

NEWSLETTER JUNE 2009

DO YOU EVER LOSE INTEREST IN YET ANOTHER INSPIRATIONAL MESSAGE?

“Hope deferred makes the heart sick, but a dream fulfilled is a tree of life.” (Prov 13:12)
“The only limitations to our realisation of tomorrow will be our doubts of today.”
- Franklin D Roosevelt

Whether I am in the UK, Nigeria or the USA, I prefer to do my own driving, because it affords me the opportunity to study and work undisturbed, as I carry on. I tend to read books, via listening to audio books. There have been times however, when I am simply not interested in listening to a book, and this could last up to 3 days in some instances! The danger is that you may slip into doubt and despair, which has the ability to destroy your desired attachment to hope before an attainment of your desire is reached!

In these times, when I feel reluctant towards books and messages, I pick up at least two key attitudes that will preserve and continue to promote my emotional steadfastness and joy. One is the attitude of gratitude – I am the fellow who speaks and write that if you have any reason for complaint on any issue, be quick to recall those things that you can be truly grateful for, and meditate on these. Where will you be now without your family and friends’ support – even if it is a word that they have said to encourage you? What about your last meal and the roof over your head? What about the opportunities that you have created in your imagination – a grateful heart of having received these by faith can assist the translation of these illusions into reality!

The second thing that I do is pick up on my emo-shifts, which is what I introduced in last month’s newsletter. “Emo-shift” is a word that I have coined from two words, being ‘emotion’ and ‘shift’. These are certain things that can help transform your emotion from a state of sadness to that of joy. For example, one of my usual ways of quickly restoring happiness within my emotions is usually through singing certain songs that I like (I tend to do this out loud, but privately). Have you identified what your emo-shifts are? Is it a memory of the success of your last deal, or is it a good deed that you did or have recently received?

I advise that you do everything to avoid your heart being sick, and drift to a thought process fuelled by doubt! Keep hope alive within you, as the thought of this hope is a tangible seedling of reality.

By the way, did you know that you could obtain your audio-book version of Dream and Achieve online, and simply download it to whatever medium you want? Go to www.annexemusic.com <<http://www.annexemusic.com/>> - Select 'Dream and Achieve' from the 'Artists' dropdown menu.

See <http://www.getkola.org/event.html> for some media comments on my book 'Dream and Achieve'. Order your copy online today from <http://www.trafford.com/08-0066> or from www.amazon.com or www.amazon.co.uk (for worldwide delivery). The book is also available as an e-book via <http://www.trafford.com/08-0066> as well as being carried by most bookshops around the world!

Kola Olutimehin BSc FCCA, is the author of 'Dream and Achieve'. An Information Tycoon, (who is an internationally acclaimed Inspirational Speaker and Publisher), Business Consultant, Investor and Chartered Certified Accountant, Kola conducts 'Dream and Achieve' seminars and various conferences in addition to bespoke workshops to organisations and individuals. Reach Kola via www.getkola.com or send an email to info@getkola.com <mailto:info@getkola.com>

.
To obtain a copy of 'Dream and Achieve, go to <http://www.trafford.com/08-0066> ; www.amazon.com <<http://www.amazon.com/>> or www.amazon.co.uk <<http://www.amazon.co.uk/>>

.
For previous issues of Kola's newsletters and more information, visit <http://www.getkola.org/resources.html#top> or send a request email to info@getkola.com.

You may forward these newsletters to family, friends and colleagues, who may also sign up to receive these free newsletters directly, by registering their email addresses at <http://www.getkola.org/mylist/?p=subscribe>

.