

THE "CALM - COLUMN"

By: Ed Kenney  
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In last week's column I gave you a technique to become a better "you". Perhaps you had difficulties visualizing yourself as you are today. In order to improve your present "self" you must be able to see yourself as you really are.

An effective method is to take just thirty seconds each morning and look at yourself in the bathroom mirror. NOW - really look and see each small part of your physical makeup, that is: eyes, nose, ears, hair, mouth, throat, neck, chin, forehead, etc. etc...

Most of you will be amazed at the discovery of how you really look. Yet, all of these years you never took the time to truly notice yourself. YOU ARE IMPORTANT! Practice this daily until it becomes a habit for you. I do this as many as three-four times per day and now I am able to see my level of "calmness" simply by looking at my reflection in the mirror.

I would like to point out that this "calmness" level is constantly changing within each of us.

The benefits of this procedure are many! - Once you can see yourself and better understand what you are outwardly, then your inner self-development will be enhanced greatly.

In addition to this is the fact that one of the best ways to understand other people is to FIRST - understand and know your "self".

When each of us as individuals are able to improve our own lifestyles the positive effect on others is tremendous. You will notice these effects by listening to what people say to you. Comments

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such as ... "Gee you look happy today...", or "What are you all smiles about ..." etc.

Hearing this will further heighten your "self" improvement. Now, you can feel a "snowball" effect occurring. There is no greater reward in life than that of being happy and also having others acknowledge this happiness with you.

I have shared with you a very simple technique. Even if you do not believe me - TRY IT for a few days - It costs nothing! - Yet it could be of great value to you.

Psychologists and sociologists have repeatedly reported that one happy person within a group of unhappy people will have more effect on the others than any other person in that group.

May we all be that happy person, through our own "self-development."

Happy to be, In Life to Live,  
Ed Kenney.

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