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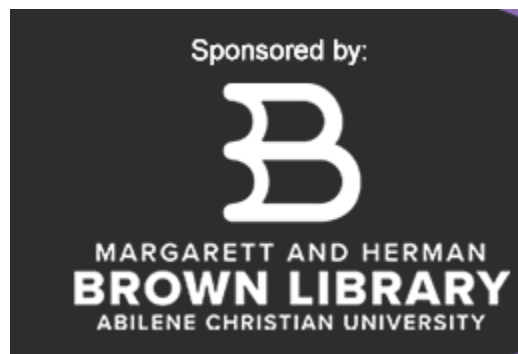
### Brown Library

### Abilene Christian University

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Well, we welcome each one of you to Feeling Good About Yourself. And with Bob I hope that we are feeling good about ourselves. I hope that here have been some ideas - principles along the way that will help us to go on feeling good about ourselves. I want to just acknowledge a very special word of thanks to several people have really worked hard and have been instrumental in bringing this off. Individuals that have just bended over backwards to help have been, Lori Ron, Ray Whitten, Sue Lawson and Betty Berry. We're delighted with the work that they've done to make things as pleasant as they've been. Then the organizing committee: Members, Bob linderman, who's been our M.C. each night; Dale Adams, Milton Galbrit and Everett Hinderson. We appreciate their work. They, for several months, have been kind of handling things from this end. They've done the liaison work and helping us to get ready on with advertising and place.

There was a group of people that would go out every morning fishing. Every evening the group would return all of them with no fish except 1 man and he would always come with just a load of fish. The people watched this morning after morning. They would all get up early. They would all go out fishing. They would all come back in. Everybody empty handed except that one guy. He'd be loaded down with fish. And the man that was so successful as a fisherman had a friend that was a game warden. And the game warden had watched this night after night. And he said, "Friend", he said, "Would you mind if I go with you? I don't understand this. I don't understand how you are so successful fishing and everybody

else is a failure. I'd really love to go with you." And his friend said, "Gee, I'd really love to have you." He said, "Just be out here early in the morning and we'll take off." So the next morning the game wardens all ready and he and his friend took off. They went fishing. They got out to the place where they were going to fish and the guy walked down to the water's edge and he reached in a little sack and took out a stick of dynamite and he lit the fuse, just tossed it out into the water and it just exploded and water and fish went everywhere. He just took his sack and went along picking up, filling up his sack. The game warden just was beside himself. He just went berserk. "This is unlawful, this is criminal, this is wrong! I don't care if you are my friend! I'm not going to let you get away with it. I'm going to give you a ticket! I'm going to arrest you! And just on, and on and on. Just beside himself. And his friend walked up to him and pulled out another stick of dynamite from his sack and lit it and handed it to him and said, "Are you going to talk or are you going to fish?" Well, what we want to do tonight is do a little fishing and speaking of fish Do you remember if you were here the first night, my friend, Frederick Edward Bluefish II. He's Fred the fish for short. I was jogging down the Los Angeles beach when I ran into Fred - nearly stepped on him and he chewed me out pretty good for that. Thought I was a little clumsy and we struck up this good friendship and I've carried on quite a relationship with Fred. Fred's told me nearly all the problems that a fish could have. I've been with him through his depression and I've looked at him at times when he's just stared at me with moist eyes of longing and bashfulness. He said, "Landon, you don't under-

stand. The thing I want to do more than anything else is to live." And he said, "I've tried, I've tried, I've flopped around here. You cannot believe how I've tried to live. I've worn myself out flopping on the bank. I've about beat all my gills off, or my fins off and my scales and you can see the mess that I'm in. The longer I live, Landon, the bigger the mess I'm in." And I said, "Yeah, Fred I know exactly what you mean by that." He said, "I look in the mirror and said I'm green around the gills and I'm gonna die. I lie here and I gasp and I gape and I scream and I've done all those things you've told me to do." And I've put him through everything. The first night here we sent him to massage parlors and we sent him to get his fins done. And thinking that would make him feel better. Then, one time I told him, I said, "Fred would you like to have a color TV?" And he said, "I don't know if that would help but if so, Yeah, I'd try anything." I told him I'd go get it and I went out and I bought him a Sony, brought it back out there on the beach and bought him a chaise lounge just to kind of relax in and I got him up in that chaise and he put his fins behind his head and got all propped up. Bought him a pair of sunglasses and I went back a week later and I said, "Fred, does this color TV help you?" And he said, "Well, I've enjoyed some of the programs. You know, Charlie's Angels and a few of those, But, he said, "I don't know. I just don't. I feel like a fish and still having all these problems." And so I asked him. He said, "You know I've got my own sexual identity and all that's kind of all messed up." And I sent him out and I said, "Why don't you get you a copy of Playfish magazine. See if that helps." So I assumed he went through all of that and none of that really helped. I brought him back, I put him through all these

athletic exercises. I put him on health programs. I put him on food programs, exercise programs. I mean I put the fish through everything. And yet he just looked up. He said, "Landon, I think I am dying." And sometimes as human beings we identify more with Fred flip-flopping on the sandy beach than we do a fish who sails through the water. Now we know what Fred's problem is. We know that Fred's out of his element. We know that all the things that we put him through, all the games that he's played. None of that is really going to help. The only thing that's really going to help Fred is if somebody cares enough to put him back where he belongs. To put him in the water. Tolstoy tells us a story that kind of sums up the predicament. He said, there was a man walking across the field one day and he looked up and all of a sudden here came a pack of wolves, with fangs bearded and saliva dripping. They were after him ... so he began to run. And he ran and he ran and the wolves were gaining on him and he ran faster, and faster, looking for a place to go, a place to hide, a place to get away. Then he noticed an old abandoned well. And he leaped up on the edge of that well and there was a little sapling, a little tree, growing out of the side and he reached and he grabbed hold of that and just hung on. And down in the well . . .and he looked up and there were those wolves, ringed the wall at the top, fangs bearded and he thought, "I'm safe." And then he looked down and when he looked down at the bottom of that well there was a big dragon, with mouth open, just waiting. And then the man, Tolstoy said, looked over to where the little tree he was holding onto was fastened to that well and there was a big white rat and a big black rat gnawing away at its roots. Now I'd say that's a predicament... And he

hangs

there and, Tolstoy said, that there were some little green leaves on that sapling that had some little golden drops of honey and so the man who hangs there leans over and begins to lick those drops of honey. Do you think you're going to win and with your life? Do you feel like you look up . . .there are wolves . . . you look down . . .there's a dragon and you look out and there are rats? And you wonder what you can do? How you can go and sometimes there comes a sense of futility that becomes so great, so overwhelming, that all you do is lean over and lick a few drops of honey. A new car, a new house, a new carpet, a new TV, another vacation. Trying to survive. Just trying to survive. How does a human being win in a world like this? We look behind us and there's no way we can go back. We look in the front of us and there's death staring us in the face and we look around us and here are all these assaults, all these circumstances. Nothing ever works out quite right for us. So much failure in our lives. We never have a plan for failure. Oh, we have lots of plans to succeed. Almost nobody has a plan for failure.

I wonder what is the victory that a human being goes for? Do you have a victory for your life? Do you know what you're really trying to win? When does a human being win and when does a human being lose? I've noticed that people in the world, that very few people feel like they ever win a victory. Have you noticed that? Most people when they come right down to the end they come down to the day of their death. They don't really feel like they're winners. They can go out with a lot of gusto. They can go out with some inspiration. They can go out with a lot of courage, with a lot of joys. Most of us go out kicking and screaming. But

also, there's another side to the question. Not only do not very many people win, as human beings, but do you know that not very many give up. That's an amazing thing. Out of all these billions who don't have a sense of victory, there are so few of us that give up. And do you know not having the right victory for our lives, whether we're winning or whether we're losing. If you don't know- where the victory is, do you know you will not know where to do battle? For all you know you may be getting up every day fighting the wrong things. Worrying about the wrong things, scrapping for the wrong things. Trying to win the wrong things. Because you don't know what the victory is. Do you have a victory that you're trying to win? What would that victory be? Do you know that the world has spent most of its time fighting the wrong battles for the wrong victories? Do you know- that most nations of the world have spent their national existence going after the wrong battles? Spending their money on the wrong priorities. All the time trying to bring to their people a greater quality of life and yet experiencing more and more failure. Never have we known so much about our world. Never have we known so much about what makes the world click as we do today. Never has there been a nation; maybe on the face of the earth, that was any greater than the one in which we live. A beautiful form of government, called democracy. A sense of freedom that rivals that that is to be found anywhere in the world and when the stars and stripes are furrowed it still can make our spines tingle. And yet, at the rate of crime, at the rate of violence, the cynicism, the apathy, the indifference, the futility, the despair that has swept through our land. I spent a lot of time with young people in high school, in college,



in universities. I'm telling you it is so hard to excite them today. It's so hard to make them really laugh with a good clean deep joyous kind of laughter. So much of the laughter today is so thin, and it is so brittle and it dies away so quickly in the air. They don't know- what to cry about, they don't know what to laugh about. And we wonder, "Are we missing something, as people?" Isn't there some way that we could get back? Isn't there some way that we could rediscover something that you could get up for every day that could give you joy and something that could give you strength? Something that could give you hope and something that could carry you through any set of circumstances that comes? Wouldn't you just love to be a human being that could look out and say, "Ok, life Throw- it at me! Come on circumstances, see if you can destroy me." Wouldn't that be something. Wouldn't it be something to say, "OK, yeah, the poems have a lot of problems but they've never dealt with me." Carriers. People bored through all their routines. Getting up and going to work and coming home and getting up and going to work and coming home. Dissatisfied, don't like what they're doing. . .unfulfilled as human beings. What if somewhere you just looked at all of that syndrome and you just said, "Enough. I'm not going to do that anymore. I refuse to let a circumstance govern my joy and govern my happiness. I refuse to allow a job that I believe is a dead end street." You might not be able to change that job. But surely you could change. . . your life's too short and its too valuable for you to get up under that burden day after day, year after year. Until finally, life itself just wears you out, just exhausts you and drives you into the ground. Worn out and fatigued. The human being is really the greatest

thing there is on this earth. We're throwing in the towel too quickly. We're giving in too quickly. Oh, we worry about getting old. We worry about aging, simply because we don't really know how to live. Do you know that 2 years ago this striking gentleman turned 40? Tonight I am 42 years old. I know you are green with envy. Don't you hope when you're 42 that you'll be this trim? I think I look about 21 or 22. You know, if I just, if I hadn't lost that hair so quickly I may have looked 18. And everybody told me you better look out when you turn 40 cause that's a terrible time, that's a traumatic experience and do you know that somehow I went 40 years without a birthday party. I never had a birthday party. And I had some friends in New York, (that was where I was flying to on that day when I was 40). They were going to meet the plane and we were going to have a party. My first birthday party. And I'm telling you I was so excited! I've looked forward to few things as much as I looked forward to that birthday party. As I was getting on the plane a friend said, "Listen Landon, you better get a copy of Gail Sheehens, "Passages", and read that cause it'll help you to kind of get through this traumatic experience. So I ran over and grabbed a copy of Passages, and I got on the plane and I flipped over to the 40's section. And I read through that and really got tickled. Cause I don't know if I'm off schedule or she's off schedule but I'd gone through most of what she described as 40, 10 or 15 years ago. And I was sitting there chuckling to myself and the stewardess came by and said, "Sir, what's so funny?" And I said, "Today's my birthday and I'm 40." She said, "I think you need a drink." And I said, "No, this is really my day. This is great." So I go on to New York. My friends meet me and some

other friends came over from New Jersey and we celebrated my 40th birthday and I called my Dad. . . .and Dad then was 74 and he'd had all those strokes and all that he's been through and they were going to celebrate their 50th wedding anniversary the next week. And I said, "Dad<sup>1,1</sup> and his thinking processes are slowed down a little cause of the strokes and things he suffered. He pauses a lot. I said, "Dad, do you know today I'm 40 years old?" "Yes, I know." And I said, "And next week you and mother will celebrate your 50th wedding anniversary?" "Yes", I said, "do you know you and mother have been married longer than I've been in the world?" And there was a long pause, and finally he said, "That's good. That's good." But you know what I'd really hate? I would hate to, hate to be 40. Do you know I loved being 40 and I loved being 41. Now, you say wait a minute you were pretty credible until right now. No, I'm serious. This year is the best year that I've ever lived. I've never felt better, I've never been as much at ease in my own mind. I've never known a greater sense of peace. I've never known a greater sense of joy. And I don't think that that's a special privilege reserved for a few that might accidentally stumble onto it. I want to enjoy my 40's, I want to enjoy my 50's and as long as I'm able to live I want to be able to enjoy it. Because life, I don't want to go through all these motions of existence. What I want to do and what I think you want to do is live. We want to live. And if we will think through carefully what is the victory? And, if we will answer that question, what am I really going for? I sat beside an air force colonel in an airplane and he said he had just retired after all those years. Something like 40 years in

the service, 30 maybe. Anyway, he said, "Do you know what it's like to work 30 years for something only to get there and find out that it wasn't what you thought it was?" See, that's a pretty painful thing. I don't know how many retired people we have here but I hope you're enjoying it. I know there are 2 retired people in this audience tonight, cause I know them. And I've known them for about 10 years. And listen, if you just spot the two people in this audience that are probably just shining, and more radiant and more glowing nearly, than anybody here. You'll know that that's that couple. Now they're retired but they're moving about , they're reaching out, they've grabbed the gusto, in the right way. You see every age if I know what I'm really going to work for than every age can work together and every age can be right. Now it's helpful just to raise a few questions about this. And one of the questions that I think you're going to have to figure out and come to a firm decision about if you're going to win as a human being. You're going to have to decide that there is absolutely. . . You're going to live for something that is so real and so strong that there are no circumstances that can ever prevent you from enjoying it. Now, if your goals and your ambitions and your purpose in life is valuable to the circumstances around you then you don't have the right goal yet. I was talking to a group of medical students not long ago about how to form goals and I said, "What are your goals?" And they said, "Well", and they would list the income they wanted, and the kind of house they wanted and they just went down that whole list. And I said, "You know there's not a personal goal on here. Can somebody give me one personal joy? A personal goal. Where is love in that? Where is laughter? Where

is joy? Where is giving? Where is it in all of that?" And there was a long pause and finally a student raised his hand in the back and said, "I never thought about that. Why should I think about that?" And I said, "Well for a very simple reason. You're practicing medicine. Let's say you're going to be a surgeon. Suppose you go out after you get your practice all established, then you get in an automobile accident and the result of the automobile accident is that your hands are maimed and you can't practice your surgery any longer. Well you lose as a person."

Will it wipe your life out? Do you have a goal? Do you have a purpose that no set of circumstances could ever take away from you? And the second thing is that whatever you live for . . . Death had better not be able to destroy it. That human beings can go for something that is not vulnerable to death. Human beings can live for something that is greater than their life. I guess that the time when we really get ready to live is when we've found something to live for. That's so exciting every day that you'd be willing to give your life for it. That you'd die for it.

Remember hearing about that little girl or that little boy whose little sister had the rare blood disease? And his was the only blood that they could replace her blood with? And so they talked to him as much as they could and talked to his parents and he was willing to give his blood to his sister and after the replacement of the blood had taken place the doctor went into the little 6 year old boy and said, "Now see that didn't hurt so much did it?" And the little boy looked up and said, "When do I die?" Something to live for. That little guy thought that he was giving his life for his sister. When do I die? Have you thought about that? Something to live for. Something that is so strong. Is so real that you're glad

to lay down your life and die. Are you living for something that enhances all your other relationships? Do you know that there are people who are going for things that may cost them their homes, that may cost them their marriage, they may cost them their children. But when you're going for the right thing it will beautify every relationship you have. It makes them better. It'll nourish your home. It'll nourish your marriage. It'll nourish your children. It'll nourish them all. And then something that guarantees constant improvement until the day that you die. The thing that you get up for every morning ought to be such that it would improve your life every day, until you die. Now those are kind of what I call the 5 tests of winning and losing. And if you're living for something that can pass those tests, you've really got something to go for. Now- that's a difficult thing and I want us to look now at a thing that keeps us from living. We're gonna do it this way. We deal with 2 big issues. One of them is how to live and the other one is how to die. And the thing I would like to suggest for you tonight that may be a little different is that those 2 questions are the same question. That when you answer either one of them you've answered the other one. How to live and how to die. That's exactly the same question. Now why is it the same question? Well, when we look back into our lives and we think, "How in the world am I going to be successful? How can I really win?" I'd like to give you just a thought that I've gathered up on success. That will include at least the plan that failed. Let me help you make some decisions tonight. As I read these off you just kind of click them. You can put them down or you can get them some other way. But I would like you to make some decisions about yourself tonight.

First of all, let's as a group, let's make a decision that our ability to succeed does not depend on our physical attractiveness. Go back to that mirror. A fellow told me, coming in, he said, "What do you do when you look in the mirror and you say I love you and the mirror cracks?" I told him, "Glue it back together. Try again. Say it." That your ability to succeed does not depend on your physical attractiveness. That is not a critical issue. It is a factor that in various jobs that you may have to recognize that you may have to deal with. But the world doesn't love anything anymore than it loves a good scrapper. And if you're as ugly as a mud fence than just get in there and just fight harder. And the world will crown you a hero. Now let's go on to #2. Decide that your success does not depend on your performance or your ability to function. You will not be a star. Most of us will not be stars. Most of us will not live in that kind of a world. But listen, success in the world has nothing whatsoever to do with that. It's something else. #3. If what you're presently doing isn't consistent with your talents and abilities, decide to make plans to change. Stop it. People say all the time, "I don't like the job I'm in. It's a boring job." Well quit. Why don't you just quit your job? You say, "Well, that's a lot easier said than done." That may be true. Just go on being bored. You know just go on. I'd rather deal with quitting and doing something else than just looking forward to a life of boredom. At least if you quit it won't be boring. Harry Truman was asked when he was ready to be president, "Mr. Truman, you've got all these programs and everything. What are you going to do if they don't work?" "Well, if these don't work I'll try something else." Boy, we just need to have kind of

spirit with our lives.

#4. Decide not to define success simply in terms of what you will get. Boy, that's such a mistake. When you try to win simply in terms of possessions. Possessions are the most frugal thing in the world. They're not worthy of being primary in the life of a human being. You're all messed up if you're there. Now that's not to say that you don't enjoy your clothes and enjoy your house and enjoy your car and enjoy those things of life. Yes you can enjoy those. We're not talking about enjoying. We're talking about trying to make a life out of them. We're talking about trying to be happy through those things.

#5. Decide to share the success that comes to you. Any meal is better that is shared than a meal that is eaten alone. Give away. Give. Go through life sowing seeds. Encourage others. Lift them up. The more you lift them up the higher you get. Decide that your success must nurture your entire family. Decide that your success does not depend on circumstances nor on the attitudes of people around you, or things working out the way you thought they should. That's a myth. You can stand in the midst of anything, raise your head and win as a human being. Anchor your life at a point that is outside all of these activities. Something that is larger, and better than you are. Now, do you know what I've noticed? I've noticed that nothing in the world takes the pain out of death more than the knowledge of a life well lived. We talk about death and people say, "Well, what can we do about death? We're all going to die." You're right about that. No one's going to get out of here alive. You're right about that. And what can I do? I'm powerless before my death. And you're right about that.



But look at it a different way. I've been with a lot of people who have died and let me tell you the way they feel about themselves. The way they feel about their lives is going to determine almost exactly the way they're going to feel about their death. Don't worry about what you can't do. Deal with your life right now. You can feel good about your life right now. And John Wayne said in the "Shootist", "A man winds up doing at the very last the thing that he least wants to do." Woody Allen said, "I don't mind dying. I just don't want to be there when it happens." George Burns said, "I'm not going to die. Death has already been tried, it's no big kick. I'm gonna find another way." And a little bit of graffiti on a New York wall said, "Death is nature's way of telling you to slow down." I know this Samuel Johnson said, "Do you know when a man knows he's going to be hanged in 2 weeks it concentrates his mind beautifully." And you know that's kind of true. I know I'm gonna die and just knowing I'm going to die make me think about how I want to live. They asked a man who was about to be hanged. "Do you have any last words?" And he said, "Yep. This is sure going to teach me a lesson." You know. They asked another guy they were fixing to hang him. "Do you want one last smoke?" And he said, "No, I'm trying to quit." There's just something about the whole thing of death that we have let get out of control. Listen, death is not the problem. Let me tell you what the problem is. The problem is your life. The problem is you. Death is just a little bump in the road. It's just a little interruption. Now: what do we know about death? #1. I know that everything will die. I know that. That's our problem. You and I want to live more than anything else in the world but we can't find any materials to build a life

out of that themselves are not dying too. That's the problem You can't build a life out of cars cause cars die.' You can't build a life out of plants because plants will die. You can't build a life out of all these things. What are you going to build a life out of? The thing you want to do most is live and what are you going to build a living out of? All you got to work with is dying materials. It's the strangest thing in the World. The situation we find ourselves in today. I know further there's a little hopeful sign that death contributes to life. That you and I are here tonight cause something died. That's just the way it is. So I know that life - something good, can come out of this. I know #3. That we're all powerless before deaths. When you come to the hour of your death there's not a thing you can do. You can have the greatest fortune's, you can have the greatest doctors. You can wield the greatest power, you can have the greatest fame and when the moment comes you'll die, just like everybody else. And I know. #4. That death raises an ultimate question about human life, about where human life is going to go. That's why I've tried to think a lot about death. Because, I've noticed that people that they don't know what to do when they're gonna die. And the people who are around, people that are going to die. They don't know what to do. If you've been around many people who have died, have you noticed how nervous everybody gets? Everybody gets so nervous. Everybody gets quiet. And have you ever tried to say anything to a dying person? What do you say? Sometimes we say dumb things. The persons lying there and they're dying and we come in and say, "Boy, we're going to get you up out of there. We got to get on that big fishing trip." And the person there dying knows

good and well he ain't gonna get up. And he sure aint gonna go on no fishing trip. And we think that that's gonna kind of help this individual. Now think about that. Is that gonna really help? People are so embarrassed. So I tell people what to do when I'm gonna die. I just give em a script and I want to tell you cause some of you might be around when I die. And I'm going to tell you exactly what I want you to say and exactly what I want you to do. If I'm dying when you come in. First of all don't tip toe in the room. Just walk on in. It's O.K. I'm gonna be going out, that's right, but it's gonna be alright. I'm gonna be feeling alright so you just come on in and don't be embarrassed cause I don't want to be embarrassed. When you get in the room, don't start blubbering. If I'm the guy doing the dying, I don't want anybody else staging me. So don't come stealing all the attention. Just come right in and then when you get in there here's what I want you to say to me, the thing that I most want you to say is, the greatest thing that you could ever hear if you're dying. And then if you come by to view my remains. . .If you'll look carefully I just might kinda open one a llttle bit and give you a little wink. I'll tell you I feel that I am greater than death. That a human being is more than death.. That a human being is more powerful than death. Instead of our lying back and saying, "Oh, My. I'm gonna die. I'm gonna die." I just think we ought to stand up to it. You know, Zorba said, "They say when a man's gonna die that he hears death knocking at the door and he says come in and give me rest." He said, "That is a pack of lies. I've got enough fight in me to devour the world." And so I

fight and I think that's the spirit that we need to bring with death. What are we going to do. What about death? You know, that a recent survey showed that 90 some percent of the American people believe that life goes on after death. That life goes on after death. Do you believe that life is gonna go on after death? You know why I want people to feel good about themselves? Now, it's because I believe that the way you feel about yourself now is the way that you're gonna feel about yourself a billion years from now. And I'll tell you exactly why I can tell you this moment why I believe that. I don't believe deaths the end. I don't believe we're just like the dog Rover we're dead all over. I don't believe all that junk. No, I believe that a human being is gonna live. I believe that Life is greater than death. That were gonna make it and people say, "Well now, how we gonna make it?" Well, you know what religion says. . . Well, you know what Jesus said about death and I know what he said about it and let me tell you just for me, I think he made more sense about it than anything I ever read about it. The best and only cure for death is resurrection. Now do you know another cure? If you were gonna go about curing somebody of dying how would you do it? Wouldn't you just raise em. Seems to me like that makes sense and furthermore it seems to me that, not only does it make sense, but it's consistent with what all of us want. What do you want? You want to live. Well, resurrection says alright you can live. And people say, "Well if I got to live by resurrection I don't think I want to live." It simply means you can go on living. What I call resurrection most the time is reconnection. That's what I view death as. I view death as being temporarily disconnected and that all resurrection

is reconnection. And I'm used to that. I'm used to that with the telephone service. And so I think that when I come down to death I think I'm gonna get unplugged for a minute and then I think that I'm gonna get reconnected and I think it's just gonna kind of go right on. And I think now that what reconnection says is that^ life is permanent. That death is temporary. We've always said that life's a flickering candle and that death is the abiding issue. Wrong, See everything is us, all through the ages has it just the reverse. Everything in us says that life is permanent and that death is temporary. Death's the flickering candle. It's not life, Its death and the thing that we can do most of all is to live. Now that's why, as I just said, it's so important to think about life. Death I don't think is safe. I don't think you'll hide. I don't think you can stay dead, if you wanted to. I don't think you can. I think you're gonna live and what I really think human life is for right now is. I think that we are learning about life and the reason I don't want you to be bored now is that if you live a life of boredom, I think you'll be bored forever. If death does anything at all it probably just fixes us. And if you hate yourself now you may hate yourself in a million years. But what we can do is we can learn to like ourselves. And then the more you like yourself and the more satisfied you are about your life then when you come down to the end of your life, you're gonna feel a lot better about your death. It's not going to be nearly as pained. Nothing takes the pain out of death so much as the satisfaction of a life that's well lived. You know, I think it's kind of like this ... If you could talk to a baby in its mother's womb - Now you can't, but if you could - and you went and asked

that baby, "Now, do you think, there's life after birth.?" I think. that baby might say, "Life after birth? I can't imagine what that would be like. I've got this neat little apartment here. I've got all these life support systems. I've got perfect climate control. I've got all these things. Now tell me a little more about birth. "Well now, when you are born here's what's going to happen to you. You're going to go down that narrow passage way. You're going to get your life support system cut off; and you're going to gasp and, you know, you are going to get slapped and then you are going to enter. In other words, to get to life after birth, you are going to get disconnected." And the baby says, "I'm scared." And you say, "Well, I don't care if you are scared, you're gonna go through it. That's for sure. You ain't gonna stay here forever." And the baby says, "I'm beginning to sense that. I'm beginning to get that impression. . . it is getting a little tight, it is getting a little close in here. I think maybe I am going to . . ." But you see, could a baby ever describe and imagine what life would be like after birth? Probably not much more than you and I can say what life will be like after we get disconnected. And I can tell what life will be like after we get disconnected and then reconnected. Now I've said some more major things tonight. I hope you'll just think about those. I'd love to be able to say that we can come together a couple or three nights and we could just enjoy one another and that's it. But you've gotta see your life, to feel good about yourself. You've got to put it in that large of perspective and when you put it in that large perspective then

you're going to get down to making some real decisions about your life, and, I think, that's where our work book, our In Depth Exploration will be a real help cause it'll help you pick up right here and it'll help you sort through a lot of these things so that you can come away and have a little more of the drive and a little more of the encouragement that you need to live as a human being. I met a man in Africa who told me something in the way I'd like to die. He told me about his grandmother and he said, his grandmother lived a hard life, had a lot of failure. Then somehow she kinda got a new handle on life. And as he got this new handle, the time came for her to die and all the family gathered at the house. And the doctor came out after a while and he said to them, "You'd better come in because the end is at hand." And all those big strong grandsons and all those sons and daughters moved into the room. They surrounded granny's bed and she kind of opened her eyes, looked around and motioned for them to come and prop her up in the bed. And they came and propped her up and he said she summoned all of her energy and just told a very funny joke and all the family just cracked up laughing and as they laughed she slipped away. She planned it that way. Don't let death be such a big specter. A human being is so great. A human being is so powerful that we can go for something. The key, I think, is people. If we live for people, live for a person the most valuable thing in the world, everything that we do serves a person. Design to build up and encourage a person. Design to make a person happy and I know that if you will go for all that you can go for that you will live for as much as you can live for. You will dream the biggest things that you can dream. That you will have the biggest vision

for your life that you can ever have; that you can go for the things that you really want; that you can win as a human being. And as you go, don't go in fear, don't be afraid to look life in the eye and say, "I'm a person and I feel good about myself!"