you handle it? if you want to know the real truth, ask your children. Kids will be brutally honest when it comes to sharing their perspective of the adults around them. They will tell it

all, the good, bad the ugly and those little gems of wisdom will even pop out of their mouths at the most unexpected moments. It is completely natural that there will be moments when our performance in a stressful situation is less than perfect or be an exaggeration for the given circumstances. This becomes a problem when a coping style happens repeatedly and has developed into a negative habit. Children learn

what they live and model the same behaviors, both the good and the bad. Even though parents are not the only source of influence in their child’s life, parents do have a lot of influence in the home to give a child a solid foundation that can be built upon. Age appropriate discussions and fun activities that can be used as teaching examples are how children learn the best. <http://www.yrdsb.ca/Parents/Pages/>

PERSONAL GROWTH- “Are You Creative Giving & Spiritual?”

In order to be healthy mentally, emotionally and physically, you need to spend some alone time in quiet reflection.

Going within through prayer, meditation and quiet time alone allows you to shut down your fight or flight survival brain, gives the nervous system time to relax, heal and rejuvenate new energy and ideas.

Reading something that inspires your greatness or spending a

few minutes in the morning in this reflective state focusing on your goals gets your creativity flowing and starts your day off in the right state of mind.

Fellow Life Coach Hal Elrod, created a community of inspired, like-minded miracle makers and achievers who actively participate and share in a daily practice he calls T.M.M. (The Morning Miracle).

Hal practices the “pay it for-

ward” habit and created a free download of T.M.M. for you to print and follow.

It is full of great content and resources for affirmations, journaling, etc. I highly recommend you check it out at www.TheMorningMiracle.com.

Keeping a gratitude journal and writing at night before you go to sleep is an excellent way to end your day and let your mind relax from the daily problems



HEALTH- “Without Good Health Nothing Else Matters”

Bee pollen is one natural source that provides a complete protein, all 22 amino acids, 8 essential acids the body does not produce itself, a variety of vitamins and a wide variety of major minerals needed to reduce stress and a number of other common physical ailments. We are all given the same 24 hours of time every day. You do not “find extra time” to exercise and eat right you must make it a priority to schedule and plan it in to your daily habits and routine. Sometimes changing simple eating habits can go a long way to giving you the energy and vitality you need

to keep up with busy schedules and active living.

Bee pollen is a granular form that can easily be incorporated in to other foods such as cereals, baking, etc. it gives a huge boost to the energy system on all levels, mental, emotional and physical. This balanced flow of energy allows faster healing, less stress that cause illness and increases productivity.



Local supplier of all natural Bee pollen and honey products
<http://www.dickeybeehoney.com>

WEALTH & PROSPERITY “Get Yourself Off The Clearnace Rack”

Wealth is the abundance of valuable resources or valuable material possessions. There seems to be a lot of misunderstanding about what it takes to be successful in this area of life. Basically, whatever thoughts, emotions and actions you have adapted to, until now, have become your habits and they have produced the result or level you are currently achieving. The only difference between you and someone who makes more money is they

have adapted to a different set of habits. They simply work in a different way that produces a better result.

What are your “lazy assets” that are not being utilized to their full potential? These are the skills, talents, knowledge and network of other people’s resources that are sitting idle inside of you right now, not being utilized. Wealthy people utilize all their resources and find more creative ways to be

of service to a greater number of customers

Without a purpose there would be no reason to take action. Why do you want more money and prosperity?

Nightingale Conant has an excellent free resource for defining your personal mission statement that will fuel your goals, dreams and life achievements.
<http://hg.nightingale.com/personal-mission-statement/>

“Get off your butts and start utilizing your lazy assets.”

Laura Langemeier

Live Out Loud

HAPPINESS- “Enjoy All The Parts Of The Journey And Be Whole”

“When life becomes too complicated and we feel overwhelmed, it’s often useful just to stand back and remind ourselves of our overall purpose, our overall goal. When faced with a feeling of stagnation and confusion, it may be helpful to take an hour, an afternoon, or even several days to simply reflect on what it is that will truly bring us happiness, and then reset our priorities on the basis of that. This can put our life back in proper context, allow a fresh

perspective, and enable us to see which direction to take.”

— [Dalai Lama XIV, The Art of Happiness: A Handbook for Living](#)

HAPPINESS
IS THE
HIGHEST
FORM
OF
HEALTH.

~Dalai Lama



JOANNE PUGH
PERSONAL
EMPOWERMENT
MASTER LIFE
COACH

JACKSON'S POINT
ON CAN
LOE ILO

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ON THE WEB!

www.essenceforabundance.com

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view_as=public](https://www.youtube.com/channel/UCSfxqzif08HIE1eYWL82hGQ?view_as=public)

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ESSENCE FOR
ABUNDANCE

"There is no such thing as failure there is only feedback"

BOOKING APPOINTMENTS NOW

Essence For Abundance: Life Coaching (private sessions)

N.L.P. (private sessions)

Reiki Treatments

Spirit Of The Wild: Hypnosis (private sessions & CD's available)

Reflexology/Massage (private sessions)

<http://www.spiritofthewild.ca>

ANNOUNCEMENTS

Essence For Abundance:

- ◆ **New product now available!** Homemade natural liquid soap, Omega 3 Hemp Glycerin soap/body wash/lotions and aromatherapy products. <https://www.facebook.com/essenceforabundance>
- ◆ Congratulations Joanne and Team SYS "Friends of Maddi" for completing the 5k Run for Cancer Recovery. [http://www.essenceforabundance.com/
empowerment-blog/may-09th-2015](http://www.essenceforabundance.com/empowerment-blog/may-09th-2015)

Love Project:

- ◆ Congratulations Facilitator Karen Cowderoy for being accepted to the York Region Arts Council Art Preneur Program, sponsored by Susan Smoke.
- ◆ Congratulations for winning the 2015 "Character Matters" Award
- ◆ Youth Art Business Challenge (6 weeks to PAN AM Games)
- ◆ Youth Design Challenge and Fashion Design (6 weeks until the Bindigen fashion show at the Georgina Art Center)

UPCOMING EVENTS

- ◆ Women and Art every Thursday morning at the Georgina Art Gallery
For more information about Love Project youth or adult events contact Karen www.Loveproject.ca
- ◆ Friday May 22 CN Tower EdgeWalk (Joanne Pugh is doing it!) Watch for blog posts.