

Abilene Christian University

## Digital Commons @ ACU

---

Landon Saunders Documents

Landon Saunders Papers

---

1995

### Life That Loves to Happen Brochure

Heartbeat

Follow this and additional works at: [https://digitalcommons.acu.edu/saunders\\_docs](https://digitalcommons.acu.edu/saunders_docs)



Part of the [Film and Media Studies Commons](#), [Practical Theology Commons](#), [Radio Commons](#), and the [Religious Thought, Theology and Philosophy of Religion Commons](#)

---

#### Recommended Citation

Life That Loves to Happen Brochure, Box 5, folder Life That Loves to Happen Educational Program Proposal, Landon Brady Saunders Papers. Center for Restoration Studies MS #575. Abilene Christian University Special Collections and Archives, Brown Library. Abilene Christian University, Abilene, TX.

This Program is brought to you for free and open access by the Landon Saunders Papers at Digital Commons @ ACU. It has been accepted for inclusion in Landon Saunders Documents by an authorized administrator of Digital Commons @ ACU.



# Does Life Love To Happen



a proposal for an educational  
program that addresses the  
central problem in the city.



# [There are many factors that contribute to the life of a city.]

Ultimately, however, a city's quality of life is a reflection of the state of mind and state of heart of its citizens.

→ As we grasp the implications of this simple, central fact, we will understand more clearly where we are as individuals, as communities, as a city.

→ Understanding this fact will also point the way to where we could be.





# [Where Are We]

One thing is certain: we are in a world full of problems. Every city has problems. Every family has them. Every person has them. And, though we make some progress, our problems never seem to go away.

--- But that's not the real problem. Our real problem is what our problems do to us and what we do with our problems.

**Our real problem is what our problems do to us.**

--- It's the way problems can leave us drained, anxious, angry, fearful; it's the way they destroy relationships and erode joy, limiting our ability to care deeply for others or for ourselves.

--- When the harmful effects of these problems are multiplied across a city, that city becomes a less human place.

**Some people are living "on the edge": problems bring out the worst in them.**

--- For some people, maybe 10 percent of a city's population, problems bring out the worst in them, producing attitudes and behaviors that are destructive to themselves and to others. They have potential, but that potential is under-developed. Unless something changes, many of these people will be destroyed by their problems. And they will destroy others in the process.

**For many others, problems get the best of them and keep them from being their best.**

--- For the vast majority of a city's population, perhaps 70 percent, problems do not bring out the worst in them; they may never become destructive. However, their problems get the best of them, often depriving them of their best gifts, their joy, creativity, and generosity.

--- These people are caught between overextending themselves and under-developing their inner resources. As a result, they are drained by their

problems and they have less "life" available for their families, jobs, communities and even for themselves. Unless something changes, their best moments will go un-lived, their best gifts will go un-given.

**There are others who go beyond their own problems to give something back.**

--- There are also people from every segment of the city, perhaps 20 percent, who are making a real effort. They see problems and decide to do what they can. They realize that helping others is one of the best things they can do for their own lives.

--- However, they often lack adequate support and encouragement. They sometimes wonder if it's all worth it. They may feel under-appreciated.

--- These people could use a bit of extra encouragement to help them to be more effective and to keep some of them from burning out.

Nobody really cares about me.

Life is hard, so I've had to become hard.

Everything's against me. So what have I got to lose?



## On The Edge

It's all I can do just to keep up.

I've got my own problems. Who has time for someone else's problems?

As soon as I get ahead, then I'll give something back.

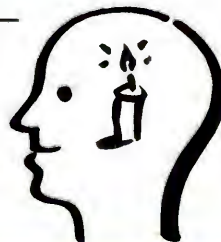


## Overextended

It's important to me to give something back.

I get a lot of satisfaction when I feel I've made a difference.

But sometimes I get discouraged.



## Under-appreciated



# [Where Could We Be]

Of course, many agencies, organizations, and groups seek to confront and deal with the various problems in the city. Many are doing a great job. We need them all.

...✦ But what if there was also a program that addressed the problem that is at the root of all of these other problems; a program that spoke to the inner emptiness—the lack of joy, the lack of purpose and fulfillment—that makes human beings feel needy and sometimes even grasping, instead of feeling as if they have something positive to give back?

## **An education for living more fully, joyfully, creatively, generously**

...✦ Such a program would provide an education of deep, daily, ongoing encouragement. An education that equips a person to view problems clearly and deal with them in ways that bring out the very best in each individual.

...✦ Today, there is such a program. It is called *Life That Loves to Happen*™. And this is a program that has been designed to work with every segment of the city's population.

## **Moving the needle from “destructive” to “constructive”**

...✦ *Life That Loves to Happen* works with those who are experiencing their problems in the most destructive ways. By providing deeply encouraging materials and community building programs, *Life That Loves to Happen* helps these people move the needle on their inner pressure gauge from “destructive” to “constructive.” It helps them to rebuild their lives and their communities from within.

## **Energizing individuals for a more expansive, inclusive life**

...✦ *Life That Loves to Happen* also works with those who are overextended, whose problems may have gotten the best of them. It seeks to engage and

energize them for greater joy, fulfillment, creativity, and giving. It helps them begin to take pride in their community and to feel a need to give something back.

## **Helping the helpers and encouraging the encouragers**

...✦ And *Life That Loves to Happen* works with those at all levels who are activated and trying to make something of their lives, but who may need a bit of encouragement and support. It seeks to help the helpers and encourage the encouragers. It provides special training and support for leaders, so that they can be even more effective and feel better about the contributions they are already making.

...✦ *Life That Loves to Happen* is a well researched, multi-phase, ongoing program for reviving and renewing the life of our neighborhoods and cities... one life at a time.

I'm starting to feel like my life could love to happen, even though my circumstances are tough.

I still get upset about things, but I'm able to control my reactions.

I'm feeling better about myself and my life.



**On The Edge ... On Solid Ground**

Deep down, I never really thought my life could love to happen.

Now that I'm getting my priorities straight, I'm finding new energy!

Others can see a difference in me...and I'm starting to think I could make a difference.

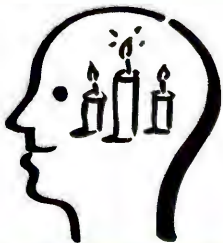


**Overextended ... Extending a Helping Hand**

This is so encouraging. It makes me feel like I have more to give.

Before, in our organization, we were making things happen. Now we are loving to make things happen.

It's very exciting to see so many other people begin to care.



**Under-appreciated ... Celebrated & Supported**





# [How Do We Get There]

The Life That Loves to Happen™ program includes:

---> **Continual Access to an Ongoing Curriculum of Deep Encouragement.** Many people seem to have no moment for reflection or nothing deeply encouraging to reflect upon. *Life That Loves to Happen* stimulates such reflections daily, through in-depth content that is made available via upbeat, recorded phone messages, encouraging newspaper ads, "take ones" in retail establishments, and a Web site that provides new messages daily. This "ongoing curriculum" can begin to improve the quality of life in a city.

---> **Weekly Small Group Support.** People are more apt to make lasting, positive changes in their lives if they are joined and supported by others who are also striving to make the same changes. *Life That Loves to Happen* will provide for this kind of involvement by generating and supporting small study groups. As more of these groups form, the quality of life in the city will rise still further.

---> **Ongoing, In-depth Educational Courses.** To support these individuals and groups in their search for a better life, *Life That Loves to Happen* will provide for ongoing learning through a series of books and audio-cassette tapes. As more and more people continue to deepen their knowledge and experience of a life that loves to happen, the quality of life will continue to improve.

---> **Community Rallying Seminars.** Community workshops and seminars provide a rallying point that will help individuals reaffirm their commitment to their own lives and to their communities. These seminars can be city-wide events. They can also target specific neighborhoods, minority groups and the inner city. They will provide tremendous "feel good" events for the city and can raise the quality of life even further.

---> **Advanced Training and Leadership Development.** To keep the program growing and going into the future, communicators and community builders will be developed and trained. A research and training institute will be established that will work to create new materials, provide advanced training, and develop leaders. *Life That Loves To Happen* will also work with existing community leaders to develop strategies that are tailor-made for each city.

---> **Programs for Every Segment of the City.** *Life That Loves To Happen* puts special emphasis on providing programs tailored to the needs of people in the inner city and to any segments of the population that are most neglected. This program will also address the various racial and ethnic sections of the city; individuals from these groups will be trained as communicators, to hold workshops and seminars that speak to the specific problems and concerns of their particular groups.

---> *Life That Loves to Happen* is a unique program that works with no hidden agenda. It does not seek to recruit membership for its own purposes. It often gives events and materials free of charge. This is made possible through the generous donations of individuals, corporations, foundations, and other groups.

---> *Life That Loves to Happen* is truly a universal program, one that focuses on themes common to all human beings: the need for greater compassion, joyfulness, wisdom, and courage.

# [Increasing Social Capital, Person-By-Person]



[INSIGHT



CHANGE



ACTION]



# [Where Will I See the Difference]

Imagine the potential long-term impact as your city builds a growing reputation for being a more humane, courteous, caring place for individuals, families, and businesses. Here are some of the ways that Life That Loves to Happen™ works toward that goal.

## ---> **Builds a Stronger Sense of Community.**

Today, most cities find it difficult to create and maintain a sense of community. A city can easily feel faceless and impersonal. Life That Loves to Happen™ provides the "glue" for connecting all parts of a city to a common, humane goal - the goal of moving every person in the city closer to a more human, a more "alive" life.

---> **Gives Special Attention to those with the Greatest Needs.** So often, there are sections of the city that get little attention when civic-improvement projects are introduced. Yet, these are the sections where the greatest and most difficult problems occur. Life That Loves to Happen directly addresses the poor, the discouraged, and those with the least power.

It provides courses that address back-to-work issues, community pride and development issues, as well as family issues.

## ---> **Reduces Stress and Increases Self-Esteem and Sense of Well-Being.**

Life That Loves to Happen is aimed at doing something about the rising health-care costs that are so heavily affecting individuals, businesses, and cities. It deals with issues that citizens struggle with daily: stress, addictions, difficult relationships, anger and resentment. This program is designed to be part of an effective, preventive approach to health care by building up an individual's ability to cope.

## ---> **Adds to the "Human Capital" of the City.**

As individuals move toward a more joyful, fulfilled life, they tend to become more constructive, better

workers, better contributors to the community as a whole. They work better with others. They become better problem-solvers at work and at home. They tend to be more motivated and more inclined to give something back.

## **Supports Helping, Service, and Other Organizations.**

---> Life That Loves To Happen works to support other organizations, rather than to seek its own agenda. It provides materials that are designed to enhance the work of those in the service and helping industries, so that they can be even more effective in their efforts.

## ---> **Creates a Climate of Greater Warmth, Humanness, Humor and Encouragement in the City.**

Other programs target the tragic results of specific problems; Life That Loves to Happen offers programs and materials that address the whole person, that speak to the deep causes of these problems, as well as the results. It seeks to awaken each individual to a greater vision of humanity and hope, and to empower each life to be all it can be.

---> The ultimate goal is to help make every home, neighborhood and community in the city an even more livable place.

# [Raising the City's Quality of Life, Year-by-Year]



[INSIGHT



CHANGE



ACTION]



# [Who Is Helping Us Get There]

--- Life That Loves to Happen™ is the result of thirty years of research and fieldwork in cities all across North America. It is produced by Heartbeat,™ a non-profit educational organization that creates workshops, programs, and educational materials designed to enrich and empower people's lives from the inside.

**Field-tested in more than 40 cities over three decades.**

--- For many years, Heartbeat's radio program was heard by millions over NBC, ABC, CBS, Mutual and Armed Forces radio networks. Its Feeling Good About Yourself™ workshops, presented by Landon Saunders, Heartbeat's president, have been attended by tens of thousands in more than forty cities across the U.S. and Canada. These workshops are provided free of charge through the generosity of donors who are concerned about the quality of life in our cities.

--- Thousands more have benefited from the various educational materials that Heartbeat has produced, including an audio-cassette course entitled Course of Human Events and a book, How to Win 7 Out of 8 Days a Week, by Landon Saunders.

**A new, comprehensive approach to individuals and communities.**

--- Now, after three decades of work in the cities, Heartbeat has applied the knowledge gained from those experiences to the development of Life That Loves to Happen. This multi-phased program is designed to operate over many years, providing daily, ongoing access to deeply encouraging materials for every segment of a city's population.

**A permanent, growing presence that touches all levels of a city's life.**

--- Heartbeat will work with community leaders to develop enduring strategies that are tailor-made for each city. Life That Loves to Happen will involve key people at all levels of community life, including government agencies, professional people, business and educational leaders, church leaders, health-care givers and those in the service and helping industries.