

Tomorrow starts today!

One minute spent making a list will save you twenty!

List-making is a vital part of time management. It's helped me to keep PEACE FOR TODAY running over the years. If you feel over-stressed, thinking you don't have enough time in your day to accomplish all you'd like to do, my recommendation to you is to begin "start making lists!"

- ☛ Lists help curb over-commitment
 - ☛ Use lists to "free" yourself
 - ☛ Keep lists simple
 - ☛ Do have "nightly closure"
 - ☛ Be good to yourself with rewards and recreation

Route your day around your *body "prime time"* ... number items in order of *importance* ... see how much you can *delegate* ... see how much you can *eliminate* ... block time for your *leisure* ... make sure some of your "life objectives" are on your list ... schedule errands and chores at *most time-efficient hours* ... be *flexible* ... *not everything is worth doing well* ... have something in mind for "windfall" moments ... and ... *don't worry about completing the list!*

These points, and others, I have always stressed in the time management seminars I've given over the years. My time management seminar is available on CD or cassettes, along with a workbook by ordering PEACE FOR TODAY's Sound Advice C/CD-09 "It's About Time."

Lovingly, *Marge Lakes*

Marge's



Marge Lakes

C
O
R
N
E
R

3 Ways to Help PEACE FOR TODAY

- 1 PEACE FOR TODAY benefits from your online purchases made with www.igive.com and now www.benevolink.com. Check this out and sign up today!
- 2 PEACE FOR TODAY relies on financial support from friends like you to continue our outreach of web broadcasts and publications of inspiration and growth. Each donation is essential in the continuation and growth of our outreach. Consider Planned Giving and learn through a financial advisor or trust attorney. You can benefit from tax-efficient techniques, while supporting PEACE FOR TODAY's outreach at the same time, through charitable trusts, bequests, gift annuities and life insurance. Call the PEACE FOR TODAY office at (800) 350-4738 for a referral for a telephone consultation at no cost. Reasonable fees may apply to any preparation of new policies, wills or trusts.
- 3 PEACE FOR TODAY benefits from your old car. With gas prices as they are today, you might be in the market for a more fuel-efficient car. Consider donating your old car to [Cars4Causes](http://Cars4Causes.com) and receive a tax deduction for the fair market value while knowing that PEACE FOR TODAY will receive a portion of the proceeds of the sale of your car.

Peace For Today, Inc.



Our Mission ...

PEACE FOR TODAY is a non-profit organization with a mission to inspire personal growth through our web-radio broadcasts, audio messages, subscriber media, books, and other publications that provide tools to a person's self-knowledge, inspiration, encouragement, and intellectual development.

Our Vision ...

"Creating a world where we all experience a more fulfilling way to live."

Our Values ...

- **Quality**—Our focus is on the personal-growth of each person we reach and we will strive for excellence through evaluation and continuous improvement.
- **Caring**—We are committed to act with compassion, love, and optimism.
- **Integrity**—We are committed to act in an ethical, honest, and gracious manner.
- **Respect**—We are committed to treating all people with consideration and dignity cherishing diversity of faiths and beliefs and orientation.
- **Responsiveness**—We are committed to strive to be accessible, flexible, transparent, accurate, and reliable while demonstrating a sense of urgency in our resolve and decision-making.
- **Accountability**—We are committed to measuring, achieving and reporting results, while using donor dollars wisely.
- **Teamwork**—We are committed to effective partnerships between volunteers and staff, and we seek opportunities to form alliances with others.

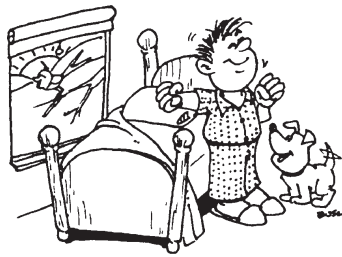
What We Believe ...

- Each person has the capacity to succeed in life.
- Each person is a unique creation, endowed with all that is necessary to become a fully-alive human being—here and now.
- Self-actualization is the birthright of every individual.
- Each person, in spite of life's challenges can:
 - ... learn new principles that allow the freedom to become whatever you were meant to be*
 - ... experience life in a more rewarding fashion by expressing health, happiness, and peace of mind*and that these principles, when practiced, will give you a "New Beginning."

YOU AND YOUR FRIENDS ARE

INVITED to attend and enjoy anniversary refreshments and entertainment with PEACE FOR TODAY's Board of Directors and Partners. You are our 42nd Anniversary guests—no charge!

BE PART OF THE RECORDING SESSIONS with John Price, Marge Lakes, Larry Cosgrove and Eric Magallon.



*"42 Years Later,
We're Still Helping You
Have A Better Day!"*

PEACE FOR TODAY CELEBRATES NO. 42

Sunday, Oct. 22, 2006 from 2:30 to 4:30 p.m.

MUSEUM OF TELEVISION AND RADIO

465 No. Beverly Drive • Beverly Hills

DRIVING DIRECTIONS: *From #405 San Diego Freeway:* Exit at Santa Monica Blvd. Travel east approximately 3 miles to No. Beverly Dr. Turn right on No. Beverly Drive. *From #10 Santa Monica Freeway:* Exit at Robertson Blvd.—North. Travel north approximately 4 miles. Turn left on Burton Way. Travel approximately 2 miles to No. Beverly Dr. (Burton Way becomes So. Santa Monica Blvd.) Museum is a distinctive white building on the west side of Beverly Dr.

VISIT THE MUSEUM'S EXTENSIVE INTERACTIVE EXHIBITS: At the Museum you can listen to and watch your favorite programs from the golden years of radio and early times of Television. The Museum is open Wednesday through Sunday from 12 NOON to 5 P.M. Admission is free but a donation is suggested. Adequate public parking is available.



PHONE PATTI AT THE PEACE FOR TODAY OFFICE ... (800) 350-4738 or send the R.S.V.P. form below before Wed., October 19th, and let her know you plan to attend and how many guests will be with you.

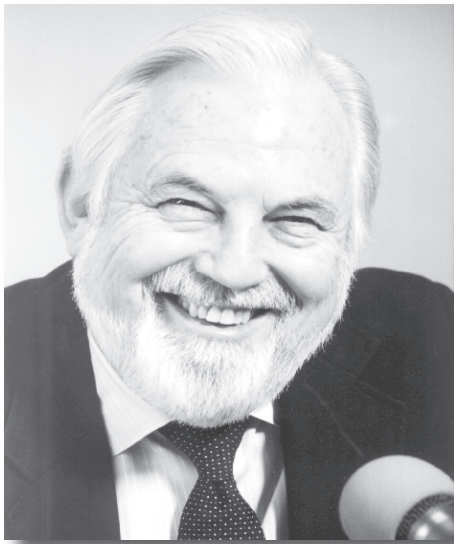
R.S.V.P.: I/WE PLAN TO ATTEND THE 42ND ANNIVERSARY CELEBRATION and will bring ____ guests.
 WE CAN'T ATTEND, BUT CONGRATULATE THE PEACE FOR TODAY TEAM in their continued effort in airing five shows a week on the internet, and keeping in touch by CDs, audio tapes, and mail. We want to help sustain this encouraging outreach with a tax-deductible donation in the amount of \$126 \$84 \$42 Other _____

Check for \$ _____ is enclosed. Please charge my VISA MasterCard.
Card No. _____ Exp. Date _____

Signature _____

Name(s) _____ Guest(s) _____
Address _____ City _____ St _____ ZIP _____
Telephone _____ E-mail _____

MAIL TO: Peace For Today, Inc. • P.O. Box 17990 • Irvine, CA 92623-7990



IT SEEMS TO ME ...

Inspirational Writings of
KENNETH HAYSTEAD,
Founder, PEACE FOR TODAY

IT SEEMS TO ME ... "YOU CAN'T START A FIRE 'TIL YOU STRIKE A MATCH" IS A GEM OF HOMESPUN PHILOSOPHY THAT EMPHASIZES THE IMPORTANCE OF WHAT USED TO BE CALLED "THE PSYCHOLOGICAL MOMENT." While the precise instant of action is often so minute in comparison to the result, the significance of the decision to act must not elude us. Great dreams and great plans often end where they begin—as just dreams and plans—because there was no first step toward accomplishment. Indecision is the arch enemy of achievement. We often rob ourselves of realization by being afraid to say a loud and firm “now” to ourselves.

There is a time—an exact time—for galvanizing thoughts into action. Like a swimmer on the edge of a pool, there has to be a moment to plunge. You can dream about it, read books about it, even practice on dry land—but there is no swimming until you enter the water! Life must be a constant series of instantaneity—split seconds when thoughts become motions, and motions create change. The wise writer of Ecclesiastes knew it well: *"To every thing*

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.

there is a season, and a time to every purpose under the heaven.” Above all, there is a time to decide, for he who is without decision does not belong to himself.

IT SEEMS TO ME ... THE FIRST THING WE HAVE TO DO TO GET OUT OF OUR CAGE IS TO REALIZE WE ARE IN ONE. Not until we feel the discomfort of restriction do we move toward freedom. It is possible to be so acceptant of dogma and conformity that we are unaware of our limited and restricted existence. When we fear to venture beyond the confines of defined boundaries of knowledge and experience, we settle for a limited existence. Some people call that living, for to them, life consists of putting in one’s time on this planet doing what’s expected of them.

Sometimes a real crisis—emotional and/or physical—is a blessing. The profound convulsions of a crisis experience are exactly what is required to shock us out of our unaware dependence on external definitors of our own existence. “Growing up overnight” is not an unusual byproduct of sudden and jolting trauma.

Most of the cages that keep us from the world of real experience are built by ourselves a “stick at a time” from the raw material that is given to us from infancy. Our perceptions of ourselves and our world, of God and the universe, and of truth and reality are oftentimes erroneous and, there-

fore, inhibiting to our growth and development. Tearing down the barriers that restrict us—or opening the doors to our own cages and then flying out—is often difficult and tedious, but it’s worth it! Freedom is the very *essence* of living, for it is the ultimate intention or purpose for our being. Anything less than free is not freedom. Christ said it best: “Whom the Son sets free is *free indeed.*”



IT SEEMS TO ME ... THE WORST THING THAT CAN HAPPEN TO US IN THIS LIFE IS NOT DYING. Rather, it is what dies in us while we are still living. Far too many of us are slowly shriveling on the inside. We are constantly letting go of the ideas, attitudes and activities that keep the growth process functioning.

Take wonder and curiosity for example. In a small, growing child both are standard equipment! We are surprised at the rare child who is apathetic and indifferent to his world. We seek help for his apparent “abnormalcy”—while we relegate enthusiasm and excitement to his time in life. Why do we not become concerned for the apathetic and indifferent older person? Why is that “dying” behavior considered appropriate?

While we’re at it, what about the acceptable loss of desire to adventure and learn that we tolerate in growing older? Isn’t there something wrong with us when we make “learning” for the young and “living” for the old—especially when we believe we are living what we have learned and, therefore, need not learn anything more? That’s stagnation, and stagnation is a form of death.

Then there’s the way we treat our bodies. Of all the great new ideas of this generation, the best is probably the realization that our bodies can stay active and resilient for far longer than was formerly thought normal. In other words, we have much more control of the length of our lives and the quality of our living than we have dared to believe. There is so much in us that can be “kept alive” that the future is bright for those who will not “die” before their time. This is done best by recognizing that qualities we most often recognized as belonging to children are *not* theirs alone. Wonder, curiosity, learning, adventure, excitement, etc., are human values which should *last* a lifetime and, like human energy, be replenished by the *using* rather than the storing!



IT SEEMS TO ME ... ONE OF THE DUMBEST THINGS I GREW UP SAYING AND BELIEVING IS, "PLAY IS FRIVOLOUS."

As a child, I was taught that work and play were mutually exclusive. One had to be done before the other! Maybe we'll learn someday that humor, frivolity, and play have an important place in this world. Many of today's managers (including parents, teachers, preachers, etc.) have eliminated fun and humor from the workplace. They have, unwittingly, also eliminated a great deal of creativity. It is being discovered and proven that a fun environment is much more creative and productive than a routine environment. Maybe we ought to think about that the next time we are tempted to say, "Stop playing games and get down to business."

Fun can be a powerful motivator. Many of the world's great inventions came as result of someone's enjoyable tinkering in a garage. People who enjoy what they are doing incline toward the innovative. They also are better off physically and mentally. To truly enjoy what you do for a living is one of the great secrets of life. Our well-being is virtually insured when we find exhilaration and pleasure in routine everyday experience.

Plato said, "What then is the right way of living? Life must be lived as play."

We get "too soon old" in our world. A more child-like approach, where play-is-work-is-play, would enhance our lives rather than weaken their effectiveness or limit their production.

Years ago I read where "the most significant single word in successful business is KISMIF!" It's an acrostic for "Keep It Simple—Make It Fun."

Guess what? It works!



IT SEEMS TO ME ... NO ONE CAN TEACH YOU TO BE YOURSELF.

How sad it is that most people do not even understand the implication of that statement. Somehow, we tend to accept whatever we turn out to be as what was originally intended—and, so often, settle for far less than the full use of our own powers.

It's a real privilege to be a human being—an exciting experience in growth through change! In fact, it's the growth

process in times of stress, perplexity and problems that helps us define ourselves to ourselves. We get to know who we really are best of all in adversity—for then we get in touch with our true feelings about ourselves and life.

What's more, we don't need permission from anyone else to be ourselves. That's the hardest hurdle of all for some—for we are all trained in obedience to some other will or power.

Becoming your own person is not rebellion. It's finding your way home to truth.

It is not listening for another voice. It is acting out the sweet, soft inner tones of right—even when it causes you to shake up your whole life. Maybe what some of us need are some brand new "impossible situations." They always bring out the very best in us.



IT SEEMS TO ME ... INTELLIGENCE IS A MUCH MISUNDERSTOOD WORD.

At least in our common usage it would appear to be. The dictionary defines it as "The ability to learn or understand or to deal with new or trying situations." My definition is simpler—it is the way we use our brains. The brain is the single and most powerful connection we have with physical and mental well-being. Yet there seems to be another dimension—what my friend Harry Woodward used to call "The Chooser." Everybody has a brain, yet there is a vast dissimilarity in the way we use them.

What I basically believe about my brain seems to determine how it works. In other words, it's very possible for me to disown my intelligence. In some circles that's "the 'in' thing." It's not unusual to feel "stupid" or "inadequate." All of us do that at times. What is really sad is when we do that *all the time!* We disown our own intelligence every time we mistrust our own thinking process—and give our power over to another human—or even God. We are endowed with the right to think for ourselves.

We also disown our own intelligence whenever we assume that it is a fixed entity of its own beyond our control. There are many who believe that the skilled use of reason is for others. They assume and accept a stance of unchangeableness—like the color of one's eyes—and continue to perpetuate a personal deception: "I'm not very bright, therefore, I cannot learn to change."

The newest and best research would seem to indicate that our brains are more like glands—capable of creating secretions—than mere conduits of low energy "electrical" currents. It is a fact that we engage less than 5 percent of our brain most of the time! It is also a fact that no one can be "bright" who consistently believes that he is "stupid." Why not ask some exciting questions of yourself:

- Do I trust my mind, my impressions, my perceptions, or do I let others tell me what and how to think?
- Do I value my own intelligence, or do I see it as a liability?
- Does my brain function for me, and how does it do it? and ...
- What can I do to help it do it better?



IT SEEMS TO ME ... RESENTMENT IS A TOTAL WASTE OF EMOTIONAL ENERGY!

Unfortunately for most of us, it is a reflex response to any personal hurt or affront, whether real or imaginary. The worst part is that it is a response we cling to—often nursing and coddling it until it grows to full strength. Then it does its deadly work.

Resentment fails to produce anything but further problems or hurt for two simple reasons. First, it never changes anything or anyone outside of ourselves. Like acid, it eats away at our innards and turns to bitterness, self-pity and hatred. Even when the cause is justified, resentment (which is literally anger and hostility placed on hold) doesn't do one positive thing for anybody. Secondly, resentment never fulfills our real emotional needs. It "takes up space" in our emotional climate which excludes the healing responses that are so essential when we feel hurt, rejected or ripped off. It may feel good to retain anger and plot revenge, but it works in reverse. The longer the resentment, the less likely there is good mental health and emotional well-being.

Ann Landers' formula for forgiveness—for that is the process for the reduction of resentment—is probably the best antidote there is: "Every night forgive everybody everything." When practiced in daily doses, the patient always gets well—and gets richer and stronger by far!



Letters to Marge ...

Dear Marge:

Just a note to tell you how sorry I was to miss the April luncheon. Each morning I listen to PEACE FOR TODAY tapes. As always, they are fantastic!

Please congratulate the team of PEACE FOR TODAY workers for me. The inspiration from these tapes reaches and enriches so many of us. Love,

Betty B • Glendale



The programs recently have been so inspirational! PEACE ... LOVE ... SPIRITUALLY ... EMOTIONALLY ... AND PHYSICALLY. I love GROWTH! And that's AWESOME! Love,

Jason A • San Francisco



It's great you're going to publish Ken's work!

Julia M • Azusa



Just want you to know I think of you often—not just when I send a check. I hope to see you soon ... not sure right now. Love and blessings,

Madeline P • Alhambra



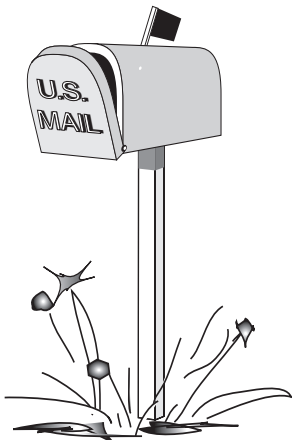
I have been Every tuned in with you. For many years I have read some of your favorite books—even before I listened to PEACE FOR TODAY: Carl Rogers, Leo Buscaglia, Viktor Frankl, Dr. Maxwell Maltz ... these are only a few of the truly dedicated people.

I always smile when I hear your mention someone whom I have read. Your tapes bring much joy and enthusiasm into my day and my life. Thank you Ken and Larry and Marge. I am pleased with your motivating voices and attitudes.

Sincere good wishes, your friend,
Ingeborg L • Seal Beach



Hi friends at PEACE FOR TODAY! All is well. Keep up the good work!
Valerie M • Riverdale, GA



Listen to
PFT on the
internet
at...



www.peacefortoday.org

E-MAIL: pft@pacbell.net
FAX: (949) 863-3142

All broadcasts available on CDs or cassettes and may be ordered by the week or month.

Memorials

In loving memory of
Margaret Hand
from family members and PEACE FOR TODAY friends. Margaret was a longtime Partner and friend.

In memory of
James Chapman
loving husband of
Hilda Chapman,
PEACE FOR TODAY Partner.



WHAT ACTIVITY MAKES OLDER MEN more than twice as likely to live longer? Not weight lifting or power walking, but good old volunteering. — Bottom Line

We have many senior volunteers at PEACE FOR TODAY, including six over 80! Age doesn't matter ... we can find a volunteer opportunity for you, too! Call the office at (800) 350-4738 today!

PEACE FOR TODAY, INC.: "The Branch"

6

Winter 2006

QUARTERLY NEWSLETTER FROM:

PEACE FOR TODAY, INC.

P.O. Box 17990 • Irvine, CA 92623-7990

(949) 863-3139 • (800)-350-4738

INTERNET • RADIO • COUNSELING

NONPROFIT ORG.
U.S. POSTAGE PAID
PERMIT NO 1857
SANTA ANA, CA

If you no longer wish to receive this publication, please help us keep our costs down by calling (800) 350-4738