

# THE BRANCH



**Christmas is ...**

*Christmas is ... a tree, with lights all aglow,  
Christmas is ... a candy cane and fresh and glistening snow.  
Christmas is ... a package full of anxious toys.  
Christmas is ... an angel's song that all the world enjoys.  
Christmas is ... a snowman, a kitten full of joy.  
Christmas is ... the answered prayer of every girl and boy.  
Christmas is ... the happiness that lights our children's eyes.  
Christmas is ... a song of bells ringing through the skies.  
Christmas is ... a star shedding hopeful light.  
Christmas is ... a tiny child smiling in the night.  
Christmas is ... a time of peace, of contentment deep within,  
A time of love and silent hope that years will never dim.*

—Sherrill Thompson

Since the early seventies, I've received thousands of phone calls, notes, and long letters from you—our PEACE FOR TODAY listeners. You offered your encouragement, opinions, criticism—and frequently you shared your personal burdens or concerns—and we prayed that God would give you strength.

You gave Ken Haystead, Larry Cosgrove and me the gift of your time all those years we were on daily radio. We became good friends as you drove to work, had breakfast, or did morning chores. We met many of you when we were in your area for seminars and many traveled with us to Hawaii, Mexico and Canada on memorable two week vacations.

Being on radio is a two-way street. You helped keep it going with your suggestions, and your wonderful financial support, and we were there five days a week to help you “start your day right!” But the biggest gift you gave us was simply allowing our thoughts and words to come into your homes—or your cars—for the many years we were on daily radio in your area. You allowed us to be your guest on a regular basis. I want you to know that it has been an honor and a privilege to be a small part of your lives.

Since we went off daily radio in the 1990s, we have been able to keep up our friendships with our website, bringing you the daily programs, our mailing piece, **THE BRANCH**, and our letters. We miss the close rapport we used to have—and how meaningful it was to all of us. But we can still bring support to each other with what I call “gifts from the heart.”

When I remember “Old Fashioned Christmases”—I remember how we would work for months ahead saving

## Marge's



Marge Lakes

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our coins or dollars, and busily making gifts for each other. My “growing-up” years were the late 1920s and the 1930s. Most families had seen better times, and still had the “left-overs from abundance.” We improvised, if needed, or made things over, but we found ways to make ends meet so we could share with those we love. We put something of ourselves into the gifts. They were truly gifts from the heart—and more meaningful because of that.

On behalf of PEACE FOR TODAY, I want to thank you for your gracious gifts through the years—and your friendship. We have a blessed relationship. You have enriched my life—and I trust PEACE FOR TODAY has enriched yours. May many blessings be yours at this Christmas season and this coming year, and peace for each day.

Lovingly,

*Marge Lakes*

*If it weren't for the last minute, some things would never get done.*



PFT wishes you an “Old Fashioned Christmas”!

## Our financial survival depends on each of you

**H**ave you noticed that just when you think you are “getting it together” something gets in the way? I don’t know why that happens ... but it does.



Eric Magallon

Without question, all of us have been hit with the worst economic downturn since The Depression. Consequently, the decrease we have experienced in our monthly income has forced the **PEACE FOR TODAY** board of directors to ponder the future of **PEACE FOR TODAY**.

For some time now, we have been working on a mentorship program and expanding our volunteer base. To stay alive we have had to cut staff hours, postpone our mentorship program, switch to publishing electronic copies of **THE BRANCH**, and search for ways to keep our office rent paid for the two years we have left on our lease. We are mostly a volunteer organization and soon will become an all-volunteer organization.

We don’t want to throw in the towel. If we all pitch in, we can and will keep **PEACE FOR TODAY** alive. There is no question that our programs are worthwhile, and that they have touched thousands of lives in meaningful ways to enhance personal growth and day-to-day living.

I am optimistic and do believe there is abundance in our world and enough income from our listeners to support this beneficial outreach even in these darkest of times! **But, YOU are important to PEACE FOR TODAY and our survival!**

Please consider a year-end tax-deductible donation. Next, check our website <http://www.peacefortoday.org> for the additional ways you can support the

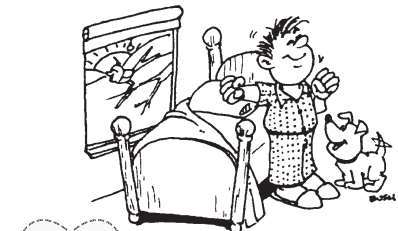
## Some Ways You Can Help Enlarge Our Outreach

Log on to “<http://www.peacefortoday.org/communicate.shtml>” to contact us for details about any program, or phone (800)350-4738.

1. Send us **NAMES AND ADDRESSES** of prospective listeners. We will tell them about our website and send get-acquainted information.
2. Share our free **EMERY BOARDS** with people anywhere ... restaurants, store clerks, friends and family. Leave them for customers who come in to hair salons or enclose them in an envelope you are mailing. People seldom throw them away, and when they feel a need for inspiration and encouragement, we’ll be available.
3. Remember to use your **ALBERTSON’S** card. **PEACE FOR TODAY** receives 2 percent of your grocery bill. This is also true of purchases at **SAV-ON (CVS)** Drug Stores, except prescriptions.
4. If you have a car to dispose of, let **PEACE FOR TODAY** help you donate it through **CARS4CAUSES**. They will take care of all paperwork and transfers, pick up the vehicle from your address, and you will receive a receipt for an IRS write-off.
5. Use lots of **THOUGHT FOR THE DAY BOOKLETS** as gifts or as a replacement for a greeting card. We have a new 5<sup>th</sup> edition which has a special page inside the cover to write a “Happy Birthday” or “Congratulations” note and sign your name. (Special price: 10 booklets for \$20. What a bargain! Call us to purchase.)
6. If you or someone close to you has an emotional need, give them Ken Haystead **SOUND ADVICE** CDs—might be better than “Take 2 aspirin and call me in the morning.” Ask for our catalog of some 55 topics.
7. If you work for a company offering **MATCHING-FUND, VOLUNTEERISM-AWARD BENEFITS** or asks you to contribute to **UNITED WAY**, have your contributions sent to **PEACE FOR TODAY**. Call our office for assistance.
8. If you are missing your daily uplift from Ken Haystead and Larry Cosgrove, sign up for a **WEEKLY CD**. (Donation: \$35 per month)
9. Use **GOODSEARCH** Internet search engine and generate money for **PEACE FOR TODAY**.
10. Are you an “**ONLINE SHOPPER?**” If so, **PEACE FOR TODAY** could be receiving a percentage of your purchases through [www.igive.com](http://www.igive.com) and [www.benevolink.com](http://www.benevolink.com). Check these websites out and sign up today!
11. Many of us are logging **BIRTHDAYS** but have all the “stuff” we can use—so ask your family and friends to make a donation to your “favorite charity,” i.e. **PEACE FOR TODAY, INC.** (Their donation is deductible and will be acknowledged.)
12. Make a contribution as a **MEMORIAL** to someone dear to you in lieu of flowers or when their birth date rolls around. This is a great way to pay tribute to the memory of loved ones.
13. Or ... come **VOLUNTEER** at **PEACE FOR TODAY** “headquarters” and help us with our many outreach needs. We’ll suit your schedule.

outreach that has meant so much to so many for the last 45 years.

**M**ay you have an “Old Fashioned Christmas” and a new year filled with Peace, Joy, Harmony, Health, Prosperity and Loving Relationships.



45

Years Later,  
We’re Still Helping  
You Have A  
Better Day!

## Sharing talent and commitment to Peace For Today has enriched my life

I have been a long-time friend to and board member of PEACE FOR TODAY and have handled the production, editing and announcing for both PEACE FOR TODAY daily programs and special CDs.

Since childhood, I have been interested in radio, and 54 years ago began to do announcing, sales, management and engineering work at such stations as WHO—Des Moines, and KRLA—Pasadena/Los Angeles.

I became acquainted with Ken Haystead years ago while an employee of KIEV in Los Angeles. In scheduling and cueing tapes for broadcast, I would listen only as necessary to synchronize

program material. One little program—unique in its positive outlook of life being rich, full, and good—soon captured my attention. My first impression was admiration for anyone who could be that upbeat that early in the morning!

Now, I'm glad to be a part of the continuation of Ken's work and am thankful to all of our supporters throughout the years who have helped us keep Ken's dream alive.

May each of you have a wonderful and blessed holiday.—JOHN PRICE



John Price

## 7 Questions For Self-Discovery



Ask these questions quietly, honestly and slowly to yourself—and take the time to wait for the answer! Insist on the true answer to these questions and reject the conventional response.

**1 What would I rather have than anything else in the world?** So many of us are so busy doing what we have to do that we've lost contact with the faint cry of personal desire.

**2 What do I think about most often . . . voluntarily?** "Where the treasure is, there will the heart be also." Our recurrent thought patterns are the best indicators of our true selves.

**3 How do I spend my money?** What we spend routinely on or by necessity tells us little about ourselves. How we feel about money and its use is a good character index.

**4 How do I spend my leisure time?** If you answered, "What leisure time?" you are far too crowded and harassed by life. If you consistently waste leisure time, you probably have little regard for yourself as a significant person.

**5 Where do I go when I'm free to go where I want?** This is a near infallible index of character and the answers will give clues to your real identity.

**6 What and whom do I admire most?** Our unexpressed admirations are very reliable indicators of ourselves. Being honest with this question can teach us the true state of our minds.

**7 What do I laugh at?** Humor is an important and legitimate component of our personality. Its use and form in our life demonstrates the quality of our values. —KEN HAYSTEAD • 1982

## My association with Peace For Today brought about life changes and personal blessings

In the beginning, PEACE FOR TODAY was just part of my job. As the morning engineer at KIEV 870 A.M., which was PEACE FOR TODAY's local flagship station at the time, it was my job to air the program at 7:45 A.M. From 6:30 A.M. to 8:30 A.M. the programming consisted of 15-minute shows, most touting some form of "Christian" or "spiritual" revelation. Generally, I would put my brain on "auto-pilot" and just rolled tape, after tape, after tape.

Then, unconsciously, I think, I began to notice a change in the tone about half way through that two-hour session—a quiet voice talking about how to handle a rough day ... or how to get over a tragic loss ... or how to like being you—you get the idea. Other than noting that the program was called PEACE FOR TODAY and the voice belonged to a guy named Ken Haystead, I didn't give it much thought. Over the course of the next 10 or 12 years, I would find myself on

the morning shift airing the program.

Fast forward a couple of years, and my friend and former coworker John Price asked me to give him a hand with an overload of production he was working on at his studio. I said, "Sure!" and to my surprise, the production he needed help with was for PEACE FOR TODAY! Sixteen years later, I'm still at it.

Within this past year I was asked to join the board of directors for PEACE FOR TODAY. In no particular order I was stunned, flattered, and honored. I had absolutely no idea what a board member did, but I decided to give it a shot because unconsciously—and later with an awareness—I realized Ken Haystead had made an impression on me, and in doing so had made me a better person. Over the years, my association with Marge, John, Larry, Eric and others have been added blessings in my life.



Roy King

In my newest volunteer effort as a board member, I would like to wish the PEACE FOR TODAY family of listeners and supporters a safe and wonderful holiday season and a prosperous new year. —ROY KING



A MESSAGE TO YOU FROM LARRY COSGROVE, BOARD MEMBER

## How to attract BLESSINGS in your life

Some believe blessings are a matter of good fortune, luck, or just chance. Luck is not just a random event. Webster defines luck as “a force that brings good fortune or adversity.” Luck is the product of our own mental focus and attitudes.



Larry Cosgrove

**Expect the Best.** It’s called the Pygmalion Effect: You get what you expect, and lucky people expect the best. (This came from George Bernard Shaw and morphed into “My Fair Lady.”) The Pygmalion Effect refers to the phenomenon that the greater the expectation placed upon people—often children or students—the better they perform. We can and should place a great expectation on ourselves.

**Visualize luck demonstrated.** See ourselves as lucky people who get what they want. *It’s no accident that those who are lucky and get what they want actually ask for it!*

Read the bible stories of Joseph, Esther, and Daniel. Job 36:11 tells us, “If they will obey and serve Him, they shall spend their days in prosperity and their years in pleasures.” How do we obey Him? At the last supper Jesus said: “Love one another as I have loved you.”

**How do we attract the blessings we want to demonstrate?** It’s simple: *sow the right seeds.* I was reared in 1930s in the San Fernando Valley; we raised chickens, did truck farming, planted carrots and irrigated crops. The carrots grew but so did the weeds. The soil had no preference. The same is true for the Law of Spirit. It doesn’t prefer affluence and prosperity over failure and lack. Rather, it follows our predominate thoughts. So, keep thoughts positive. We must be careful what we are thinking.

**Step out in faith and do whatever you want to do.** God will take care of you. The only thing holding anyone back is fear. Shakespeare writes, *“Our doubts are traitors and make us lose the good we oft might win by fearing to*

*attempt.”* Teddy Roosevelt said, *“It is not the critic who counts: not the person who points out how the deeds could have done better. The credit belongs to the one who is actually in the arena.”*

### Set your mental compasses on the right track by:

- Living a pleasant life—find joy in everyday events.
- Being fully engaged and in a “state of flow.”
- Leading a meaningful life—have a sense of purpose.
- Keeping thoughts on what you want to demonstrate.
- And, finally, listening to PEACE FOR TODAY messages at [www.peacefortoday.org](http://www.peacefortoday.org).

At this holiday season and throughout the coming years, I wish you Blessings of All Good!

—LARRY COSGROVE



## VOLUNTEERING reaps personal as well as financial rewards to PFT

Hearing the friendly voice of Ken Haystead was just what was needed one morning on my way to work in the mid 1980s. I wrote in with a small donation and received a loving letter back from Ken—something unexpected and unheard of from a radio program!

Next, I attended Marge Lakes’ popular seminar on “Getting Rid of Clutter.” However, taking Marge’s recommendations to heart could have caused a divorce when I began tossing out not only my clutter but a lot of Bill’s “treasurers”! So, when I indicated a desire to go on a PEACE FOR TODAY trip to Chateau Isabella in 1986 and Bill agreed, it was a sacrifice on his part but became a life-changing experience.

After meeting Ken and Marge, we became PEACE FOR TODAY Partners. I began desktop-publishing volunteering in 1987 with the summer issue of THE BRANCH and have done all issues since then.

Bill retired in 1989 and began weekly volunteering with computer entry at the PEACE FOR TODAY office. When I retired from 3M in 1992, we both helped out

### Blessings from the Bible:

- The favor, kindness, and goodness of God—what His people need to do to succeed and prosper—*Psalms 3:8*
- All good things which God bestows upon His people, whether spiritual or temporal—*Deuteronomy 28:2, Psalms 24:5, Isaiah 44:3, Ephesians 1:3*
- A means of conveying a blessing to others—*Isaiah 19:24*
- Wishing, praying for, and endeavoring the good of our enemies—*1 Peter 3:9*
- A gift or a present—Santa’s List, going to find out whose naughty or nice—*Genesis 33:11*
- Remember the Andrews Sisters Patty, Maxine, and Laverne (Boogie Woogie Bugle Boy, Apple Blossom Time)? Or the McGuire Sisters Christine, Dorothy, and Phyllis (May You Always Walk in Sunshine)? The Bible gives us another always-with-us trio: Surely, Goodness, and Mercy—*Psalms 23.*

Fill your home with Christmas Spirit by simply using your three senses: pleasing to the eye, ear and nose.



in the office with many details until 2007. Working with Marge, we had firsthand knowledge that PEACE FOR TODAY



Bill & Myrt Buell

was truly a nonprofit and volunteer organization, with a lot of people enjoying their volunteer commitments.

As a 3M retiree, I am pleased that my volunteer hours have qualified for yearly 3M Volunteer Awards of \$200 to further benefit the outreach of PEACE FOR TODAY.

Our lives have been enriched through the wonderful associations with Marge, John, Larry, Eric and the many like-minded PEACE FOR TODAY friends we’ve met on trips and events.

Won’t you get involved and become a PEACE FOR TODAY volunteer and supporter? We believe you, too, will receive a feeling of good will and happiness in keeping PEACE FOR TODAY thriving.

—MYRT BUELL



The smartest investment you make  
could be time listening to a  
**PEACE FOR TODAY "SOUND ADVICE" CD**



**CD-11 You Don't Have To Be Afraid ..... \$9.95**  
*Ken Haystead.* Shed your fears like a duck sheds water! Conquer fears that stem from negative subconscious influences and you will enrich your life.

**CD-16 Don't Push The Panic Button ..... \$9.95**  
*Ken Haystead.* Rather than feeling victimized by debilitating circumstances, you can respond creatively to everything that happens to you. Learn how to take charge instead of being controlled by situations.

**CD-36 Getting Things Done..... \$9.95**  
*Marge Lakes.* Practical suggestions by Marge Lakes, Time Management Consultant, for overcoming procrastination and turning intentions into accomplishments — the best New Year's resolution you can make!

**CD-40 Christmas Is What You Make It—The Christmas Story ..... \$9.95**  
*Ken Haystead.* A Beautiful, reflective pair of programs that will open your doors to the holidays. Don't start the holiday season without them.

**CD-51 How To Handle A Crisis ..... \$9.95**  
*Ken Haystead.* Everyone has ups and downs from time to time. Ken offers a way to get back up and stay there, lift your spirits and have a new positive outlook on life.

**CD-55 Good Decision Making and Getting Rid of Clutter ..... \$9.95**  
*Marge Lakes.* If you struggle to manage your time, you may have a problem with decision making. Marge clearly details how to become a good decision maker and thereby solve many problems ... including a cluttered life. A PEACE FOR TODAY mini-seminar with workbook.



**ORDER FORM**



I believe in the value and benefit of PEACE FOR TODAY and want to keep Ken Haystead's messages alive! Please consider me your "Friend and Partner" in this endeavor.

- I will pledge the amount of \$\_\_\_\_\_ for 2010.  My check for \$\_\_\_\_\_ is enclosed.  
The balance of my gift will be paid  Monthly or  \$\_\_\_\_\_ Quarterly
- I can't commit now, but I want to help reaching out and will support you as I am able.  
My check for  \$100  \$75  \$50  Other \_\_\_\_\_ is enclosed.

I would like to order the following CDs:

- CD-11 You Don't Have to be Afraid ..... \$9.95
- CD-16 Don't Push the Panic Button ..... \$9.95
- CD-40 Christmas Is What You Make It—The Christmas Story..... \$9.95
- CD-55 Good Decision Making and Getting Rid of Clutter.....\$9.95
- Please charge my  VISA  MasterCard
- CD-36 Getting Things Done .....\$9.95
- CD-51 How to Handle A Crisis .....\$9.95

Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_ Total \$ \_\_\_\_\_

Signature \_\_\_\_\_

Contact me regarding ways I can assist PEACE FOR TODAY by volunteering.

Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ St \_\_\_\_\_ ZIP \_\_\_\_\_ Phone \_\_\_\_\_  
E-mail \_\_\_\_\_

MAIL TO PEACE FOR TODAY • P.O. BOX 17990 • IRVINE, CA 92623-7990 OR PHONE (800) 350-4738

**IT SEEMS TO ME ... LIFE IS MADE UP OF BEGINNINGS AND ENDINGS ... OR IS IT ENDINGS AND BEGINNINGS?**

The ebb and flow of living brings many new things to us just as the old recedes. The precise moment of ending—even with its sadness and loss—is the precise moment of beginning with its freshness and joy. Sometimes it's just a matter of viewpoint whether we catch the difference and get on with the adventure and experience or stay stuck with what has already happened. The real secret of living with verve and hope is to allow the past to become exactly what it is: the past. Move on to the freshness and excitement of each experience as it happens. Such is the mystery of a brand new year!



**IT SEEMS TO ME ... PEOPLE WHO CAN'T SEE LIFE WITH HUMOR AND BRIGHTNESS CAN'T DEAL ADEQUATELY WITH PROBLEMS—THEIRS OR ANYONE ELSE'S.** There's a line in the old traditional Christmas song that I relate to: 'Tis the season to be jolly, Fa la la la la la la! The "la la la's" are nonsense words, I know, but who needs to be making sense all the time? This is a good time of the year to laugh a little more. We need joy and laughter far more now than ever. Our world seems too serious—disasters, tragedies, and evidences of inhumanity surround us. It is even easy for some people to feel guilty if they enjoy anything—they see so much to be somber about.

To me, this is a mistake. If I understand Christmas at all, its purpose is to bring joy to the world of pain and problems, and light into the darkness and gloom.

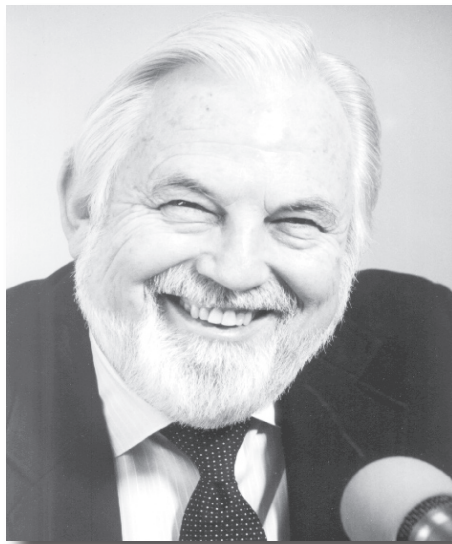
Christ's statement about abundant life is as real and meaningful today as when He declared it. A Christmas filled with worry, tension, and heaviness of heart is a contradiction in terms.

Whatever else we might feel some other time, this is the season to be jolly—so let our mood be one of laughter, humor, and joy!

Touch another life this season with brightness and you too will declare with our first Christmas song: "Joy To The World!"



**IT SEEMS TO ME ... YOU ARE VERY SPECIAL—IN FACT, YOU ARE NOTHING SHORT OF A MIRACLE.** I don't mean the mere fact of your birth—though that, in itself, is no



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## IT SEEMS TO ME ...

Inspirational Writings of  
**KENNETH HAYSTEAD,**

**Founder, PEACE FOR TODAY**

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trivial event. The process by which a human life is created is amazing and incredible. What I mean right now is that you—the singular, unique person that you are—are a walking, moving, living miracle. You are a special creature in our universe!

It is estimated that the DNA molecule that determines our inherited qualities can theoretically unite in combinations equivalent to ten carried to the two billion, four millionth power.

Wow! There is no way now, nor in the future, nor has there ever been in the past, the possibility of a genetic duplication of you. When you get that bored, dispirited feeling of tedium and sameness, go to the mirror and look yourself in the eye. What a miracle you are! An absolute original!

This sense of uniqueness is important if one is to be mentally and spiritually whole. The specialness that is you is like a treasure given in trust. This is your world's one chance to experience you in all the rare and singular ways that are the expressions of your personality. Don't strive to become the same as another—even though you may admire him or her a great deal. "The same as" is a deadly game of conformity that

curtains and inhibits our development. It is a limiting goal. Push your uniqueness to its being—and discover what you can be!



**IT SEEMS TO ME ... THE SECRET TO ENJOYMENT IN THIS WORLD LIES IN PAYING ATTENTION TO WHAT'S GOING ON AS IT HAPPENS.** Life is rarely dull to the person whose senses are continually alert. Physically, the human body functions by the split second. Life is sustained and maintained by the beat of the heart. It is always "now" for that amazing organ. Nothing is more obsolete than the last heartbeat!

Staying alert is not easy, even if it is natural for us. Somehow we manage to trade most of our present moments for far less than the enjoyment they could give. Every minute of worry about the future, every moment of guilt and uneasiness about the past is time taken away from the very business of life itself—living it and enjoying the experience. And this can only be done in the immediate present.

The reason for this should be obvious. There is no life apart from energy, and there is only the present tense. There is no way we can touch the energy of the future. Tomorrow's strength does not yet exist. Nor can we reach back and bring some life from the past squanderings.

I have learned to call the enjoyment of a special moment as it happens a "now."

*Continued on page 7*

KENNETH HAYSTEAD, Marriage and Family Counselor and Founder of PEACE FOR TODAY often told of his growing-up years under the dominance of a controlling mother. He reflected that most of her requests or statements were rather like "edicts from the throne," and left little room for personal ideas or preferences. Because of that, Ken determined to be a gentler-less-controlling person who left room for independent thought and decisions, and he prefaced many of his statements with "IT SEEMS TO ME..."

Ken Haystead penned several hundred little essays of his insights on spiritual and psychological health. We are pleased to be able to bring them to you regularly in our mailing piece, THE BRANCH, and in a published paperback book in the foreseeable future.

*Continued from page 6*

A “now,” as I see it, is a true moment of concentration and participation when having a pleasant, uplifting enjoyable or even exciting experience.

A smile of a friend; the dawn of a beautiful day; the laughter of a child; the beauty of a flower; the myriad sights and sounds of everyday life that happen so fast; the touch of love; the delight of a song . . . all these are “nows.”

They can only be experienced as they happen—although the memory can store them. But life was not intended to be lived in memory! When did you have your most recent “now”? How many do you expect to have today?



**IT SEEMS TO ME . . . THE CLOSING DAYS OF AN OLD YEAR ARE VERY SPECIAL DAYS INDEED!** They are a good time for remembering . . . and for reflecting

on personal growth. I feel a tingle of excitement just to realize that I am so much more aware of me than I have ever been in my life! This hasn't come easy, for I was trained to deny myself to myself for most of my adult life.

Come to think of it, the most profound breakthrough for me has been my becoming aware of awareness! Lest that sound like a cute play with words, let me explain. Awareness is that remarkable moment when the unknown, the unseen, and the unclear become knowable. Awareness, when integrated into daily living, makes even the best of lives profoundly more meaningful. It doesn't take a large commitment—only a willingness to momentarily suspend disbelief in order to explore new possibilities.

Perhaps the most significant single factor in my heightened awareness is my willingness to “experiment” with meditation. For years I avoided the word and the experi-

ence for I saw “meditation” as mystical, impractical, and above all simply another form of escape from reality. In many ways, that is meditation for scores of people. But by allowing myself to truly seek the solace of silence, I discovered a creative process.

Meditation, for me, has become a vehicle for experiencing wisdom and creativity. How it happens I'm not sure, but I do know that when I quiet my usual thinking patterns and allow myself to truly be relaxed and released, there is a joyous intensity that results. The secret seems to be in the joy—or the ecstasy, if you will! The joy of living is translated into energy, and I experience myself as creative, intense, and deeply connected to my own individuality and to others—all at the same time! Seems as though I hear “The Joy of the Lord is Your Strength”! Anyway, what I have experienced a little of this year, I want a whole lot more of next year!



**For those that have been waiting, here is the beginning of the upcoming book “Living From the Inside Out,” a collection of Ken's IT SEEMS TO ME essays.**

### THE GREAT HUNGER

**IT SEEMS TO ME . . . THAT A GREAT HUNGER IS SPREADING ACROSS OUR COUNTRY.** Never in man's history on this planet has there been such a pervading longing for and active seeking of personal freedom—and yet so little of it is found. Maybe, as always, we're looking in the wrong place. Because we begin life being cared for, it's easy to continue the process of expecting to be managed, provided for, and even rescued. Most of us chase rainbows. We really believe that success, power, prestige, and approval provide the well-being that we need for living life at its best.

In the corner of my office, as I write, is a basket of beautiful cymbidium orchids. What exquisite loveliness! It has been a daily enjoyment to watch their progress toward fulfillment. So slow and tedious it seems—but how sure it is that first the green stalk, then the leaf, then

all the delicate glory of lavender, gold, and white elegance comes on display. How does it do that? The answer is simple. Somewhere hidden in its basic structure is a genetic “blueprint.” All it has to do—all it can do—is become a lovely cymbidium. Are we any less programmed? Not at all, in fact, we are more grandly and elegantly endowed!

It is estimated by those who should know that only a minute percentage of people who inhabit our planet ever reach the comfort of the simple self-acceptance that is available to every person! Somehow we seem destined to spend most of our lives trying “to get it right”—but nearly always believing we've missed the mark somehow.

There is so much of the small child left in all of us that we find it easy to believe that all the answers are “out there”—or “up there” somewhere. The last place we seem to look is within ourselves. We ask ourselves, “How could anything really worthwhile come out of me?” Each of us can write our own ticket to serenity if we will but try. Life is always an active state of being. What a change in direction and emphasis that makes for me when I believe it! In short:

The answer is inside me—not “out there,” “up there,” or “somewhere else.”

The answer is within! Just saying that is scary for many of us who have been taught otherwise. Accepting human responsibility is not arrogance. It is the open door to faith and peace and hope—all the qualities we have looked for outside ourselves. Perhaps when we can accept this simple formula for fulfillment that is really our birthright, we will have an easier and better time of it. It takes a lot of effort and energy to twist, thwart, alienate, and dwarf God's purpose in us. We're all good at it, though. Wouldn't it be exciting if, finally, we could comprehend how easy it is to allow ourselves to become what has already been designed within us to be? We might beat cymbidiums at their own game.

To begin looking within you, the first step is the big one and is at best a groping, uncertain, and ambivalent movement into a whole new conceptual territory for many of us. Looking honestly within ourselves will lead us to a path to become fully human by learning to live from the inside out!


# Letters from PFT friends ...

We just wanted to tell you how much I have enjoyed listening to old broadcasts of PEACE FOR TODAY. Those broadcasts are timeless and I love to reminisce. We have really enjoyed listening and reminiscing about the "Early Days" of PEACE FOR TODAY. Thanks for the Memories!

Again thank you for your loyalty to PEACE FOR TODAY. With love,  
Jan & Hal W • Shoreline, WA

Ken's programs had a significant impact on my life—his words still timely today.  
Garry & Ethel C • Sammamish, WA

I so enjoyed the "45<sup>th</sup> celebration" on June 27<sup>th</sup>! Thank you for all your good "stuff"—and I liked the speaker, too! Love & hugs,  
Lila W • Lakewood, CA



**Memorial**  
In loving memory of  
*Mildred Padva*  
from a friend

You may have to adjust your thinking.  
New is NOT always better!  
Most appreciated gifts are "used".

NEWSLETTER FROM:  
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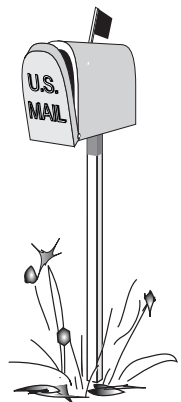
Thanks for the "great" job that all of you are doing. Ray and I wish all of you a wonderful holiday time. Love,  
Betty B • Glendale, CA

Hi, I just learned you were on line. I had seen some PEACE FOR TODAY mailings among my aunt's papers and remembered her talking about this most meaningful program. I would love to receive the sample CD. Thanks.

Marsha Stum • Vancouver, WA

I love Ken. He used to get me off to a good day when I drove to work.  
Alice B • Los Angeles, CA

*I am only one. But still I am one. I cannot do everything, But I can do something. And because I cannot do everything, I will not refuse to do the something that I can do.*  
—Edward Everett Hale



## A word on those New Year's resolutions ...

Are you getting set to make another bunch of silly New Year's resolutions as you probably did last year? I mean things like, "I hereby resolve not to waste any money this year," or "I hereby absolutely resolve not to eat any desserts this year." If so, you no doubt already have premonitions of backsliding.

Now, if you still insist on doing some resolving, here are a couple of suggestions. Let us all resolve, for example, not to try to remake ourselves, or other members of our family, or the people who work with us. Let us recognize that most people, including ourselves, do a pretty good job. Let us resolve to nudge ourselves gently—not roughly—toward doing a little better. But let's not become frenzied or violent about this.

Let us resolve to do as well as we can the work that is put in front of us, no matter what it is, and cultivate the capacity to get a kick out of doing it; to honor perfection, and to try to move toward it, but not to chase it grimly with a net. And stop right there. Okay?

Happy New Year!

—Herb Brown

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