



Aloha e everyone and welcome to the October 2003 issue of Nani Notes. Our intent is to reach out and touch you in friendship, inspire hope and provide valuable insights that make a difference. The tidbits of wisdom we share are for you. Use what you need and discard the rest. Staying with our theme of Diversity, I have asked, writer and business owner **John Colanzi** to share his expertise with you. This issue reflects on **Responsibility** and provokes thinking.

### **Point of Action challenge**

**Just for today:** Do not be angry. Share a smile. Hug your child, mom, spouse or significant other. Say thank you for all that you have including your health. Send out a sincere prayer for our troops, their families, our President and his family. Results in all phases of our lives requires positive attitudes and most important **"your intent"**

Consider this! If you would reach out and touch somebody else, forward this newsletter to all your friends or one special friend and ask them to **just for today** do not be angry. Visualize the possibilities, the benefit of potentially hundreds of people's lives touched with the power of positive expectancy by you, **just for today**. How? You took a moment in time to make an incredible difference. **Just for today!** Intention is for the benefit of the greater good when you mean it.

If you don't like it after today, the grouchy, woe is me stuff will be there waiting tomorrow yet who knows this power of positive expectancy unleashed by you may benefit and change lives! Why not! It's about choices. Control your life or let others or our circumstances do it by default. Won't you accept this challenge? **Just for today!**

Ke aloha, (joyous breath of life)  
Enjoy,  
Nani

Nanipuaaalaomaililaulii Aki Linder  
[www.universityoflife.info](http://www.universityoflife.info)

\*\*\*\*\*

### **Sharing Some Glowing comments from Nani Notes readers:**

"enjoyed your newsletter because it has weight. (value)" Cathie Wong, San Francisco, California

"Just wanted to take a moment and say, "WELL DONE!" I enjoyed reading your different insights, and learning more about other cultures. I also liked the fact that it made me stop and think. Thanks for bringing us your Nani Notes Publication!" Darlene St. Louis, Mo.

"I read every word. I feel like the overture is playing. The curtain is about to raise for hundreds of lives now, later thousands of lives, you are to awaken. Fine prose. Makes one think. Makes one feel. You are truly a bearer of light and hope." Burt Dubin, President Personal Achievement Institute Kingman, Arizona [www.speakingsuccess.com](http://www.speakingsuccess.com)

"Excellent newsletter and I loved the design. I showed my mother where you mentioned her name and she went crazy. She thinks your're the greatest and the mention was the icing on the cake". John Colanzi, Pennsylvania

"You did a beautiful job and I want to thank YOU for SEEING the honor in the work I am doing. It is greatly appreciated." Much Love, Tony Trupiano [www.weightloss.com](http://www.weightloss.com)

"Hi Nani, this is great stuff, I am passing it on!" Love Sheri Barnard, YWCA Volunteer Director and former Mayor Spokane, Washington

"I loved your newsletter. I encourage you and I will pray for you." Iris Red Elk Allrunner, Author, Adjunct Professor Native American Studies, Montana

\*\*\*\*\*

## Last month I asked you this question.

If I had the power to grant you one wish in your chosen niche, what would that wish be and why? Interesting question isn't it?

**Did you answer it? Point of Action** hint: break your answer down to one sentence. Why? You can answer at a moment's notice when asked again, at a job interview, obtaining a loan, new business associates, for speakers it can be your one minute marketing response , or staying focused on your project/mission/goal. **The benefit for you... separating knowing from wishing. Your bonus, focused energy towards achieving your goals! Going beyond the obvious; this is your moment to lift the veil and let them experience your essence. Insiders call this an Ah ha moment or enlightenment. Responsibility is an attitude!**

## Attitude Focus Point Of Action

Happy, Optimistic, positive, energy = **HOPE**  
No, Opportunity, possible, ever= **NOPE**

**Words of wisdom** - Oprah Winfrey American Television talk show host, actor, and author. "I don't think of myself as a poor deprived ghetto girl who made good. I think of myself as somebody who from an early age knew I was responsible for myself and I had to make good."

## Spirit Of Hope Recognition for September!

**September's spirit of hope award goes to Sheri Barnard of Spokane, Washington.**

**Sheri is a woman of empathy and to be blunt GUTS! I met this remarkable woman at the Spokane YWCA. She invited me to River Front Park for the annual Pow Wow festivities. It is there that I observed this womans empathy, and captured her essence. With a quiet smile she gently asked a young man if he was hungry. He replied, " yes." she turned to her friend and quietly asked to borrow enough money for the young man to buy a meal. " I will pay you back", she said "my purse is over there!". What makes this remarkable is, she was running for Mayor and could have made a big production out of it. Instead, she saw, she asked, she gave quietly and unassumingly, sparing the young mans dignity. She helped someone who could do nothing for her in return and did it with grace. Good job Sheri, you have my profound respect and earned our spirit of hope recognition for September.**

**Note:** Sheri is eligible now to win our "Little Brown Penny Award", this award recognizes persons who make a difference and is given once a year. Read our November newsletter to see if YOU are selected as Octobers winner.

*"The mind is everything, what you think you become" Buddha*

\*\*\*\*\*

***Guest Writer and Business Owner John Colanzi is from the great state of Pennsylvania***

## **Tomorrow Never Comes**

**By John Colanzi**

There is a song that says, Never worry tomorrow, tomorrow never comes."

How true those lyrics are.

We spend so much time worrying about what tomorrow will bring that we miss out on the pleasures of today.

We listen to the news and the advertisers who have made it their business to scare us with their headlines.

As soon as a baby is born, they start making the parents feel guilty if they don't have a college fund set up.

They ask the older citizens, "Will your family be taken care of when you've passed away!"

Planning for the future is fine, but what happened to enjoying today's sunset, or a leisurely walk in the woods.

What happened to "giving no thought for the morrow?"

That statement doesn't mean you shouldn't plan for the future. It means don't obsess and worry over what may or may not come.

There's a story about two women vacationing in Hawaii.

They're walking through this beautiful garden and the one woman turns and says to her friend, "I wish Charlie was here to see this."

The next day, they're walking along a beautiful beach and she turns to her friend and says, "I wish Charlie was here to see this."

This went on everyday of their vacation. Every beautiful site they visited, she would repeat that phrase.

So Who was Charlie? Charlie was her husband who had recently passed away.

They had spent their whole married lives planning their big vacation to Hawaii.

Sadly they never got to go, because Charlie was always too busy working to secure their future.

Charlie never realized "tomorrow never come."

What could have been a dream come true never happened.

This woman had to take that vacation by herself, wishing Charlie was there to share it with her.

Don't lose today's pleasures worrying about what tomorrow will bring.

Tomorrow never comes.

Wishing You Success

John Colanzi

<http://www.thesimplesystem.net>

\*\*\*\*\*

copyright (c) 2003 John Colanzi

Internet Marketing Secrets Revealed!

Would you like to make money on line,

but don't know where to start? You're not alone and here's a solution

Just for you. <http://www.thesimplesystem.net>

\*\*\*\*\*

## **Responsibility and Attitude: Focus on Special Needs/Handicapped**

**by: Nani Aki Linder**

**Want to know how it feels to be handicapped?** Tomorrow before you go to work, strap on both your legs ten lb. weights. (like those you see in gyms or exercise classes). Leave them

on as you go about your daily routine. DO NOT REMOVE THEM FOR ANY REASON. Eat, sleep, work, shower, visit friends, ride a bike, shop, play your game of soccer, football, basketball, exercise, walk your 3 miles, jog. Do this everyday for 3 days. No cheating. Handicapped persons can't change their minds, they can however perservere by adjusting their attitude and accepting personal responsibility. You can do it too!

Experience and see through the eyes of the handicapped/special needs individual. Begin to notice how your back feels, the tiredness of your legs, how your posture is affected, how agile you are or not, note any tingling sensations or numbness, lift your feet when walking, note when you begin to drag your legs. How is your breathing, pulse rate, stamina? Can you stay with it the full three days?

**After three days write what you felt and experienced. Tell us if your respect for the physically challenged is elevated. Better yet, tell someone who is challenged. Visit a VA hospital, a rehabilitation center, drive your car more cautiously and know that many injuries are a result of ignored safety rules. if you work in a facility with *the challenged you now have insights that should aid your patient or client.***

**Now, do you want to ever participate in the one day of pretending to be handicapped when the next "politically correct day "of pretending to be handicapped occurs?**

You are experiencing, with these true life examples, what it means to be inhibited 24/7 for 3 days. One day of pretend does not cut it because you know at the end of the day you can stand to get out of the wheelchair or take off the heavy braces on your legs and you can walk or remove the blind fold and you can see. It doesn't cut it for three days either but you at least have a rare insightful picture of what your special needs child, client, parent, spouse, friend has been trying to tell you either through anger, non-participation, frustration or despair. Diversitys broad and heightened awareness comes from seeing through the eyes of others.

If you are the parent of a child who cannot do simple tasks. Try this; get three or four gloves and one large oversized mitten. Place these on your hands. Now button your coat, tie your shoe, eat your lunch without spilling, etc. What are you experiencing? Frustration, impatience, worthless, weepy, sad? Probably all of the above. These feelings are experienced not just by the handicapped but by those children whose large and small muscles are not yet developed. So those of you who are bored with circles children are assigned to make, STOP! These activities are meant to help your child develop necessary skills to write, catch a ball, eye hand coordination and on and on. Help your child grow with confidence by letting them make their own mistakes and not pushing them before they are ready. All people need to feel good about themselves. When you glimpse into their world, it is powerful stuff for you and them. If you are a chosen parent of a special needs child, I hope you found these experiences helpful and they bring you ever so closer to "seeing" through your child's eyes.

Most folks will never understand what it means to lose the agility of ones body. Tomorrow, you will walk your normal, talk your normal and live your normal life. But those of you who lived the experience 24/7 for three or more days have gained some powerful insights , not taught in books yet benefits you and those who are challenged tremendously.

**Hint:** Recognize that those with special needs live this way as "their normal". Honour and respect where they live. Walk truly with understanding by learning to really see the

handicapped as human beings who must make greater effort to live and participate in life. They work harder to enjoy that which we all take for granted. They want to participate in living and they need you to let them. The cycle of life can often become a cycle of defeat for the special needs individual and the caregiver. Yet it needn't be. Stand beside our challenged citizens, encourage their independence, tell them you care. This sets them free to fly "their normal". In a future issue we will address seeing through the eyes of caregivers, family and professional.

**My training ground of crucibles have blessed me with incredible insights you do not learn in books. I offer these insights exclusively to those who wish to gain indepth advantage in building a life of living Hope in every stage of your life, for those whom you care about and your clients.**

In our workshops we teach diversity by showing you how to see through the eyes of those you live, work and share this planet with. You participate and experience for yourself these truths. We educate by showing, not lecturing at you. We offer possibilities and proven strategies in our spirit of Hope conferences. The bar is raised, integrity, family values, principles of trust and diversity leadership are the "essense intent." We lean towards VISIONARY THINKING that benefit You, your employees and those you ultimately serve. Those who complete our training learn proven skills by engaging their own powerful spirit of hope within. We offer ceu's, 10 hours per 1 credit. Showing up doesn't earn a credit, participating fully does. Call Nani 509-467-7714 or email [nani@universityoflife.info](mailto:nani@universityoflife.info) for a free 15 minute consultation. Let's discuss your personalized Spirit Of Hope Conference.

---

This issue presents a lot of food for thought and I invite you to write and share them with me. We welcome suggestions and opinions simply email Nani Linder [nani@universityoflife.info](mailto:nani@universityoflife.info) or visit my website at [www.universityoflife.info](http://www.universityoflife.info).



### **Frequently asked questions:**

**Who is Nani Linder?** A results oriented quiting is not an option woman of faith who slays dragons of fear by turning and facing them head on. Nani is an expert who speaks, author, fiercely loyal friend whose mission is to make a difference. That means my ego is always at the door so I may serve your needs. Reach out, take my hand, close your eyes and feel my energy flow to you, feel the tingling in your hands, a surge of powerful and enduring friendship . **This is the circle of life many people of diverse cultures often speak of but more often than not practice.**

**My short commercial:** I listen to your concerns then tailor a program to meet **your specific needs**. My work is guaranteed, RESULTS oriented and HOPE filled. I am a roll up your sleeves lets get to work in the trenches Leader of vision, CEO. Pick up your phone and call me 509-467-7714 or email [nani@universityoflife.info](mailto:nani@universityoflife.info).

**What is your exclusive fund raising opportunity for non-profit organizations?** E-mail and ask for the document titled: **non-profit draft proposal** (only non-profits may apply for this service.)

**Where do we get your books?** Any book store can order or go to my website and click the publishers button. If you wish an autographed copy email me for the how to's. We pay postage as our free gift to you. I also have some **valuable insights in FREE articles/reports available** for the asking. In Spokane try Aunties, Kaufers, and Hastings next to Michaels craftstore. [www.universityoflife.info](http://www.universityoflife.info)

**New Children's book: Educational Workbook and Teaching Text is out. "Look At Me I am A Star". this is a multi-cultural/diversity/social science /leadership operational/teaching text.** I will have limited copies available in 2 days. Call/email and **Reserve your first edition autographed copy today.** I offer training and certification to teach this system for home schoolers, parents, cross cultural and diversity leadership groups or in formal school setting. Call Nani at 509-467-7714 or email Nani Linder for further information. [nani@universityoflife.info](mailto:nani@universityoflife.info)

**Hint:** I lean to a common sense attitude in this new text: meaning our standards are high. Integrity, family values, trust, principles, the big R (responsibility), respect for elders, are models we teach and practice. We engage this energy of vision production and promote leadership for kids and adults with the bar raised. The training we offer you insists on these principles. If this is your vision, our program is for you. Pick up the phone and call me to sponsor a training or workshop in your area.

Please feel free to send this newsletter to your associates, friends or have them click here [www.universityoflife.info](http://www.universityoflife.info) to sign up for their own free newsletter. Your names will never be sold or shared with others. That's a promise.

---

## Holistic health tip for October 2003



**Flu season is just around the corner so let's take a moment to review some common sense approaches for holistic living. this is for your information only and is not medical advice. Always consult your physician with medical needs or before using supplements or herbs. Safety first!**

1. Wash your hands often.
2. Get adequate sleep.
3. Drink plenty of fresh water.

4. Walking is great exercise, walk your pet, many malls offer walking and blood pressure checks free of charge. Hint for winter: this is a great place to meet new friends and it is safer to walk here than on icy streets and sidewalks. Be sure to dress warm and wear appropriate shoes for walking outdoors. Carry an extra pair of shoes in the car in case you have car problems and need to walk. Think Safety!

5. Below are some natural herb and how they are meant to help. This is not medical advice, it is educational information. Always tell your physician what you are taking in supplements make him/her your partner for health. If you are scheduled for surgery it is important to tell the Anesthetic physician what you are or have been taking. In any surgical procedure this physician is MOST important.

6. If you have an elder parent or friend who lives alone, check on them everyday. One of my friends mom fell in her home and it was two days before anyone knew. It only takes a moment to call or stop in. In the winter months particularly, we get less sun so have adequate LIGHTING inside your home. It is a scientific fact that humans need sunlight to keep themselves "less depressed". There are specific light bulbs manufactured to address this issue. Be sure your elders have adequate lighting and get fresh air. Too busy? Make time. Our elders took care of us when we were wee babes and totally dependent. It is a priviledge in their golden years for us to respect our elders and do for them.

7. If you are ill stay home so as not to infect others. Drink lots of liquids and rest. Think you are indispensible at work? Many people who live in the cemetary are stark reminders that once you are gone, you are immediately replaced. My point! **You are valuable right where you stand so take time to stay well, be well, and you will be happy in your work and your life.**

***"Many people seek the meaning of life, I seek to experience it while I live. Walk my lifes destiny with joy. Accept responsibility and demonstrate by thought, word and deed that you can."***

***Nani Linder***

\*\*\*\*\*

**Herbs (be careful, some are medicinal and some are food, for your safety ask questions, if you think it, then it is important and always include your physician in these decisions) Many will turn to these alternatives during flu season to these herbs so here are some educational hints.**

**Goldenseal root** is said to supports the immune system and according to research is the best weapon against bacterial invasion.

**White Willow Bark** provides natural pain relief. According to pharmacology research, reduces fever and relieves pain. This herb is the source of aspirin's basic chemical. This is a medicinal herb but without the side effects. Always consult a physician or naturepath when using.

**Tumeric or Olena to Hawaiians**...cleans the blood, helps circulation, this is also a medicinal herb, seek medical advice before using. ( I used this fresh in Hawaii. My grandfather knew Lapa au and la'au kahea and gave us only freshly picked herbs. The time frame was three days and in specific amounts, this is a medicinal herb so seek advice before taking. I have seen this in health food stores, I do not know the potency or how much is natural or filler so ask, ask, ask!) This is also used in curry spice from India.

**Dandelion root** is long believed by Chinese people to have a "cooling" effect on the body's circulation. According to pharmacology research this herb clears toxins, cleans the liver, promotes urination and inhibits bacteria and fungi. medicinal herb caution.

**Ambrotose** provides the 8 essential sugars our bodies need. I take this everyday, if you have read my book *Trial By Fire a True Story Of Hope*, then you know I believe this saved my life. I would not go without it. I do not sell but I do have a buying membership. You can check this out on line and again just type in my name and no one will bug you. [www.mannatech.com](http://www.mannatech.com) click on the American flag or whatever flag of the country you live in and type in my name under who sent you. This is the herb my grandfather said, "Nani girl if they can catch the healing part in the aloe, many would be saved."

**FYI**, I use some Sunrider herbs as they are food grade/based. The owners are experts, one is an M.D. the other a pharmacist. Many products in health food stores only need a minute amount of properties to call it natural. I would ask questions before buying. **Safety first!** Check out [www.sunriderinternational.com](http://www.sunriderinternational.com) you may type in my name and email address when making inquiries. I do not sell these products but I do have a membership account to get the 40% discount. You can do the same, I believe it is still \$20 to join for the discount. This also gives you a rebate back on your personal orders over \$100. Again go to the site and click on the flag of the country you live in. **I will not contact you about this. This is for your educational information only.**

**It is a matter of integrity to me NOT to make money from these holistic recommendations or holistic educational information.**

**Sidebar:** since there is no cure for the flu or the common cold it might be worth while to just take good care of yourself, eat proper food, drink water, and ride out the common cold or flu. Do not beg your doctor for anti-biotics for the flu or colds. Let common sense be your guide. Great holistic gargle is a tablespoon of sea salt to a quart of water. I use Hawaiian salt with alae in it. (red salt)

## Hawaiian words of wisdom for October 2003

onipa'a "Stand firm"

### **Public Service Announcement:**

YWCA in Spokane, Washington is having their annual fundraising Luncheon on November 18, 2003 at the Spokane convention Center from noon to 1:15 p.m. The keynote speaker is the honourable Anne Richards, former Governor of the State of Texas. Awards will be given for Annual Women Of Achievement, Young Woman Of Achievement, and Carl Maxey Racial Justice Award. Minimum donation \$100. Reservations are required, payment made at the luncheon. Call 326-1190 extention 127 to reserve your seat for this worthy cause. The Y appreciates your support.

**Recommended Gurus:** I am so impressed with these giants in today's service industry

that I am recommending them for your consideration. **This is a free service meaning I am not being paid for my endorsements.**

[www.anniejenningspr.com](http://www.anniejenningspr.com) Annie has a unique public relations service for all her clients. She has a pay for service system, offers many free teleseminars and is great to work with. She has offices in New Jersey and Pittsburg. Author's and speakers will find her staff competent, courteous and diligent.

**Did you know:** One of the symbols of leadership is the tiny Mouse? Its true! I have one sitting on my computer. Why the mouse? Diligence and attention to detail! You will always see mouse, eagle, tigers, wolves or bears somewhere in all of my writings, published text, operational manuals, reports etc.



[www.thesimplesystem.net](http://www.thesimplesystem.net)

[www.internetprofits4u.com](http://www.internetprofits4u.com)

John has written a revised e- book that not only tells you how, he does everything but do it for you. Filled with current websites and information to make things happen for you, NOW! Way to go John. John has also written numerous articles that are thought provoking and useful to all. He turns and faces the wind firmly when challenges arise I admire that. John is our featured guest writer this month. When you write him say hello to his mom, Naomi she is a treasure!

[www.lindamiller.com](http://www.lindamiller.com) **Spokane Washington Realtor**

Linda says;" My objective is to build my business by being the person people can trust. I want to be able to say, on my last day on earth, I used my skills to help others achieve their goals by being accountable in all aspects of my actions and words." Linda regularly teaches real estate ethics and professional standards. She says," It is important that I share my journey and make every effort to raise the standards of my profession."

Linda is a person of high values and integrity, she works diligently and always has you and your needs front and center. What I like about her is she listens, responds with educated facts then steps aside and encourages you to make choices that benefit you. Way to go Linda!

\*\*\*\*\*

**The last word:** Tomorrow is today. Promise me that you will take steps to enjoy and experience your life while you live. That you will make it a habit to speak an attitude of gratitude and say thanks for the day as you watch the sunset or the morning sunrise. Take the hand of those you love and tell them. Today is a gift for tomorrow is not promised. Take the

vacation you've been planning, walk through nature's bountiful gifts and observe the frolicking critters, the different hues of fall's colors, the busy squirrels saving for winter, the soft sound of water in the stream or babbling brook. Listen to the silence within and know the heartbeat of the earth, the sky and listen to the whisper in the wind.

### Observe these truths:

Appearances are very often deceptive. Earth is not flat. Neither is it stationary. The sky is not a dome. The stars are not specks of light. Neither does the sun move. Thought is the seed which results in action. Action results in form. If this is so, then "thinking is the essence of life and power is the results". Make sense? I leave you with this thought provoking prose.

### Finding the Silence of "I"

From the silence within one searches the secret of "I".  
Can I find it? Is it there? When I have it, will I care?

Wiser than I say, "search for your beginning to find this "I".  
Is it an illusion this silence of "I"? Dare I seek it?  
Close your eyes, trust God, let go.

It is dark just a blank.  
Wait! Now begins a tiny glow. My body surges with energy,  
As the winds of a hurricane before the quiet calm.  
I am shrouded in thankful humility.

What is this secret enlightened ones know?  
All power, all truth, the Silence of "I",  
are seeds of greatness planted within.  
From our beginning!

copyright Nani Aki Linder 2003

**"My mission to to engage and enhance your own powerful spirit of hope"**

**It is written:" the servant shall be last"**

Copyrights 2003 Nani Aki Linder University of Life Cross Cultural Institute Of Leadership Strategies. You may reprint as long as nothing is changed and authors name and address remain.

**A Hui Hou, See you November 10, 2003**

**Capture the essence of someone this month tell us about it, who knows they may be the next spirit of hope award winner and eligible to win our exclusive "Little Brown Penny Award". Watch for details in our next issue. YOU could be the**

**recipient of this prestigious award.**

[www.universityoflife.info](http://www.universityoflife.info)

[www.spiritofhope.us](http://www.spiritofhope.us)

509-467-7714