

RUSSELL R. SHIPPEE PRESENTS



Bethe BEST YouCanBe.net



Russell R Shippee

Dear Russell,

Thanks for your response and positive feedback to last week's letter and book launch. We were the 7th best seller on Amazon in the self help/self-esteem category on June 8th. WOW!

Please visit the website www.bethebestyoucanbe.net. We will be storing the newsletter and articles on the site for your reading, review and research. Some of the photos might give you a smile.

Are you the best? Yes!

Did you do your best all week?

Remember, we are human and we are learning.

Focus on the good things you did.

Quote

"I don't know who my grandfather was. I am much more concerned to know who his grandson will be."

Abraham Lincoln

What can you do today and tomorrow?

Have you helped someone?

Have you taken one small step towards reaching a goal?

Yes, today you can.

Quote

'In order to change something,
don't struggle to change the model,
create a new model,
and make the old one obsolete'

Buckminster Fuller

Today is a clean slate on which to create the person and the life you dream of. The past is an ever changing memory. NOW is all that matters. NOW is all that we can control.

If not NOW, when?

Please read and reflect on the article below on Forgiveness. As we prepare to celebrate Father's Day we have much to be grateful for. We may also benefit from reflecting on forgiveness. At times our fathers may have been tormentors and at other times our best mentors. Let's be sure to celebrate all the value created by our fathers.

Gratitude

What are you grateful for today?

Be Well,

Join Our Mailing List!



Russell R Shippee
BetheBestYouCanBe

As A Man Thinketh by James Allen

This is a timeless classic. The link below will bring you to a site that promotes his books and others. However, they allow you to download *As a Man Thinketh* in e-book format for free.

[As a Man Thinketh](#)

Forgiveness

To Err is Human, to Forgive Divine

On earth we are here for lessons and experiences. They are perfect for us. However, in any given situation our action and reaction may not be, in hindsight, perfect.

Many times we look back and wish we could take back what was said or have the opportunity to do things differently. We can and do look at others and judge how they have hurt us or our loved ones. They may not have respected us, hurt us, or shortchanged us. All of this is our truth and our reality.

We can hold grudges, negative feelings, and hostility. All of this hurts not only the other person but also us and our bodies. Negative energy clogs us up and hurts us. The other person usually knows of our feelings without our even verbally expressing them. We are all energy and vibration and others can feel our vibration and energy without us expressing it verbally.

The road to good health and a happy life is the road of forgiveness. Perhaps, were we to look in a mirror, we would see ourselves and many things which we wish we had done differently as well as many people who have forgiven us. What would our life be like if others had not forgiven us?

Have we not all harmed another? Have we not all felt the joy and release of being forgiven. Have we not all felt even better about those that were kind enough to forgive us?

Why don't we forgive? Why do we hold grudges? Why do we replay the endless tape in our head of the hurt? Why do we think of all the things we would like to do to them to get even? Why do we forget the joy

of forgiveness?

Forgiveness is healthy for all involved. In forgiving you will find you gain as much or more than the person forgiven. Your body will relax, your endless tapes will stop, you will feel good, and you will be at peace. You will be relieved and relaxed. You will wonder why you held such negative hostility. You are bound to appreciate the response for the other person.

Father's Day is almost here. Celebrate it. Forgive all those big and little hurts. In doing so perhaps your dad will forgive you for all those big and little hurts you caused. Most of us know the challenges and the effort it takes to be a father, mother, sister, or brother. We also know the joy.

Let's treat our fathers as we would like to be treated.

Remember, if they are with us or if they have crossed over we can still communicate with them.

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