

OVERCOME STRESS OR CONTINUE TO SUFFER

THOUGHT
TERRORIST
ALERT!

BY
CHARLIE SHOTEN
AUTHOR OF
NO-LIMIT LIFE



NEW YEAR GOAL – TO BE OR NOT TO BE

Be clear about **NEW-YEAR** goals so you can get where you want to go and attract what you want.

Wouldn't it be silly to set goals or refer to a map and take a journey if you didn't recognize you're already where you want to be and have exactly what you want to have, right here, right now?

Wherever you are will always be the perfect starting place and final destination at exactly the right time. If I were not here, from where would I start, and what could I accomplish?

Look in the mirror and see clearly the person looking back. Don't scrutinize or judge whom you see any more; just accept and love him/her with all **YOUR** flaws.

If you've ever offended anyone, especially yourself, now is the right time and you are at the right place to say, "I'm sorry, please forgive me."

Now you can relax, smile, and say, "Hello, I am happy to be here."

A Happy Healthy New-Year to you and yours,

I am sorry; please forgive me.

Sincerely,

Charlie Shoten

If I am not who I believe myself to be, can you introduce me to who I really am?



I will find out when you are available, then give you a call and set up an appointment.

Self-love my liege, is not so vile a sin as self-neglecting.

William Shakespeare

Treat yourself kindly Look after yourself and care for yourself.

*Charlie Shoten
(2nd Commitment)*

Becoming who I really am and living in the present sounds nice. What's the catch.



Your doubts and fears.



We must not cease from exploring and the end of all our exploring will be to arrive where we began for the first time.

T.S. Elliot

NOTE: Overcome Stress or Continue to Suffer is dedicated to the memory of Louis E. DeRosis, MD, my psychiatrist. His friendship, non-judgmental influence and inspiration made writing this book possible.

OVERCOME STRESS or CONTINUE TO SUFFER: INTRODUCTION

Stress fascinates me because it can be a living nightmare at worst or just a bad feeling that torments us and never seems to go away. Stress is caused by thoughts implanted in our minds by upbringing, mass media, education, peer pressure and other influences we experience growing up. Other stressful feelings are caused by thoughts we create in response to neglect, abuse or crime. I call thoughts that cause stress Toxic Thoughts, Thought Terrorists, Mental Debris, and throughout this book (TT) for short.

Feelings of anger, resentment, doubts, and fears caused global wars and individuals to suffer from the beginning of time. TT loses their power to cause stress when we don't believe them anymore. Meditation, truth and laughter are the most powerful antidotes I have found to expose TT for the paper tigers they are. When we identify, focus on, and question TT, we discover they are false, silly, and ridiculous, and we laugh at ourselves for ever believing them. Ego that forces us to defend our TT can't handle the truth, laughter or ridicule, and is disabled.

Stress controlled, ran, and ruined my life well into my 60's. I looked to distractions, addictions, and prescriptions to find relief, and made enormous efforts to obtain medals, titles, fame and fortune attempting to overcome stress, but the more I accomplished, the worse I felt. Suffering from stress, learning all about stress, and creating and using strategies to overcome stress, are my credentials as an author and teacher about stress.

OVERCOME STRESS or CONTINUE TO SUFFER is everything I learned from my battles to overcome my stressful feelings. Put up with stress and it will sabotage your efforts, torture and kill you. All my problems began and ended in my mind. My mind is where I look for and find relief from stress.

Up to 2003, I was an average to poor poker player and handball player, mostly due to emotional stress. Then, in 2003, I ranked in the top ten on the World Tournament Poker Tour with 19 final tables, 4 wins and 4 seconds.

In October 2010, I reached the handball singles finals in the four-day three-wall outdoor World Championship Racketball/Handball Tournament at the Stratosphere Hotel in Las Vegas, and I couldn't complete the match due to a hamstring injury. A mind clear of stress works wonders in sports, business, relationships and everything else. Stress keeps us from reaching our goals. I offer tangible suggestion in this book that are tools, concepts and strategies to overcome the cause of stress, your thought terrorists, toxic thoughts, and the mental debris in your mind.

No words will magically tell you how to stop stress cold, correct your thinking, stop compulsive reactions, and addictions cold, and raise the quality of your life a level or two. It takes motivation, dedication, tenacity, effort and practice. It helps to know what you are up against and have a road map to get there.

I've gotten used to stress and depression, I won't know myself.



It is a big risk, your life may be very different.

Our remedies oft in ourselves do lie.

William Shakespeare

Now we know where to look.

Charlie Shoten

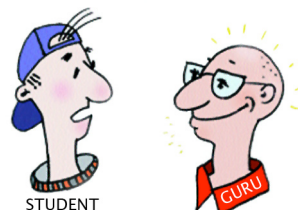
I went down many roads to find relief from stress so I could feel better and accomplish what I wanted. I overcome stress when I identify, question, and laugh at my toxic thoughts that caused it. Writing about stress in *No-Limit Life* and especially editing the book was a great learning experience.

Many self-help practitioners use the concepts and strategies I use and promote. Thousands of people all over the world are benefiting from these same concepts and strategies. Identifying and questioning toxic thoughts eliminates stress. Look into Byron Katie and her web-site; The Work, Mabel Katz and HO'OPONOPONO, Elia Wise's book; *Letter To Earth*, Roy Master's; The Foundation of Human Understanding, Michael Ryce's book; *Why Is This Happening to Me Again and What You Can Do About It*, and of course the works of William Shakespeare, perhaps the greatest mind ever to look into and describe the nature of the mind. These are six of my best and most effective sources of the concepts and strategies I use to overcome stress.

OVERCOME STRESS or CONTINUE TO SUFFER is short, easy to read, and enjoyable. Young and old, educated or not, people enjoy, appreciate, relate to, understand, and benefit from concepts and strategies they find in this E-Book. Cartoons put a funny twist on stress and Shakespeare's quotes help to think about, confirm, and clarify the Information in it.

When we are abused or neglected, feelings of anger, hate, shame, fear, vindictiveness, resignation, resentment, jealousy, despair, hopelessness, anxiety, or depression can overwhelm us. Blaming others for our stressful feelings in an effort to get relief costs us a high price if we do it. Thoughts of revenge or feelings of hate and anger devastate us. You need to get out of that loop. Recognize that you are the only one being hurt by your stressful feelings like anger or hate. Find a way to stop feeling them.

I make so much money that I must be o'k'.
I can go anywhere and do anything I want.
What can your book offer me?



Brevity is the soul of wit.

William Shakespeare

Less is more where wit is concerned as becoming less of what you are not is more where you are concerned.

Charlie Shoten

Can I torture my TT before I let go of them?



STUDENT



No. The ACLU will sue you for all your money.

Thoughts of getting even empower us to strike back at the person who hurt us in an attempt to relieve ourselves of painful feelings. If the sources of our TT were relatives or close friends, the hurt is magnified. When we feel hopeless or unable to strike back, our feelings put us under tremendous stress which like cancer, grows in strength each day. This has a negative effect on every new experience, limits our creativity, and blocks the achievement of the hopes, dreams, and desires deep within us.

If I become less of what I am not, will I become more of what I am?



STUDENT



Yes, you are already all of who you are. Your toxic thoughts will lose their power to make you suffer.

If you identify, question and laugh at your toxic thoughts, you will enjoy being wherever you are.

Look for, find, and name your stressful feelings. Then look behind your stressful feelings and find the TT that causes them. TT, are paper tigers that live in your mind. They lose their power to make you suffer when you don't believe them anymore. Systematically identify and study TT and hopefully you will realize they make no sense, are silly and ridiculous. When you laugh at TT, they lose their power over you because ego is disabled by truth and laughter and can't force you to defend TT anymore. Ego can't handle ridicule.

The roadmap I developed and follow, has given me a more peaceful life in my later years. You won't need to buy expensive tools, take costly courses, or adapt a new ideology to start walking the steps in my roadmap. Then, the stress you feel will fade away because you don't believe your TT anymore.

Such bugs and goblins in my life.

William Shakespeare

Now you know what to do with them, Bill. Identify, Question and get rid of them.

Charlie Shoten

My memories, ideas, thoughts and beliefs make me who and what I am.
How can I give them up?



Choose the ones that cause stress and sell them to some fool who finds them valuable, will care for them and pay you a big price for them.

Fiend, Most credulous fool, egregious, murderer, thief, any thing that's due to all the villains past, in being to come.

William Shakespeare

Well Said.

Charlie Shoten

My goal is to make lots of money.
Why should I read your book?



Because you are broke and in debt.

BOOK REVIEW

The new book by Charles Shoten deserves to become a **CLASSIC**. Its simple, clear principles apply to anyone motivated to succeed. Negative self-talk may stand in the way of success more than any other single obstacle for many people. The Shoten “Ten Commitments” provide a method for intensely focusing the attention on the present with a clear, compassionate mind while putting aside all doubts and fears.

Insecure people preoccupied with past and potential future failures and disappointments can take new heart with the Ten Commitments. Thought Terrorist (TT) became the identifiable enemy that the Ten Commitment technique helps to destroy forever. This framework coaches the reader in the unquestionable value of having a joyous mindset.

A whole new outlook can result by systematically identifying and destroying the insidious negative thinking of a lifetime of poor self-esteem. Gratefully enjoying the new, liberated frame of mind may have a ripple effect on others.

A wonderful potential exists, the book tells us, for the community to embrace these concepts and communicate them to other's through the increasingly popular new technologies available today.

The principles deserve study and practice. The admirably short length of the book will encourage the potential reader. The concepts described seem reminiscent of Steven Covey's *The Seven Habits of Highly Effective People*, as well as the meditative notion of mindfulness with focus on the positive present existence.

The classic “thought-stopping” technique developed by Albert Ellis, Ph.D., one of the fathers of cognitive-behavioral therapy, has similarities to the Shoten method of stopping the Thought Terrorists. A simple but effective intervention, the thought stopping technique involves putting a rubber band around the wrist and snapping it against the skin while emphatically thinking “STOP!” to get rid of distressing thoughts. This might help those suffering from intrusive thoughts of disappointments to bridge the gap until mastering the Ten Commitments.

The thorough reader will come out a winner.

Karen L. Cruvey, M.D.

Adult, Adolescent, and Child-Psychiatry/Psychotherapy.

Court Ordered Assessments and Independent Medical Evaluations.

When you reach for the stars, you may not quite get one, but you won't come up with a handful of mud either.

Leo Burnet

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THE THOUGHT TERRORIST WITHIN

When in college, I would ask myself the question, “What’s bothering you, Charlie?” And I would answer, “I’m more of what I am not than what I am.” I have thought about this for many years. I finally understand that answer. I had been spinning my wheels in many directions away from being who I really was.

Becoming less of what I am not, from moment to moment, I become more of what I am. This feels like hitting the lottery because it is so liberating. Each distraction (TT) contributes to what I am not. Believing who you are not is an unending nightmare until you shred those (TT) from your mind. Then, you will take back control of your mind and the real you will show up and keep showing up.

With each disappointment, TT, become a larger internal fascist force. When you suffer from disappointments, focus on your thoughts associated with being disappointed. Write them down and question them. If you find they are false, silly and ridiculous, you will laugh at yourself for ever believing them, and you won’t be disappointed anymore. Be less of what you are not (TT), so you can be more of whom you are. Find out what is going on in your mind that’s in your way of accomplishing your goals. With that knowledge, nothing will hold you back. You will get what you want and go where you want to go.

Wake up to the damage TT do to you, and you will be motivated to do whatever it takes to get rid of them. Gladly say good riddance to each stressful feeling, but always remember to watch for the next one to show up. Identify and question the TT that causes each stressful feeling. Start this process, and it will run like a 24/7 engine, cleaning, and freeing your mind of TT every time any stressful feeling shows up.

Our minds are continually bombarded by streams of negative chatter from the past. Experience your stressful feelings, focus on them, and look for the TT that causes them to show up. As soon as they appear, **WRITE THEM DOWN AND QUESTION THEM!** Our minds are already cluttered with more debris than we could ever imagine. The different ways we learn to deal with stress may temporarily give us relief, but stressful feelings will come back and continue to make us suffer until we don’t believe our TT anymore.

This above all. To thy own self be true.

William Shakespeare

Don’t deceive yourself.

Charlie Shoten

How long will it take to be
free of my TT?



As soon as you focus on any stressful feeling, identify and question the TT that cause it, and laugh at them.

Less ego, less demands, less lies, less resentments, less jealousy, and less 'BS' means better days ahead to look forward to. Being present and not distracted by TT is the ultimate blessing. Experience everything you feel. Feelings are real. Ignoring them is the worst thing you can do if you want to stop suffering from the stressful ones. What would living be like without our feelings? There would be no living! Distractions keep us from getting to the root of, and experiencing our feelings. All I ever really wanted was to feel better. Ignoring what you feel is like ignoring a road detour and driving off a cliff. Pay attention to all your feelings, good or bad. Feelings are an incredible blessing. Enjoy every feeling. They are precious.

PRESENT is the most intriguing word in the English language. Do you love to receive a present? Can you participate in any activity without being present? Where are you if you are not present? Obviously you are not where you can accomplish anything worthwhile.

OVERCOME STRESS or CONTINUE TO SUFFER

1. Stop **TRYING** to do or be anything. Just do or be.
2. Believe and rely on your natural forces like those that regulate breathing and blood pressure. Identifying and questioning toxic thoughts will free you from them.
3. Distractions make you lose focus that can block out your ability to make an unbiased choice.
4. Don't be attached to or controlled by any ideas or beliefs. With a clear and open mind, we are a ship whose course we can choose and change.
5. The more open and available (present) we are to the data coming in, the freer we are to consider the most choices possible, and the more successful we will be.
6. Consider the leader of the wolf pack. His presence is dominant and is felt by the other wolves. Anyone who can project that dominance gains a huge edge in accomplishing their goals.

(You) vicious mole of nature!
William Shakespeare

Toxic thoughts take heed. We are onto you.
Charlie Shoten

My brother in law's TT are awful, what should I advise my sister?



O'K, I will go for it. Now will you leave me alone?



Yes. i will, but only so you have something to be grateful for.

Wait until he stops beating her, tie him up, and drop him in the nearest river.

Love sought is good, but given unsought is better.
William Shakespeare

The beauty of love given is the experience of love returned.
Charlie Shoten

IS LOVE A FEELING?

Imagine the power required to fertilize an egg. Only **LOVE** could have that much power. **LOVE** creates life. **LOVE** is life.

Searching for **LOVE** had always been my prime motivation. Unfortunately, I was looking in all the wrong places.

Is **LOVE** a feeling? “To be or not to be?” once said, will never go away. “To be or not to be **LOVE**?” seems more appropriate. Thanks again to William Shakespeare for the hint.

Anger, doubts and fears are stressful feelings. While we experience those feelings, **LOVE** is missing, or hidden. Thoughts cause feelings. Anger may be caused by the thought “You have hurt me”, doubts by “I am not competent” and fear by “I am not strong enough”.

What are the thoughts that cause **LOVE**? There are none I can come up with. The absence of TT allows **LOVE** to be experienced and expressed.

LOVE, is our very essence, all that we are and what we are always searching for. We don't need to search very far. Just look in the mirror.

We are **LOVE**. We know it, bask in it, and relish in it. **LOVE** can only be shared and experienced, never described. I have spent my entire life searching to discover who I am, and why I am, not realizing that my stressful feelings TT where all that were in my way of finding **LOVE**.

I needed to focus on my stressful feelings and question my thoughts that caused them to get rid of them to find **LOVE**. **LOVE** was always there, waiting to be experienced. Stressful feelings were the last place I dared go.

I tried to get rid of stressful feelings by distracting myself from them, but they always came back. Now my stressful feelings are the first place I go. Stressfull feelings are caused by TT living in my mind, where all my ghosts and monsters hide.

And please, whatever you do, always come from **LOVE**. **LOVE** is our endowment, starting place, and final destination. It's the one thing government can never take away.

“Feeling gratitude and not expressing it, is like wrapping a present and not giving it”

William Arthur Ward.

HARD TO DO AND TRYING

Have you spotted in your mind the TT 'Hard to Do' and 'Trying?' You may have been harboring them your whole life and have taking them for granted. You believed them to be constructive work ethics and probably never thought they could be holding you back until I just brought them up. You may never have considered the possibility they do more harm than good. If you are trying, it is harder to accomplish anything because if you are trying to make an effort to do something, you have doubts you know how to do it. No one is perfect, so all efforts are simply what you are doing. Leave out the unnecessary doubt. You are stuck on worrying about outcome if you are trying. Instead of worrying, look forward to, accept and benefit from every outcome. Watch very young children playing. They just DO everything.

The mindset hard to do, may mean you either have not been interested in, or, because of that mindset, have not studied and practiced that subject before. I don't know if I can or if my efforts will be good enough are the thoughts behind trying. Imagine what your life would be like if hard to do and trying were not your mind-set? The first step and most important thing to be aware of, is how these two mind-sets limit, sabotage, and affect your efforts. If you are doing and not trying to do, all future actions will be with a mind clear of doubts.

Because you are not attached to outcome anymore, you will be happy and at peace with your efforts and will accept and find value in every outcome. These are subtle points to grasp even though obvious when pointed out. Few ever notice them or consider their effect so they can stop routinely doing them. Sometimes it's the little things we can gain the most from, but only if we pay attention to them.

I try so hard to say goodbye to HARD TO DO & TRYING, but they never say goodbye to me.



STUDENT



Don't you see what you are saying?

Can you think of anything, other than love that is more powerful than thoughts? Physical feats people are able to perform under hypnosis are only possible because of the thoughts the hypnotist puts into their mind. When thoughts match what is really going on they empower us. When they don't, they are arguing with reality and we suffer. What we perceive about ourselves, others, past, present, and in future situations, determines outcome. We manifest what we think about.

One may smile. And smile and still be a villain.
William Shakespeare

A radiant contagious smile cannot belong to any villain, just your ordinary smile.
Charlie Shoten

What have I been doing wrong all my life?



STUDENT



You have been yearning for something and then trying to get it. Please don't try to let go of trying.

You have convinced me. I will TRY to follow your advice.



STUDENT



@#\$\$%^&* Thank you. You have brought up a treasure trove of TT for me to get rid of.

ARGUING WITH REALITY

Never argue with reality. It is an argument you can never win and it guarantees suffering. An open mind welcomes and accepts all outcomes. Treat outcome as a valuable learning opportunity. You might even find that your biggest disappointments enabled you to achieve your biggest successes. It's called experience. Take advantage of experience or you will keep arguing with what is, every time you don't like any outcome and you will miss out on valuable opportunities. Start from where you are and not where you wish you were. Accept every outcome unconditionally, and you won't be disappointed anymore.

Worrisome thoughts about ourselves, others and even physical health cause stress which is always an obstacle holding us back from accomplishing our goals. The way we think determines to a large degree, the pain or joy we experience. If the phone rings and you are distracted for a moment, you forget about the pain you feel in that moment. Prove it to yourself. Write down a few worrisome thoughts that come to mind on any subject that has been bothering you. Then, concentrate on the feeling those thoughts cause, and let your imagination help you uncover more of the TT that are causing it.

Ask yourself. "How do I feel and what can I accomplish when I believe those TT? You will not feel very good. "How will I feel when I don't believe those TT anymore", and I laugh at myself for ever believing them? You will feel fine. Case closed.

I hope these insights motivate you to challenge your thinking. Look in your mind for those thoughts associated with stressful feelings and question them. Instead of dreading and doing everything you can so you don't experience stressful feelings, welcome them as an opportunity to identify the TT that cause them. With that information, you are on your way to getting rid of them. Distractions keep you from resolving crucial stress issues.

Take a fascinating journey into your mind by going where Angels fear to tread. Face and experience fully each stressful feeling. Stop doing whatever you had been doing to avoid feeling it. Focus and meditate on it. Bad feelings are your best scouts to identify the TT behind bad feelings. When you stop believing TT, you won't suffer anymore. Take this simple mind-clearing process as deeply into your mind as you are motivated to take it. The deeper you go, the more you know, the greater your freedom, and the less you suffer. Meditating is essential. Learn to meditate and set aside time meditating.

It's simple, but it takes effort. Instead of blindly believing every thought as soon as it comes up, write it down and question it if it is connected to a stressful feeling. See it vanish from your mind and feel your freedom grow. You will emerge as the strong and beautiful person you are. Your main obstacles are your fragile ego, security blanket of false self esteem, and being more of whom you are **NOT** than whom you **ARE**.

It never occurred to me that TT are controlling me.



It never occurred to you that you could do something about them either.

There is no good or bad but that our thinking makes it so.
William Shakespeare

Our thinking must stop judging everything. What is, is so.
Charlie Shoten

When I realized toxic thoughts were implanted in me, I said to myself, “Why can’t I implant the most constructive thoughts we all know, into my mind, to fight the TT already there?” I wrote my Ten Commitments. It took me a long time to cement them into my mind, but now they work 24/7. They have become a strong prayer repeated constantly, clearing my mind and comforting me, even while I sleep.

TEN COMMITMENTS

1. My attitude is gratitude.
2. I focus on my inner self, look after it, and care for it.
3. I notice any stressful feeling and look for the toxic thoughts causing it to show up.
4. I ask for and pray for my intentions fueled with unconditional love to help me identify and question my toxic thoughts.
5. I believe and trust in myself.
6. I am calm, confident and clear, and wait for my best choice to appear after considering all my choices and the consequences of each.
7. I am not attached to outcome.
8. I humbly forgive anyone who knowingly or unknowingly neglected or abused me, as I humbly ask for forgiveness from anyone that I knowingly or unknowingly neglected or abused.
9. I notice the next, and the next, and the next stressful feeling to appear and repeat commitments 1-9
10. I maintain my attitude of gratitude.

Repeat the ten commitments until they are memorized. They are powerful healing forces that can take a long time to kick-in before they are working 24/7. They sooth, comfort me, and I always use their powerful healing forces in my battles with stress. ‘Though I walk through the valley of the shadow of stress, I shall fear no evil, for thou art with me. My rod and my staff (Ten Commitments) comfort me.’

The USA has always been the shining light in the world for the pursuit of freedom, opportunity, and happiness, and is a fighter against despotism. It is what we stand for and what we always supported other nations to aspire to. Thanks Patrick Henry for “Give me Liberty or give me Death.” I am committed. First, I go for freedom from my TT. Then, liberty from my external enemies comes more easily.

Kindness, nobler ever than revenge.

William Shakespeare

Revenge smells sweet so it can destroy you.
Kindness needs no such smell.

Charlie Shoten

My TT are loyal to me. They keep assuring me that I am God. How can I kill them?

With the TEN COMMITMENTS.



MINDSETS

We probably agree that it is desirable to:

1. Be, who we really are.
2. Become present in each new moment, with a clean slate.
3. Focus throughout each endeavor.
4. Be, calm, confident and clear.
5. Wait for our best choice to appear and act decisively on it.
6. Have a joyous mindset.
7. Learn from our experiences and not repeat our mistakes.
8. Laugh at our ego so it can't sabotage our lives.
9. Trust and believe in ourselves.
10. Allow our instincts to guide us.

You talk so crazy, about TT, becoming more or less. Why did I read your book? I'm so confused.



STUDENT

So am I!



GURU

When you say "Become less of what you are "NOT", what do you really mean?



STUDENT



GURU

Repeat my fourth commitment, walk the walk and do the work.

I could go on and on, and make the case for all the important mindsets of happy people. Self-help books sell the benefits of these wonderful traits. They give us years of information, tools to buy to help us get where we think we want to go, enthusiasm, and positive thinking. They try to convince us that we can accomplish whatever we want. We are left with a very constructive vision, and feel motivated to move forward, knowing that we want to live by all of these traits. This is a very good thing. If I cast doubts on it, I risk arguing with the whole world.

What are the qualifications to become a member of your TT Hunters Group?



STUDENT



GURU

Your Birth Certificate and BarMitzvah pictures.

Man will occasionally stumble over the truth, but manages to pick himself up, walk over or around it, and carry on.

Winston Churchill

Why not accept and embrace the truth even if it seems to destroy you, You won't stumble and need to be picked up.

Charlie Shoten

I do not have any ideology to sell. I simply wish to point out that the most important thing left out of self-help books is a very simple **HOW** to let go. While we work feverishly to be all of the things and have all of the traits we want to acquire, we are being diverted from our more important course of action, to be **LESS OF WHAT WE ARE NOT**. We need to get rid of the obstacles TT (negative chatter) in our minds. Then, there will be nothing in our way, and our passions will propel us to reach our goals.

Before we can build anything, we need to clear any debris to have a clean foundation to build on. This is true for every structure. A sculptor starts with a block of marble and removes the parts that conceal a Venus De Milo. The Venus was already there – inside that block of marble waiting to be set free! Each of us is that Venus De Milo, waiting to be set free to become all of whom we are. This is good news. We are already all of what we are or could ever hope to be. Just identify and question the alien extraneous parts of ourselves, TT, so they can't sabotage us anymore. We now know what they are, what they do to us, how they do it, that our ego defends them, and where they are hiding. Like a sculpture, we can remove our extraneous thoughts, TT, and emerge as the loving person we are.

Have you ever considered the role doubts and fears, anger and resentments, or other forms of stress play in your life? Freedom from stress is a priceless gift. I have always yearned for those lost opportunities I never could take advantage of because of stress. These are the greatest losses of all because the universe continually offers us unlimited gifts in unimaginable ways. There are dimensions the caterpillar could never experience if it didn't transform into a butterfly. There is so much more than what we can see, feel, or touch.

To grow, be willing to let your present be totally unlike your past. Your history is not your destiny.

Allen Cohen

To grow or not to grow, that is the question.

Charlie Shoten


SELF - ESTEEM

“Until you free yourself to trust your own inner direction, your experience will be limited by your beliefs.” Once you are liberated to follow your own inner direction, your experience will shape your beliefs. From *Letter to Earth; Who We Are Becoming, What We Need To Know* by Elia Wise.


Hopefully, the information in my book touches a chord in you and makes sense. You may have a lifetime of experiences that have convinced you that most efforts to liberate yourself from negative thoughts didn't work and only brought you more havoc. Your self-esteem and self-image may be too dear for you to rock the boat. You may have come to terms with your life as it is, especially, if you are successful and have money and status in your community.

Are you making the lives of those around you miserable? Consider that you might be. Just ask them and they may tell you. If you are, stop doing whatever they tell you it is that upsets them, if it seems reasonable. You may open a whole new hornet's nest of TT to rid yourself of. They will thank you and your relationship with those who do tell you what you do that bothers them, will get much better.

Sometimes I am happy, sometimes I am sad.



STUDENT



GURU

Sometimes you are who you are and sometimes you are who you are not.

'Tis better to have loved and lost than never to have loved at all.

Alfred Tennyson

Better to have let go of than loved. The purist love will come naturally with no effort. It is already there. It is you.

Charlie Shoten

Change your thoughts and you change the world.

Harold R. McLindon

Identify and question your TT and you will enjoy the world you already have,

Charlie Shoten

What if I am not beautiful if I become who I really am?



You can always change your perception of the concept "beautiful."

CHANGE

Consider the price you and those closest to you pay for your resistance to change. Few of us look forward to change and rarely will go there if not pushed by some traumatic event. Change is a lost opportunity to free yourself from the baggage implanted in you or that you created and still hold onto. I call this baggage Thought Terrorists, Toxic Thoughts or Mental Debris. Until you identify and question your TT, you will experience physical and emotional deterioration at a much faster pace than you otherwise would. I am referring to every mental or physical disease you are experiencing, ever have experienced, or ever will experience.

Change your efforts from mindlessly holding onto your TT, to identifying and questioning them. Each time you fail to do this you will lose an opportunity to be less of what you are not so you can be more of what you are.

Welcome consciousness. We are distracted and blinded by traumatic memories that keep us from experiencing our full potential. We are being held hostage by these memories, and ironically, we are their guards and wardens as well as their loyal supporters. We have been doing everything we can to support and comfort them, even as they are torturing us with no mercy.

Wake up and let go of the old so you can experience the new. The old sees change as a threat, which it is to TT. Ego makes us fight with everything in our power to hold change off. Without change, there is no life. Register this and act as if your life depends on change, because it does. The unseen, unknown, and unfamiliar, are limitless and more than we can ever comprehend. Commit to embracing change every moment of every day. No more friction, no more fear, just pleasant surprises and peace of mind.

Either you stay in the shallow end of the pool or you go in the ocean.

Christopher Reeves

I try very hard to be brave, but change is too scary for me.



There is no life without change. Do you really want to die?

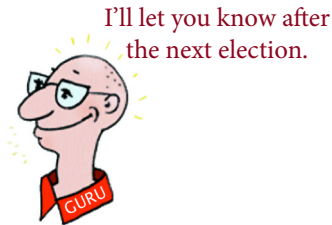
How will I know if reading your book has helped me?



You will be smiling more often.



STUDENT



I'll let you know after the next election.

If I get a big high everytime I let go of a TT, won't the government step-in and make it illegal?



STUDENT

My psychiatrist says I should get to know myself a lot better.



Get to know what you hold onto that you are not a lot better. A shift in perception.

EGO/SELF ESTEEM

You believe so many things about yourself – your taste in music and art, your skill in sports, business and the arts. Do these beliefs define who you are? Does reconsidering them threaten your ego and self-esteem? Self-esteem can be a false security blanket limiting your chances for a more creative, enjoyable, and fulfilled life. Your concept of what and who you are may not be supporting you. You are fully supported when you are truly who you are without relying on any medals, titles, awards, achievements, concepts or beliefs.

Break out of your self-imposed limitations. They are only there to keep you in a resigned state, and to keep you safe (in your eyes) and hassle free. Consider the risk and reward of breaking out of a resigned state. You may feel you will not land on your feet, but you may be delighted to find that you are strong and beautiful. Give up your false self-esteem support systems. Gain a whole new life. How fragile are you? Fragility is your main obstacle.

Stop putting up with stress. Look for the thoughts that cause stress to appear, and when they do, write them down and question them. Are they true or false, silly and ridiculous? When we don't believe them anymore, our instincts will guide us to go in whatever direction we want to go. It can never be predicted and will always be a beautiful surprise. With less shackles (TT) to limit us, we can look forward to each new day for the unlimited possibilities life always offers. Only when we were burdened and bound in the confines of ancient hurtful memories, ideas, thoughts and beliefs were we bored, depressed or overwhelmed with anxieties.

Keep an open mind about yourself, others and situations. Don't drive yourself to excel, accumulate wealth, buttress your self-esteem, or look to another to make you whole. Carrying less baggage (TT) that causes doubts and fears, anxiety or depression, despair, alienation, anger, resentment and so many other bad feelings, will no longer be such a burden. Growing older is a blessing with less stress. Stop arguing with reality and concentrate on finding and eliminating your TT. They block you're ability to see the truth, what is really there that you can benefit from and enjoy.

(These) are diseased ventures that play with all infirmities for gold.
William Shakespeare

While playing with infirmities for gold, missing out on all the fun.
Charlie Shoten

SURRENDER IN A CRISIS

When I was sixteen, I went on a ski trip to Mount Snow in Vermont. Upon reaching the slope I was asked what level would I like to ski? I was an avid ice skater and had even entered the speed skating trials for the Silver Skates at Central Park in New York City. Because I had no concept of limits at that time, I was vehement to only ski down the steepest and most advanced slope. After all, I could ice-skate with abandon, and didn't think about, or even consider the different skills that skiing required. Skating at NYC's Central Park, the red coats always chased me off the ice for speeding and being wild. I never had a ski lesson, never put on a pair of skis before, and didn't even know what snow plowing was or how to slow down and stop.

I remember reaching the top of the slope and skiing downhill. I was concentrating on standing up and keeping my balance. In a blink of an eye, I was speeding down the slope faster and faster, totally out of control. I knew in a split second I was going to crash into the trees in front of me. I feared I was going to be hurt or even killed. In that second a thought came into my mind "If I go completely limp, my bones won't break." No one ever told me that. It was a pure survival reflex. I went completely limp, relaxed, and surrendered to whatever the outcome would be. I wound up embedded in snow and could not move.

When rescued, I walked away without a scratch. In a crisis or any of life's challenges, surrendering is an alternative to trying harder, or just continuing the stressful activities you are engaged in. When we do this, an interesting process occurs. We release our attachments to the vision we have about the current crisis and shift our perceptions to free ourselves where alternate solutions show up, and better outcomes emerge.

I am too lazy to let go and relax.



I know. You would have to stop everything you are NOT doing.

MEMORIES

If you are preoccupied with memories of past experiences or have present concerns, you will miss valuable information that could make your life better. If you are distracted by TT you will miss the changing dynamics in all relationships and won't know who you are really dealing with, friend or foe. On the other hand, if you are present in the moment and not distracted by TT, without effort your instincts will inform you of what is really going on in and around you so you can make your best decisions and act decisively on them.

The emotional scars caused by TT are in your way. Start the process of defusing the power TT hold over you. Question your thinking.

Life is like an ever shifting kaleidoscope - a slight change and all positions alter.

Sharon Saltzberg

Shift your focus from *SEEKING* to *FINDING*. instead of *TRYING* harder, *LET GO OF*.

Charlie Shoten

INTENTIONS – COMMITMENT #4

Intentions can be our strongest force in the creation process. Do all living things hold intentions? Birds migrate, salmon swim up stream to procreate, and trees adjust automatically to climate conditions. Do they also hold intentions? If so, are human intentions different from intentions of all other forms of life?

“As you ask, so you shall receive” is a common quote many of us know and believe. Perhaps, this is one difference between humans and other life forms. We can ask for our dreams to come true, even pray for them. Many of us can attest to the power of prayer. In times of crisis, **ASKING** and **PRAYER** offer a special focus with enormous power behind it to comfort and assist us to get through the toughest of times.

Include **ASKING** and **PRAYER** in our **INTENTIONS** to add to its power. Add **UNCONDITIONAL LOVE** to fully energize and power our intentions to help free us once and for all. If we sit back as passive victims of stress and continue to host and support TT, we risk experiencing more dis-ease that surely will follow the stress TT cause.

Even though we may not be aware we are harboring and sustaining our toxic thoughts as valued guests, why tolerate the devastation they do to us? We can get rid of them through asking and prayer in our intentions as stated in the fourth commitment.

We also expose our children to all of the destructive consequences of our toxic thoughts. Including asking, prayer and unconditional love in our intentions empowers us in our battles with stress. We spend too much time worrying about possible scenarios that might come from outside circumstances. Change your focus to the internal forces that are the real and present danger to your life, the parasitic thoughts you unknowingly host as invited and treasured guests, defended by ego, that on a 24/7 basis do deadly deeds to you.

Doubts are traitors, and make us lose the good we oft might win, by fearing to attempt.

William Shakespeare

How can I bring a new life into this awful world we live in?



Start to identify and change the awful thoughts you believe about this world.

Have no compassion for your doubts. You now must know the measure of harm doubts do to you

Charlie Shoten

I know myself and stay in my comfort zone. What is wrong with that?



You only live once.

NEW OUTLOOK

- **Life instead of Death**
- **Integrity instead of Dishonesty**
- **Joy instead of Gloom**
- **Giving instead of Receiving**
- **Freedom instead of Slavery**
- **Happiness instead of Misery**
- **Peace instead of Havoc**

If mans inhumanity to man causes the litigation that is destroying our health care system, whose TT are responsible?



STUDENT



I can't expose the ACLU. They will get a cease and desist order of my book.

This can be an evolutionary shift in perception away from trying and hard to do. We can now embrace not only the ecstasy and satisfaction of our successful outcomes, but also the disappointment and pain of our failures (in our eyes), as an opportunity to grow. The pain, the glory, the ecstasy, and all the dreaded results we fear will become our outcome, will be replaced by a simple acceptance of them all. View all that a friendly universe presents, and discover within them valuable gifts and messages without rejecting them because you had been seeking something else. All outcome, whether perceived as successful or not, are gifts offering benefits we would never have enjoyed if we didn't look for them.

Even embrace death as another journey, along with everything else we encounter. The alternative is the friction, stress, and mental/physical harm that disharmony and struggling in life always brings.

MANS INHUMANITY TO MAN

What have thought terrorists, toxic thoughts, mental debris got to do with mans inhumanity to man? EVERYTHING! Look back at history throughout the ages. In the earliest times, men sacrificed their young ones in fire to pacify their false Gods, not aware they were just attempting to rid themselves of their own internal destructive thinking.

Anyone slightly aware of the carnage in the 20th century knows how much destruction has taken place, all to pay homage to toxic thoughts of doubts, fears, anger and resentments. We can look at it Macro – World War II, for instance, or we can look at it Micro – the painful experiences that separate us from our closest family and friends.

We can either continue to put up with and support our TT, or we can wake up, acknowledge the harm they do, and confront them head on. They are paper tigers existing in our mind with our consent and lose their power over us as soon as we stop believing them. Identifying and questioning toxic thoughts is one of the best things we can do for ourselves, our children, and everyone else.

Begin identifying and questioning thoughts you suspect cause stress. Do it every day. They will become history, never regain their power over you, and won't cause havoc in your life any more. Each TT exposed as false, silly and ridiculous, is one less obstacle to our sense of well-being, peace of mind, and health and happiness. We can support each other by sharing experiences. It can be a friendly game where everybody wins. Instead of looking outside to find treasure, look in your mind. I keep repeating this because I continually need to look into my own mind to keep resolving my stressful issues. Just knowing this is not enough to free us from TT.

THE GREATEST GIFT...For the Children of the World-the Best Parents (Person) Possible

Imagine loving parents who don't judge or hold resentments, anger, jealousy, frustration, depression, anxiety, resignation, expectations, or doubts and fears anymore. Whose memories, ideas, thoughts and beliefs that create stress are all questioned and diminished on a daily basis. Who become open vessels with clear, confident and compassionate outlooks on themselves, others and on their children. We can all work towards these goals and make meaningful progress in this direction.

TT offers us only inverted values, not integral ones. Terrorists of any kind do not grow wheat, write books, or invent anything of value. They are strictly obstacles to achieve all that is good. Recognize that we are hosting and sustaining them, that our ego is forcing us to defend them, that they are our worst enemy, and that they are paper tigers with no power over us except the power we give to them. They cannot exist without us supporting, nurturing and especially believing them.

Most people put up with stress as best they can. They believe forms of stress, like shyness, are permanent and a characteristic of who they believe they are. Questioning your thinking is simple, but it can revolutionize how you deal with the cause of stress. Our mind used or created TT as an antidote we thought would heal emotional wounds. Now we can use our mind to question them so we stop believing and obeying them.

After a lifetime of looking in all the wrong places to deal with stress, I am winning my battles one by one. How can I be bored when I still have toxic thoughts to identify and get rid of? Do you believe watching television for hours every day is more interesting, rewarding, fun, or important, than examining the content of your mind, embracing the constructive thoughts in it and getting rid of the destructive ones?

Wake up and take whatever is left of your life back. If you are not becoming less of what you are not, you are not becoming more of who you are. Something or someone else is running and controlling your life. You may have sensed, like I have, that you were more of what you were NOT than whom you were, or at least some of what you are not. Each toxic thought contributes to what you are not. It was a living agony to know that, and try with all my heart to change it, but not know how, have no one to teach me, and be left on my own with no tools or strategies to free myself from their bad influence over me.

He who joyfully marches in rank and file has already earned my contempt. He has been given a large brain by mistake, since for him the spinal chord would suffice.

Albert Einstein

You are referring to the goose step march of Nazi soldiers, Albert, I agree. It takes a mother and father to raise a child, NOT A VILLAGE!

Charlie Shoten

Should I have a going away party every time I let go of a TT?

Only if your sure it won't show up.



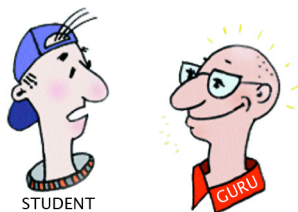
In my childhood, whenever I complained about feeling bad, my dad would say, "Give him two more years, and walk away." My mom would say "Hit your head against the wall. When you stop you will feel better." These are not the most encouraging words or kind of help I desperately needed at that time in my life. It left me all alone and with no hope, just rage at my parents for ignoring the anguish they had no hint I was experiencing.

Looking back, most of the efforts I made to free myself actually created more TT until much later in life. I don't regret the lost opportunities of the first 65 years of my life because I appreciate whatever peace of mind I am enjoying now. Why would anyone consciously want to harbor harmful thoughts when they know how much damage they do to every aspect of their lives? If you don't get rid of your TT, you pass them on to your children. Do you really want to do that to your family? Good or bad thoughts are all contagious.

Once parents focus on identifying and questioning their thinking, they will help their children focus, identify and rid themselves of the power toxic thoughts have over them. Imagine a family where no one at the dinner table judges anyone anymore. It takes only one, YOU, to make it happen, and it will spread like fire to all members.

Perceptions of ourselves, others and situations determines how much we suffer. We minimize the pain when we learn where it comes from, and what thoughts cause it. Stressful feelings are our best opportunity to relieve ourselves of TT. Beating up on ourselves because of what we did in the past, or worrying about what may happen in the future, stops, when we live in the present and accept what is.

My dog is berserk with TT. Can you help him?



Loosen his collar.

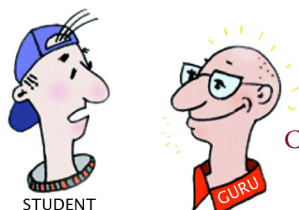
Keeping score of old scores and scars, getting even and one-upping is your worst enemy.

Malcolm Forbes

Hunt down your TT and you will really settle old scores.

Charlie Shoten

Now that I can maintain focus for days at a time, won't it be boring to have no distractions?



Certainly, No more balls up in the air to juggle all the time will mean spending more time with yourself.

TAKE THESE STEPS IF YOU WANT TO STOP BELIEVING YOUR TOXIC THOUGHTS

Treat a stressful feeling as an alarm clock alerting you of an opportunity to identify the toxic thoughts behind that feeling. If you dread feeling stress and continue to do every thing you can to distract from it, stress will continue to haunt and hurt you. Welcome, focus, concentrate, and meditate on each stressful feeling until the toxic thoughts behind it show up. Write them down and question them. I keep repeating this. Cement it into your mind. Knowing it is not enough. Then, enjoy the satisfaction that comes when you finally overcome stress.

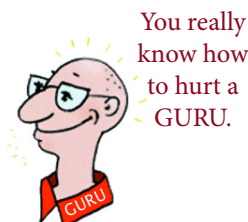
1. Acknowledge the disappointments and suffering stressful feelings cause. Dedicate time, and do whatever it takes to identify and question the toxic thoughts behind your stressful feelings.
2. Focus on any stressful feeling as soon as you experience it. When the toxic thoughts associated with it appear, **WRITE THEM DOWN and QUESTION THEM!**
3. For example, ask yourself: Who am I angry at or resentful of? Why? What did I say or do? What did they say or do? What, who and why do I fear? What and why am I worried about? Am I making it all up? Ask yourself more questions and review the prompt questions below to help you identify even more toxic thoughts.
4. Are they 100% true or false, silly and ridiculous? If you can't find any aspect of a toxic thought that is not true you will continue to suffer until you do. When you don't believe those thoughts anymore, go to #7.
5. If you can't find anything about the thought that is not true, take a break and come back later.
6. If you still can't find any aspect of the thought that is not true, you have discovered your problem. Thoughts associated with stressful feelings can't be 100% true. If they were, they would empower you. Until you don't believe the thought anymore, you won't feel better. Get help.
7. How do (did) you feel when you (believed) your toxic thoughts? Probably feel (felt) terrible.
8. How do (will) you feel when you don't believe your toxic thoughts anymore and laugh at yourself for ever believing them? You will feel fine.

* It is best to start with an experienced facilitator, another person, or a group dedicated to seeking and accepting the truth. Mutual non-judgmental support urges you on and laughter spreads to disable ego.

** Take turns asking questions as a facilitator. Review the questions in step #3, the prompt questions, and those you come up with.

NOTE: You can always make a good case for any stressful story. You have lots of evidence much of it happened. That is why it is so hard to prove to your self it is false. Look for anything in it that you can find that is false, and the whole stressful story will start to crumble.

I've had enough.
No more crazy
ideas or I will give
your book back
and demand a
refund.



I have studied human
history all my life. We are
always killing ourselves
or each other. What is
the point. Why bother?



If living bothers you, you
might as well choose the
gun or the sword.



Anyone can learn to ask the relevant questions to find out if thoughts are based in reality or in fantasy. The traits of a good facilitator are simply the traits of any good person. Be a good listener, be patient, kind, non-judgmental, hear what they are saying, not your interpretation of it, and respond after you consider if your response will be helpful, and how they might take it.

HELPFUL PROMPT QUESTIONS

HOW DO YOU FEEL WHEN YOU BELIEVE THAT THOUGHT? DON'T BELIEVE IT?

1. Describe how you emotionally and physically feel or felt.
2. Where and when did that thought first appear?
3. How did you feel before that thought came into your mind?
4. Did that thought bring you peace or stress (mayhem)?
5. What was your relationship like with yourself, others, or the situation when you believed that thought?
6. What compulsions, addictions or obsessions take you over when you believe that thought?
7. Describe where your mind traveled, past, present or future, when you believed that thought.
8. Who would you be and what would you feel if you didn't believe that thought anymore?
9. What stories do you make up when you believe those thoughts? Describe what you see.

HELPFUL TRAITS WHEN FACILITATING

1. Be Non-judgmental
2. Be Compassionate and Kind
3. Focus on where the person is coming from
4. See their point of view
5. Put yourself in their shoes before you share
6. Be absolutely truthful, but gentle
7. Trust that the person is strong because they need to handle the truth
8. Always come from love and you won't hurt anyone's feelings
9. Smile and be in good humor if you want to be most helpful
10. Anger or resentment or any personal baggage has no place
11. Don't confuse your limitations or hang-ups with the other person's
12. Don't be attached to any opinion or point of view.
13. Keep an open mind
14. Hear what they say, not your interpretation of it
15. Be patient and share after considering their likely response
16. Use these same clues when questioning yourself

Every thing that grows holds in perfection but a little moment.

William Shakespeare

We grow or we die. It's called living.

Charlie Shoten

(His) ambition swell'd so much that it did almost stretch the sides of the world.

William Shakespeare

Unlimited ambition is caused by TT. The poor soul may no longer exist.

Charlie Shoten

EXAMPLE: # 1: ANGER AND RESENTMENT

In 2002, at age 64, I flew to Las Vegas to visit my daughter and grandchildren. I called at the airport and asked her where the car she promised me was. She said she gave it to someone else. In that moment I was flooded with irrational anger and resentment focused at my daughter.

Not to ruin my vacation and hurt my daughter's feelings, I told her I would call her back. I meditated on my anger and resentment and wrote down the thoughts, as they appeared, that were causing me to be so angry and resentful. 1. All I did for her. 2. She owes me. 3. She doesn't care about me or love me. Seeing them in writing, it became obvious that she doesn't owe me anything. Whatever I did for her was because I loved her. It's up to her if she loves me or not. I am not entitled to that either. I was never the best dad in the world. I had a good laugh at myself for thinking that way.

In the moment I realized I was irrational, any anger and resentment I felt towards my daughter was gone. I was a carrier of anger and resentment all my life. It had ruined many relationships, sabotaged many business opportunities, and it hurt to feel so angry. I called her and asked "What happened with the car?" She said an emergency came up and she gave it to a friend. She figured it was no big deal and I would rent a car. She asked. When are you coming over? I said, "As soon as I rent a car".

If I stayed in a hotel that weekend, my anger and resentment would have made me miserable, I would have played too many compulsive hours of the wrong games and the wrong limits of poker, and I would have lost my shirt. I had a great weekend with my family and I also did well at the poker table.

Anger and resentments were greatly diminished from all past relationships, where it was formed, and did not affect me in current ones. My mind cleared up instantaneously when I identified, questioned and realized how silly three toxic thoughts were: 1. All I did for her 2. She owes me 3. She doesn't love me or care about me.

I also wasn't angry or resentful anymore of memories from early family relationships where those bad feelings were born. These insights gave me new compassion for all and especially for myself.

This simple exercise, in one day, allowed me to diminish, and in a short time eliminate feelings of anger and resentment. I don't feel angry or resentful towards anyone, anymore.

What should such fellows as (he) do crawling
between earth and heaven?

William Shakespeare

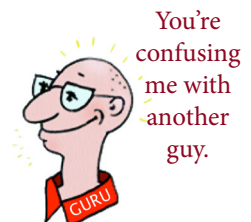
Nothing can help him. Ha has disappeared and
only his destructive ideas, thoughts, memories
and beliefs exist to be seen.

Charlie Shoten

Thank God for you.
You have saved me.



STUDENT



You're
confusing
me with
another
guy.

GURU

Example # 2: Arguing With Reality

A woman was suffering extreme fear and anxiety. She said she couldn't take it anymore. I asked her, "What worrisome thoughts are bothering you?" "She said", I need to give blood tomorrow so I can see my doctor the next day. I am terrified to leave the house and be seen by anyone. I can't stand the way I look. My hair is falling out and I have blemishes and wrinkles, everywhere. I asked her if she wanted to make her goal to feel a little better.

She said she would do anything for that. I said, "You look like a 75 year old woman sitting on a couch watching television". She screamed "I don't want to hear it". I repeated it gently about ten times until she calmed down and stopped fighting the truth. She gave blood the next day and saw her doctor. She had a shift in perception and the beginning of a small miracle. She felt a little better right away. No small miracle. Now, two years later, she is in great shape being a 77 year old woman sitting on a couch and still watching television.

Example # 3: I Need More Money

A common stressful thought is "I need more money". Is it true or is it silly and ridiculous. Other thoughts that are common around money are "Other people shouldn't steal my money", "My money must be safe", "I might lose my job", "My money making skills are inadequate." The mind can go on and on with thoughts of stressful scenarios regarding money.

In the present moment we have the amount of money we have, not a dime more or less. Can we accept that fact and go on from there, or must we keep worrying about money? Each of us needs to identify our unique beliefs about money, question them, and prove to ourselves they are not only false, but impossible, silly, ridiculous and then laugh at them. Without those impossible thoughts causing stressful feelings holding us back, we will have a much better chance to earn the money we need and want.

CONCLUSION:

The enemy we see is less frightening than the enemy we don't see, but only imagine. The mind will stop creating bad scenarios when we accept reality and bravely face the knowledge of what is really going on in it.

You don't need formal education or degree's to become an effective facilitator. Learn and practice the information and steps in these pages. When you become an effective facilitator, you can help others as well as yourself. Do this formally and informally. Be the person/parent you wish that brought you up, loved and guided you. Everyone will feel better, laugh and love.

(He is) very proud, revengeful, ambitious, with more offenses at (his) beck than (he) has thoughts to put them in, imagination to give them shape, or time to act them in.

William Shakespeare

Let's pray for him and also pray for him to leave us alone.

Charlie Shoten

MISSION STATEMENT

Encourage others to identify, question, laugh at and render toxic thoughts (negative chatter) powerless to make them suffer. Then, they will look forward to, accept and love reality, make their best decisions, see and act on their best opportunities, stop compulsive reactions and addictions cold, accomplish what they really want, stop worrying, be happy, and enjoy getting there. Everything a no limit life entails.

NOTE: We are in a life and death struggle that is now coming to a head. It is a battle between despotism and democracy, integral values and inverted ones, that we will not and cannot lose. Personal freedom from our own destructive thinking is a first crucial step in this struggle. It starts with each of us. There is no time to be on the side lines. Pass this **THOUGHT TERRORIST ALERT** along to others. Someday, our grandchildren will thank us.

I am available for Book Signings, Introductory Classes, Workshops, Radio/TV, and working with affiliates. Refer and forward this E-Book; People will thank you, and so will I.

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