



Aloha e everyone and welcome to Kaleo of Nani Notes. This newsletter is printed once a month. My intent is to reach out and embrace you in friendship, fill your being with an exhilarating message of hope so that together we can enhance the lives of others and each other. These tidbits of wisdom are for you. Use what you need and discard the rest. My advice, keep it simple and never never ever quit. Know why? Right where you stand you are important and indeed, Creator God does not make junk. There will be times when I shall ask an expert to comment on issues or questions you have requested. Feel free to email me anytime and I will do my best to respond before days end. Know you are loved!

Enjoy,
Nani

[This January 2004 issue presents Diversity in a multi faceted light](#)

"Tolerance and patience should not be a sign of weakness. They are signs of strength."
Dalai Lama

Point of Action: Ever think of the art of being free and what it means for you?

Write what things, behavior, ideas, habits, people, feelings, wounds would you need to weed out to be free in 2004? Starting February we will be discussing the above issues and expanding with articles that are thought provoking.

Last month we had some wonderful responses about Linda Millers letter to us and the words this humble author added. Linda and I thank you. Please continue this thought provoking subject and send us your letters. Sonya from back east who heard my interview on the Tom Polk show in D.C., is a Psychologist and will be responding for our next issue. She is also expecting her first baby in February. We send out love and prayers to you Sonya and your blessed event. We look forward to your comments with your perception and the news of your new baby!

Hint: When challenge/problems/disputes arise what is your first instinct? Remember diversity is about perception and attitude. YOURS!

Mine is always to turn and face the wind, meaning turn and face them head-on. We are exploring the realm of Leadership from a cross cultural perspective. Here is what you are to do: place yourself in the [poem I present in this issue. You will find it in the Recognition for December article.](#) "See with the intent to understand from

the other point of view. Experience enlightenment, harvesting as many tidbits that you need. This journey called life is what you choose to make it.

Hint: Think outside of the box. E-mail us your thoughts nani@universityoflife.info and we will share them next month with fellow readers.

First Some Glowing Comments From Nani Note Readers

Nani, I enjoyed your last newsletter. I went to the Racism Against Indians site, found some good resources and sent them an e-mail. I look forward to presenting at a conference with you one day, just let me know. Cheewa James; professional speaker, Author Sacramento, California

*Nani and Linda Miller,
Thank you for sharing such insightful comments. How thought-provoking! I will certainly take your comments to heart and surely grow from them. Sonya Turner, Psychologist*

Awesome reading as always...the messages are clear...Staying focused on the ways our Heavenly Father provides...acting on the opportunities to bless others as we are blessed and thereby doing His work...thanking Him for NEVER LEAVING US NOR FORSAKING US. I read with joy the messages you had about change and how it takes place within...that article spoke directly to my heart...thank you BIG TIME...Leilani Colorado Springs

*I have now read the whole newsletter.
Excellent, as usual!
Aloha, Burt Speaking Success, Kingman, Arizona*

*Good Morning Nani, Thank you for the honor you have given me. I seek nothing in return for the work I do and I was at first embarrassed when I saw you were honoring me in your December Newsletter. After I wiped the tears from my eyes - I am now grateful Creator has caused us to meet and work together to change our troubled world. Your Newsletter is wonderful!!
Grandmother Iris Allrunner, Montana*

*Hi Nani,
I am finding that growing older means I can state my opinions without fear of rejection. This is a wonderful time of life! God has been so good to allow us to go through our difficult situations because they have made us stronger and hopefully wiser. Linda Miller Spokane*

"Nani absolutely wonderful again!" Darlene dar@RatRaceRemedies.com Missouri

Thanks to all of you who honored us by sending comments. We will continue to print your words whether they agree or not with our articles.

Mastering the Art Of Living

By Nani Aki Linder

Seeing through the eyes of those you work/live with is an important life skill. This is enhanced by seeing, feeling and experiencing from their view. Adult or child, rich or poor, healthy or not how do you accomplish this? By learning to see beyond the obvious through visualizing. Mastering this skill as an automatic way of life gives you incredible insight, and a cutting edge advantage no matter what your personal relationships, business or job is. Key: Attitude and perception

When you awaken the thinking side of self, you not only see through the eyes of others but you see your behavior. Civility and plain old common sense insists that we practice and take serious the "golden rule". Think about that for a moment. "Doing unto others as I would have them do unto me!" There is power in simple!

As an employer it is imperative that one respect's the whole person and not make judgments which may mare the ability to be fair, particularly in evaluating the work product of your employee. As a parent, family member, spouse or if this scenario represents you, stop and seek positive directed definite assistance. If anyone mocks or ridicules your problem, find someone else who will show you respect in your desire to be set free. You see my friends, diversity is about attitude and perception. It is all inclusive. No one knows your situation better than you, no one has more at stake than you. It is my opinion that the best gift I can give you is one of learning to FOCUS. We will be discussing this in future issues and at conferences we present this year. Each of you is a shinning star meant for 'STARDOM' in your lifetime. But you must want it enough to pay the price to attain it. Big R in action, responsibility.

Point: NEVER EVER LET SOMEONE ELSE OR YOUR CIRCUMSTANCE DETERMINE WHO YOU ARE OR STOP YOU FROM ATTAINING THAT WHICH YOU WILL TO BE.
You have the most to gain and lose.

REFLECTIVE MOMENT: "Work to live, never the other way around!" If you aren't enjoying the space you are in perhaps it's time to ask; why not? What can I do to change my situation? FOCUS!

IMPORTANT ANNOUNCEMENTS: NON-PROFIT CONFERENCE SCHEDULE FOR MARCH, APRIL AND MAY 2004.

1. WOMEN'S RESOURCE CENTER OF GLASGOW MONTANA PRESENTS THEIR FIRST ANNUAL DIVERSITY CONFERENCE. DIRECTOR WRC, BETH POHL

WHEN: MARCH 25-26 **TIME:** 8:30 A.M.-3:30 P.M.

WHERE: COTTON WOOD INN CONVENTION CENTER (**CALL 1-800-321-8213 FOR ROOM RESERVATIONS FOR CORPORATE RATES, ROOMS ARE BLOCKED UNTIL MARCH 5, SO MAKE YOUR RESERVATIONS EARLY**)

for CONFERENCE REGISTRATION YOU ARE TO: CALL BETH OR BOBBIE AT WRC 1-406-228-8401 FAX 406-228-8407 AND MAKE YOUR RESERVATIONS OR REQUEST A FLYER. **YOU MAY ALSO** CONTACT ME FOR INFORMATION AND REGISTRATION. 509-467-7714 OR EMAIL NANI@UNIVERSITYOFLIFE.INFO AND I WILL FORWARD A FLYER. (SOME OF YOU MAY ALREADY HAVE FLYERS)

I WILL NEED ACCURATE COUNT FOR THE TEXTS AND OPERATIONAL MATERIAL SO YOUR EARLY REGISTRATION IS CRUCIAL. BY THE WAY, I NANI LINDER, WILL BE TREATING YOU TO A DELUXE CONTINENTAL BREAKFAST ON DAY ONE AND AN EXECUTIVE CONTINENTAL BREAKFAST ON DAY TWO. SO I WILL NEED AN ACCURATE COUNT FOR THE RESTAURANT AS WELL. YOUR KOKUA IS MOST APPRECIATED. **YOUR INVESTMENT FEE IS ONLY \$297 PRE-REGISTERED AND \$397 ON SITE. YOU SAVE \$100 WHEN YOU PRE-REGISTER.**

2. FRASSATI SCHOOL OF LEADERSHIP CONFERENCE

WHEN: APRIL 22-23, 2004 **TIME:** 9 A.M.- 4 P.M. **Where:** Spokane Washington

INVESTMENT FEE ONLY \$397 YOU GET FULL CONFERENCE, REGISTRATION, ALL MATERIALS AND TEXT AND CATERED LUNCH BOTH DAYS. YES, CEU CREDIT CERTIFICATE IS AVAILABLE AT THIS CONFERENCE.

CONTACT PERSON: MICHAEL MUGLIA, PRESIDENT FRASSATI SCHOOL OF LEADERSHIP.

ABOUT THE SCHOOL: FRASSATI SCHOOL OF LEADERSHIP IS TAUGHT IN CLASSROOM STYLE AND THROUGH OUTDOOR ACTIVITY CAMPS. CHILDREN EXPERIENCE SKILLS THEY NEED TO ADVANCE IN LIFE IN ACADEMICS AND SPORTS. INTEGRITY, PERSONAL RESPONSIBILITY, PROVOKING THOUGHT, PERSEVERANCE, TENACITY ARE STRESSED AT THIS LEADERSHIP SCHOOL WHICH TARGETS GRADES 5-9 AND WILL EVENTUALLY GO TO GRADE 12.

COMING EVENT: A **FAMILY CAMP** IS BEING PLANNED FOR **AUGUST**. A **DIVERSITY CONFERENCE** IS PLANNED FOR **NOVEMBER** OF 2004. ALL THREE ARE NON-PROFIT

FUND RAISERS FOR FRASSATI. ALTHOUGH THESE ARE FUND RAISERS YOU WILL NOT BE ASKED TO DONATE ANY FUNDS. NANI LINDER DONATES A GENEROUS PORTION OF HER PERSONAL INCOME FOR EACH SPONSORED EVENT. THIS IS EXCLUSIVE TO NANI LINDER'S U OF LIFE & HOPE CROSS CULTURAL LEADERSHIP INSTITUTE.

WATCH NEXT MONTHS ISSUE FOR COMPLETE DETAILS ON FRASSATI SPONSORED CONFERENCES IN WASHINGTON STATE. THIS ISSUE IS FOCUSED ON WOMEN'S RESOURCE CENTER CONFERENCE.

FYI: UNIVERSITY OF LIFE & HOPE CROSS CULTURAL LEADERSHIP SYSTEM IS TAUGHT EXCLUSIVELY AT FRASSATI SCHOOL OF LEADERSHIP.

"WE ADVANCE HOPE BY ENGAGING AND ENHANCING EACH STUDENT'S OWN UNIQUE STAR POWER WITHIN."

3. MAY EVENT: Spirit of Hope Conference

Sponsor: Women's Resource Center **When:** May 6-7 **Time:** 9 a.m. to 4 p.m.

Where: Glasgow, Montana

Details and flyers will be available at the conference held on March 25-26, in next months newsletter and on my website under coming events:

www.universityoflife.info

Point of Action: Mark your calendars, MARCH 25-26 call or email Women's Resource Center or Nani@universityoflife.info and reserve your seat for this thought provoking, dynamic, fun as you learn conference on Diversity. Experience the value of "seeing through the eyes of others ". **Ask yourself? What is it costing me in "human COST and financially not to solve the problems of diversity and leadership skills in my work, school, special needs, elder care, home, family, focusing or whatever your life situation is? THEN CALL AND RESERVE YOUR SEAT.**

Remember, your value investment fee also helps to raise funds for a most worthy cause and you will not be asked for a donation. Nani Linder donates a generous 50 % of her personal income from the event. This non-profit fund raiser partnership program is exclusive to Nani's University Of Life & Hope. Yes we will give you a CEU certificate, 1 per 10 hours of work. You must participate to get the ceu. This is non-negotiable. I look forward to greeting each of you personally. email or call us TODAY! 509-476-7714 OR 406-228-8401 EMAIL NANI@UNIVERSITYOFLIFE.INFO OR WOMAN@NEMONTEL.NET

"Finding the positive in the negative is an attitude of hope!" Nani Linder

Tony Trupiano is our guest writer this month.

Tony is a show radio show host, author, an expert in weight loss issues and co-hosts teleconferences weekly with Annie Jennings Public Relations respected Public Relations Owner main office New Jersey. I would suggest if you have made a new years resolution to lose pounds and inches that you visit Tony's website. Tony has lost over 200 lbs and has made it his mission to assist anyone who wants to conquer this diverse issue. As you explore his site you will find the multi-faced world of being over weight and its solutions. "You can be what you will to be!"

Nani

Hope and Weight Loss

By Tony Trupiano

The New Year always brings hope for a new start at something that will enhance us and give us a new sense of hope and possibility. For too many of us that issue is unwanted pounds, and unwanted repeat failure to shed those pounds. The combination of wanting to let go of the weight and the difficulty of actually doing it can be beyond the realms of possibility, beyond the concept of the minds vision. It is a challenge that is not put simply to words. Our struggles, fears, dreams, and lives are tested and pushed into action and inaction all at the same time. The right combination of what works and what works for me is a never-ending curse for most overweight people.

Like any great challenge, we find the weight loss battle a journey. It is a journey of lasting and profound significance. When we finally find the right path to weight loss success, we are heralded as super human, as a one of the few who have traveled a road so often sought out, but rarely found. Frankly, it's not fair that 'they' did it and 'we' didn't.

I know of this journey well. My path to weight loss success (www.tonysweightloss.com) to this point has been about a juxtaposition of many crossing roads. Some of it has been a product that allowed me a change to succeed. Some of it has been an uncommon honesty that I never believe I would be able to embrace. Some of it has been a real outpouring of love and trust. Some of it has been Spirit guiding me, honing me, embracing me. This journey has been a miracle in the making,

with the journey really only beginning for me and thousands of others.

Weight gain and weight loss have no real world connection with the exception of our bodies where the weight hangs. The reasons for gaining/losing and the exploration of this path are complex and rarely easy to look at, let alone look at honestly. Denial, rage, fear, hopelessness, and failure are plagues with no cure, but the journey toward successful weight loss is undeniably one worthy of your effort and possible with a new shift in the way you see the journey and draw the map for that journey.

We are talking about a knowing that for the rest of your life in human form that you will have to surrender to a new reality that includes being smarter, learning what foods do not like you and avoiding them, finding a program of realism that will allow you to eat real food in a real way while not overindulging. It must include your willingness to be honest with yourself and the ability to ask for help when your weakness is stronger than your dream, and that will happen. It must be about letting go of the past and allowing yourself to be loved, truly, unconditionally loved by people who do want what is for your best good, your best greatness. This may sound too simplistic, but it is not, not in the least.

Too many of us have such devout self-hatred and loathing we do not feel we are worthy of the life we deserve and in that place of darkness we punish our souls and our bodies to reflect our inner image. Well, today I give you permission to begin your own journey toward self love and self honor. I give you permission to be human on this plane we call earth. I give you permission to be whole for good. Just understand that this is a journey, and in this journey you must keep moving toward something and away from something else. You will be challenged, and some of you will be missed by old beliefs and patterns of people who liked you sad and unbalanced. You will learn to let go of them and to let go of hurts and begin to heal.

Don't think this is possible? Well, when you are ready, let me know and I will show you my way. It may not be perfect. It may not be for everyone. It may not be your cure. But, it is a start and it is honest. Please know that I want what is best for you and I want to share the love and honesty I have found. I want to share that because my journey is on-going and I plan to win.

Won't you join me?

Happy New Year!

Tony Trupiano
tony@tonysweightloss.com

This issue presents a lot of food for thought and I invite you to write and share yours. Tell me, for example what articles touched you? Suggest other subjects. If you have messages for Tony I will gladly forward them to him.(or feel free to respond or call him yourself. He is most sincere about his mission and does respond to each inquiry). **Most of all, tell me what I can do for you.** Simply email nani@universityoflife.info, or visit my website at www.universityoflife.info . I answer all my emails personally.

IMPORTANT INFORMATION:

NANI LINDER'S PRESTIGIOUS "SPIRIT OF HOPE LITTLE BROWN PENNY AWARD" WILL BE PRESENTED MARCH 26 2004.

WHERE: WOMEN'S RESOURCE CENTER OF GLASGOW, MONTANA SPONSORED CONFERENCE. COTTONWOOD INN CORPORATE ROOM RATES ARE BLOCKED FOR YOUR CONVENIENCE UNTIL MARCH 5, 2004. CALL WRC 406-228-8401, FAX 406-228-8407 EMAIL WOMAN@NEMONTEL.NET OR YOU MAY ALSO CALL ME 509-467-7714 FOR INFORMATION AND RESERVATIONS. COTTONWOOD INN ROOM RESERVATIONS 1-800-321-8213 LOCAL 406-228-8213 . I know this is a repeat of information but it is **worth a reminder**

"DIVERSITY IS ABOUT PERCEPTION AND ATTITUDE"

JOIN US IN HONORING AND CELEBRATE WITH THIS YEARS WORTHY RECIPIENT.

Little Brown Penny Award: Here are the details. Every month we "catch someone doing something special for others." It could be a person, a group, an organization. It is the going beyond the self award and helping those who can do nothing for you in return and not wanting recognition. If you have read my book Trial By fire a True Story Of Hope, on page 26, I talk about why the brown penny and state" I might even press a penny into your hand as a **reminder that you are important.**" Yes, **it is an award of hope** the greatest gift I believe one can give. So, every month we recognize someone. At the end of our U of Life and Hope Year we present the award.

[December Recognition Mary Scow now residing in Canada.](#)

Mary Scow can be best described as the"people's friend". There is no one who met

this woman who didn't come to love her Dynamic personality and giving of self spirit. She lent her ear to many a person and kept confidences. She was there to help in a flash when she saw a need. She is a model of what some term "giving of ones self for the benefit of others." I'm so fortunate to call her friend. Mary devoted her life to the two children she adopted who became her life's treasures from the moment she held them in her arms. She was proud to be married to the man of her dreams and gave not just her heart but her very being to her family. Her sacrifices are many. In her 60's she completed her college education at the Salish Kootenai College in Montana. By then she was "too old" by some standards to be hired as a Social Worker yet she earned her credentials. Mary is admired for her tenacity and spunk. She has also demonstrated to the family she cherished that she, Mary, could do it. She was not "just an Indian!" I wrote a poem that won recognition. When I wrote it I had mixed marriages in mind and a secret fear that lurks in the background and for a few become reality. The poem while not quite Mary's story applies to her and many others. I heard a month ago that Mary went back to Canada to live with her people because there was no longer compassion for the woman who gave till there was nothing left here. In my eyes Mary is a beacon of courage, hope, tenacity and personal dignity of the highest order. Mary has earned this months Little Brown Penny recognition.

Behind the Veil

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Back of those eyes, behind the veil
is a tormented being.
A woman is saddened for her child
Is torn.

Who am I? Perhaps I'm you!
A Mother of color hidden away.
Your secret fear has come to pass.
So sad! So sad! So sad!

Were you stupid?
Were you too trusting?
Was it your spine of steel?
Your bold spirit, your wisdom?
Your dark brown eyes?
No! It is your skin color that
Offended some folks.

You wait patiently.
Quietly!
Almost breathless!
You hope for the day, yet fear
It won't come for your child to
See you again as once so long ago.
Proudly! Happily saying, "that's

My mom!"
Not brown, not different, not
stupid, not just an_____.
Just that's My mom!

For now back of those eyes.
Behind the veil of silence.
She waits, she waits, and she waits!

Holistic health tip for January 2004

These tips are for education and information and NOT medical advice, think safety first and consult your physician or naturopath.

Did you know? We will be addressing the issue of ADD-ADHD at a Sprit OF Hope Conference May 6-7 at Glasgow Montana. Another non-profit sponsored conference. Watch next months issue for further details on living well with alternative vs. modern medication. We will have guest speaker experts.

If your child has ADD-ADHD there are science studies using the fruit/vegetable/ambrotose called phytobears. There are numerous studies to back this up and several schools who are using this rather than drugs like Ritalin. If you wish information on this please email me and I will point you in the right direction. These phytobears are being given FREE in Africa to children with HIV. These are called glyconutrients. According to Dr. Emil I Mondosa, "certain sugars are necessary for proper immune function. Some research indicates that they may be of equal value as vitamins, minerals, amino acids and essential fatty acids." These are exclusive to ambrotose which is what I take and took in my miracle story Trial by Fire.

We shall be speaking about the Chinese philosophy of regeneration. What is the philosophy? "If you feed the body what it needs, it can heal its own self." Our bodies are the miracle, think of it each of us is a miracle in fact. Unfortunately we do not always treat this temple of hope well. Regeneration is a philosophy I believe in and follow. I will share some of the miracles of hope through trial by fire and bring you up to speed on the exciting changes for the better. Nothing is ever held back in our workshops and you are to ask questions as many questions as you wish. I am the servant and the servant shall be last.

This information is for educational and information only and not medical advice. I caution you to think safety first. I am living and walking proof that one does not need modern medicine to stay healthy. I do not take any medication unless am having an allergic reaction and then it is under the supervision of my physician so I can stay alive. I assure you ANY information that I recommend has been researched, researched and then researched again. Be well!

The Tao of Healing wisdom for January 2004

"The true healer let's go of the senses and moves from the center of intuition; blameless she gives herself permission to be exactly who she is."

Check next month to see who our recognized January U of Life and Hope honored person is. It could be you. Send us your recommendations to nani@universityoflife.info. Age, gender does not matter, it is the sharing spirit of hope we are looking for.

Same Challenge: Everyday without fail at 8 a.m. or 8 p.m. stop whatever you are doing and "cop an attitude of gratitude". **Meaning**, say thank you to creator god, universe, Buddha, Allah, whomever you thank for life, freedom, and everything you have.

Point of reference: Dawn and Dusk are the most magical moments to capture the essence of the universal mind and quiet the gentle heart. It takes only 21 days to establish a new habit, won't you wela ka hao? Do it now!

ASK ME WHAT THE MIRACLE AT 3 A.M. ON THURSDAY JANUARY 8, 2004 IS ABOUT. I'M SO EXCITED! IF YOU SEE MY HUSBAND, RON ASK HIM.

Malama Pono till we meet again. Nani

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A Hui Hou, See you FEBRUARY 10, 2004

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