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The Empower Letter with Mark Bowser

February 2005

Dear Don,

I am very excited about this issue of *The Empower Letter*. I believe that the ideas in this issue can make an instant, dramatic, positive change in your life. Wow! How do we live up to this? We have two articles that are going to tackle to big things in our lives: our relationships and change. A couple of things you need to know about this issue are one, this issue is longer than most issues of *The Empower Letter*, and two, my article on relationships is written from a Christian perspective. I don't think one can really talk about improved relationships without bringing faith in God into it. I also am excited and honored to be able to include an article on change by Dr. Denis Waitley, the author of *Seeds of Greatness*. I hope you enjoy this issue and if you do then please help us spread the word. Forward this issue to your family, friends, and co-workers. If they would like to have their own free subscription then they can sign up at www.MarkBowser.com. Thanks for all your support. MAKE IT A GREAT DAY!

God bless,

Mark Bowser

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Relationships: The Power to Focus Your Life
by Mark Bowser

Featured Article



Mark Bowser is "providing inspiration to individuals and organizations through effective training that produces Positive Results!" Mark Bowser is one of the top Professional Speakers and Corporate Trainers in the market today. Organizations he has trained include Southwest Airlines, Makino, Inc., Ford Motor Company, The Kellogg Company, FedEx Logistics, the United States Air Force, and many many more.

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Let us suppose for just a moment that you could get to the mountaintop of success all by yourself. You have worked very hard and finally you have made it. You have reached the peak. Your success is secure. You have won the trophy. Something is not right though. It is too quiet. Where is all the clapping? Where are all the cheers? You look around and discover that you are all alone. Where is everybody? Then you remember you succeeded by yourself. All of a sudden your joy turns to sorrow. Your head falls, your shoulders slump. It wasn't supposed to be like this. This was supposed to be the best day of your life. As a tear rolls down your face, you throw the trophy off the mountaintop. You watch it descend to the valley. When it impacts it breaks into a thousand pieces just like your spirit.

My friend, what fun would success be without people to share it with? We need people and they need us. The great wonderful fact is that we can't reach the mountaintop of success all by our self. Only with people will we be truly successful. We help them succeed and they help us. It is a team effort and that is great. What this chapter is about is building our team. It is all about relationships. We are going to talk about different relationships and how to build them successfully.

The key to every relationship is love. If we are going to build better relationships then we need to learn how to love more completely. To do this, all we have to do is look to God. God is love and God is our greatest relationship. How does God love? COMPLETELY! "For God so loved the world that he gave his only Son, so that everyone who believes in him will not perish but have eternal life." (John 3:16 NLT) God sacrificed everything for you and me. When is the last time we sacrificed for someone else? That long, huh? How can we sacrifice for other people? Right this moment, I want you to think of someone you can sacrifice for. What is that person's name? What can you do for them today? Now, go out and do it today!

In his fantastic book *Power of the Plus Factor*, Norman Vincent Peale tells a touching story of shared sacrifice and commitment. It was a wonderful day on the west coast. On a beach near San Francisco, two San Francisco State College freshmen decided to go for a swim. Shirley O'Neill and Albert Kogler flung themselves into the refreshing surf. Al took the lead. The two freshmen swam out about fifty yards to calm water and then began floating lazily in the California sun. Little did they know they were being watched. Being sensed is more like it. One of nature's most dangerous creatures was stalking its prey. A great white shark was moving in for the kill.

All of a sudden, Shirley heard a scream. Al was being

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pulled down by something. His head reappeared caked with blood. Al yelled in agony, "Get away, Shirley! Get away! It's a shark!" Al didn't want her help. If sacrificing himself would save her then it was worth it.

Shirley was paralyzed with fear and shock. Al's words rung in her ears. After what seemed like an eternity, she turned toward shore and began swimming for her life. But then she stopped. She couldn't leave her friend. She had to help him...if she could.

The water was full of red blood. She reached for Al's hand and then pulled back in terror. His arm had been ripped from his body. She wrapped her arm around Al's chest. He was alive. Shirley began kicking her feet and stroking with her free arm. The two friends began the slow journey toward shore. Would the shark return? Would it bring its friends? Shirley was getting tired. Al's body seemed to get heavier every second. But she would not let go. She would not leave her friend.

Finally, Shirley could touch bottom. At this point, she was exhausted. She could go no farther. She tried to scream for help. All that came out of her mouth was a weak yelp. Nobody would be able to hear that. Miraculously, Joe Intersonine was fishing some distance down the beach. His eyes for some reason turned. He could hardly believe his eyes. Joe began running toward Shirley and Al. He then flung his cast like a cowboy with his rope. The line perfectly landed beside Shirley and Al. Shirley wrapped it around her waist. Joe reeled them into safety.

By this time, many people saw the trouble and ran to help. They laid Al on the beach and put a blanket on top of him. Being a devoted Christian, Shirley asked if she could baptize him. Al had never had any use for religion but at this moment his heart softened. He nodded "yes" to Shirley. Shirley ran to the water and gathered some in her swimming cap and baptized Al "in the name of the Father, Son, and the Holy Ghost." Al was taken to the hospital and died two hours later.

Many of us will never be in a situation to sacrifice our lives for someone else like Shirley and Al. But that doesn't mean we don't sacrifice our lives. If our motive and desire is to put other people before our self then we do sacrifice our self. Sacrifice is a necessary ingredient of love.

Chick Moorman tells a story of when he was 11 years old. Chick loved baseball. I mean he LOVED baseball. He slept, ate, drank, dreamed, played, etc...baseball. The 1956 Little League season was about to begin. The smell of the game was everywhere. The aroma of the leather gloves, the dirt of the infield under your feet, the feel of the cool grass in the outfield. Chick could hardly wait to begin. This

was going to be a great season. He just knew it.

The teams were selected. Chick went to his team while Gordon went to his. Gordon wasn't a baseball junkie like Chick. In fact, he wasn't good at all. Gordon just wanted to belong to something. Quietly, Chick was glad Gordon wasn't on his team. You see, every player had to play at least half of every game. With Gordon on the other team, Chick thought it gave his team that much better of a chance.

The season had just been two weeks long of practice when Gordon quit. The truth is Gordon was bullied into leaving the team. Gordon's coach had two of his better players take Gordon into the woods to talk with him. They basically told Gordon to get out of here and not come back. Gordon was crushed.

When Chick heard the news, he got mad. Chick went to his father who also happened to be his coach. Chick told him the whole story. Chick figured his dad would go to the officials and have Gordon reinstated to his team. But his dad did something totally unexpected. He made Gordon a member of his team. That is not what Chick wanted at all. He wanted Gordon in the league but not on his team. Their chances of winning just went down a notch.

When it came to baseball skills, Gordon didn't have a good season. But when it came to life, joy, and fun Gordon, Chick, and the team had a great season. Chick said he learned a lot of baseball from his coach that year but the most important thing he learned was from his dad who taught him how to live...with a kind heart.

"Love never gives up, never loses faith, is always hopeful, and endures through every circumstance." (I Cor. 13:7)
Relationships do make a difference in our lives. Love is the key. Love is the motivation. Love is the answer. Now, let's talk about how we can put that love in action. We are going to talk about the different relationships in our lives and how we can put our love in action.

HUSBAND-WIFE RELATIONSHIP

1. MEN LOVE YOUR WIVES AS CHRIST LOVED THE

CHURCH: We here this statement often but what does it really mean? Well, men think of it this way. Jesus Christ took the Church as His bride. Jesus died for His bride on the cross to save her from her sins. Men, we have to be willing to die for that special lady in each of our lives. Put her needs before your own. Cherish her. Honor her. Give her a lift every day. She is special. Show her how special she is to you.

But doesn't the Bible talk about that the man is the head of the household? Yes, it does however, that verse has been taken out of context for long enough. What does it really mean? I have never heard anyone explain this any better than Reverend Ed Nelson. He explained this one time to me. He explained it something like this, "Think of the man as the head or mouth of a river. What is the mouth of the rivers job? To nourish the river. To feed the river. The man is the head of the family, which means the man has to be the leader of servanthood. The man has to out serve his wife. The man has to out serve his family. The man nourishes the family." Wow! Men, are you out serving your wife? Are you nourishing your family? Men, we are the spiritual leaders. We need to serve our families.

2. WIVES LOVE AND RESPECT YOUR HUSBANDS:

Alright ladies, what does this mean? It means you need to support your husbands. Make him feel good about who he is and what he does. The male ego does need stroking often. It also means let him lead. Leadership is about influence. God set a pattern for us to follow. The man is to spiritually lead. Why? I don't know why God set it up this way specifically. Sometimes you might need to yield to his leadership even if you do not understand or you disagree. "What are you talking about Mark, caveman stuff?" Of course not. Husbands and wives should make decisions together. It is a team effort. A 100%/100% team. Couples should make decisions on their knees together before Almighty God. But if after all of this, the couple can't come to agreement then I suggest you pray and think some more. Try to take the emotions out of the decision. Both of you try to get quiet and listen to God. If one of you believes you are led with the answer then share it with the other. If you still can't come to agreement then I believe that the impasse falls on the man's shoulders. Someone has to make the final decision. I believe God has placed this BURDEN on the man. And I do mean burden. Men this will not be a fun decision. It is not about power. It is about obedience to God. I do not know exactly why God set up this pattern. You probably do not either. Sometimes God doesn't give us all the explanations. He just says, "Follow." Ladies, please understand this burden on your husband. Please support him and stand united with him. Sometimes he will be right. Sometimes he will be wrong. This is when he really needs your love, support, and understanding. I know this may not be popular with everyone; however, this is how you can handle decision impasses without creating World War III in your home. REMEMBER MEN: It is not about power. It is about spiritual leadership through love.

3. MEN HELP OUT AT HOME: Some of you women are probably saying, "Amen! Preach it brother." She is right men. Many of us do not help out enough. If you come

home and expect to be served all night then you are NOT living up to your responsibilities. Here are a few helpful suggestions:

A. Surprise her with dinner on the table when she gets home (Ladies, if he burns the meal, still brag over his effort).

B. Help out with the children.

C. Do some of those "chores" around the house you have been putting off. D. Watch a television show she wants to watch.

4. LISTEN: The best way to show understanding is to listen to someone. Many times, our spouses just need to be heard. Don't always try to come up with solutions or fix the situation. Many times, they just need us to hear them.

5. WOMEN HELP HIM KNOW THAT YOU TRUST HIM: Men need to feel and hear your support.

6. WOMEN ENCOURAGE HIM WHEN HE ATTEMPTS TO HELP YOU: Tell and show him that you appreciate his help. If you want a good behavior to be repeated then it needs to be affirmed. If he doesn't do things exactly as you would do it then just remind yourself that different doesn't necessarily mean wrong. Different is OK. Help him know he doesn't have to be perfect or do things just like you.

7. CUDDLE ON THE COUCH OR TAKE A WALK TOGETHER

8. PRAY TOGETHER EVERYDAY: Ed Cole, the author of *Maximized Manhood*, says that when we pray we build intimacy with the One to whom we pray (God), with whom we pray (for example our spouse), and for whom we pray.

9. STUDY THE BIBLE TOGETHER REGULARLY: If we want to become more Christ like then we have to get to know Him better. I recommend private study time in the Bible everyday. If you and your spouse can read the Bible together everyday then that would be great too. At least get into the Book consistently with each other. Get in the Word...everyday!

10. HAVE A DATE NIGHT: Every couple no matter how long they have been married need to spend time alone just the two of them. A date night is a great way to do this. One date, your spouse decides what you are going to do. The next date you decide. I recommend having a date night at least twice a month. Have one every week if possible. Enjoy yourselves. Court each other all over again.

11. HAVE A WEEKEND GETAWAY JUST THE TWO OF

YOU: I suggest two or three times a year to go off by yourselves. Make arrangements for the children to stay with their grandparents, friends, etc... and spend time alone as husband and wife. Enjoy yourselves! Have fun! Enjoy each other's company!

My friends, I am convinced that if you put into action these 11 steps then you are going to have a fantastic marriage. If you already have a good marriage then go for an extraordinary marriage.

PARENT-CHILD RELATIONSHIP

A child is a precious gift from God. After God and your spouse, your children should be the third priority in your life. Use these suggestions to raise God fearing positive kids.

1. LOVE YOUR SPOUSE: The greatest gift and example a parent can give their children is to love their spouse. When love has filled the house then the house is a home.

2. GET INTO THE WORD WITH THEM: Just like Bible reading is important for couples, it is equally important to have a family time of studying the Word of God. The Bible teaches how to live a victorious life in God. Isn't that what we want for our children?

3. TEACH THEM TO PRAY: It is so important to teach our children our faith. Prayer is a focal point of our faith. Prayer is communication with Almighty God. Pray in front of them. Have them pray in front of you. I believe you will find this a very praiseworthy, rewarding, productive experience.

4. DISCIPLINE POSITIVELY: The Bible says, "Don't fail to correct your children. They won't die if you spank them. Physical discipline may well save them from death." (Proverbs 23:13-14 NLT) This is not popular today. The Bible is not talking about abuse. It is talking about discipline that teaches. Some parents will avoid all discipline because they want to be a "buddy" with their child. That is one of the greatest disservices you can give your children. You can be their friend but you are also their parents. You are responsible for them. Discipline them! For one child this might mean a time out, for another it might mean a swat on the behind, and for another it might just take a talking to change their ways. Your children are unique. Discipline them positively by taking into account that uniqueness.

5. TEACH THEM YOUR VALUES: If you don't teach them your values then someone else will teach them theirs.

6. DO NOT CAUSE YOUR CHILDREN TO HAVE WRATH:

"A gentle answer turns away wrath, but harsh words stir up anger." (Proverbs 15:1 NLT) Powerful words from the most powerful Book. That same chapter goes on to say, "Gentle words bring life and health; a deceitful tongue crushes the spirit." (Proverbs 15:4 NLT) Well, what does this mean?

Let me illustrate this through a story. Ed Cole in his book *Maximized Manhood* shares an experience he had with his son. The story goes something like this. Ed's ministry was very busy. One day, he came home from one of his many trips. His son, Paul, walked up to him and said, "Can I have the car?" Paul had a new driver's license and wanted to use it. "Why?" asked his father.

"I want to drive to youth camp at Mt. Lassen."

"That's a new car," said Ed.

"I know."

"You have only had your license a few weeks."

"I know."

"That camp is 400 hundred miles away."

Paul answered, "I know."

Ed was now getting firm, "You are not driving a new car 400 miles away."

"Oh, I forgot," Paul continued, "I need the credit card too." "You can't have the car."

"But I've been driving with a learner's permit for a year."

Paul was correct there.

"You can't have the car. Now don't ask me again. The case is closed."

Paul kicked at the floor as he headed for his room. He was angry, frustrated, and confused. As he got to his room, he reached for the doorknob to shove open the door. In frustration, he didn't turn the knob far enough and the door stood firm as a wall. In a burst of frustrated fury, Paul kicked the door. A gaping hole was exploded into the door. Hearing the crash, Ed got very angry with his son. He stomped toward his son's room. He was going to TEACH HIM!! As Ed neared the door, the Holy Spirit gently but at the same time forcefully touched his spirit. A verse came to Ed's mind. "Fathers, provoke not your children to wrath."

In the blinking of an eye, Ed's attitude changed. What had he done to his son? Ed felt so ashamed. He went out to the garage where he prayed broken before the Lord. He poured his heart to God and asked for His forgiveness for what he had done to his son. Forty minutes later, he walked into his son's room. Paul was sitting on the bed, his head in his hands with tears still in his eyes. Ed sat down beside his son. He said, "Paul, I have sinned before you. I had no right to provoke you to wrath. I love you. Will you forgive me?" Ed then handed Paul the credit card and the car keys.

God worked a miracle in their lives. He changed a father and he changed a son. That very youth camp is where Paul got called to go into the ministry. Our children need our

guidance and discipline but how we present it makes all the difference in the world. Yes, from time to time our children will get angry with us. However, there is a big difference between anger and wrath. Make sure the package of your guidance and discipline is inviting and chewable.

ADULT CHILDREN-PARENT RELATIONSHIP

The Bible tells us to, "Honor our mothers and fathers." The Bible tells children to, "Obey their mothers and fathers." This is where some people get confused. Honoring and obeying are not the same thing. When we are adults, we don't have to obey our parents, we have to honor them. Honor does not mean doing everything our parents' want. Honor means supporting them. Honor means listening to them. Honor means not forgetting them. Honor means respecting them. Honor means sharing our lives with them. Honor means taking care of them if they need help. Honor means...LOVING THEM!

BROTHER TO BROTHER/SISTER TO SISTER

All of us need friends of the same sex. We need those nights with the guys or those chats with the girls. There are times that it is more comfortable sharing and discussing certain topics with someone of the same sex. Many times they will understand easier where you are coming from than someone of the opposite sex.

Relationships: The power to focus our lives. Let me leave this chapter with a story that was found over the internet. One day, a lady (let's call her Sally), her husband, and their youngest son walked into a McDonald's restaurant. The couple was looking forward to spending some quality time alone with their son. As they were waiting in line for their food, all of a sudden all the people around them began to back away. Even Sally's husband backed away. Turning to see what all the commotion was about, Sally saw something she was not expecting. A sickening smell enveloped her. Directly behind her were two homeless men. The poor men probably had not bathed in days. One of the homeless men was smiling. He said, "Good day." He was counting the few coins he had in his possession. Sally noticed that his companion was mentally handicapped. Sally realized that this kind man had taken his companion under his wing.

When the two men got to the counter, they ordered only a coffee. It was all they could afford. All they wanted was to come in out of the cold. In order to sit in the restaurant

they had to order something. The two men got their coffee and found a place to sit.

Compassion filled Sally's heart. She ordered two more breakfasts and walked up to the two men. Sally set down the tray and laid her hand on the first man's hand. He looked up with tears in his eyes and said, "Thank you." Sally looked at the man and with a heart full of love said, "I did not do this for you. God is here working through me to give you hope.

Adapted from *The Champion Within* by Mark Bowser. For information on Mark Bowser, products, or bringing a Mark Bowser seminar to your organization then visit us at www.MarkBowser.com or email us at info@MarkBowser.com.

Become a Student of Change

by Dr. Denis Waitley

As the world becomes more interconnected, events outside your industry and career have an impact on your business, your family and your pocketbook. Whatever your daily routine, it takes place in a larger context of social, technological, political, economic and cultural change. To be successful today, you must understand that world. Without that you won't be prepared to innovate; you'll only be able to react and to avoid.

Many people will tell you it doesn't matter how well-informed you are. "You can't do anything about it anyway," goes the refrain, "so why bother to find out about things?" Here's a newspaper editorial that sums up this attitude:

"The world is too big for us. Too much going on, too much crime, violence and change. Try as you will, you get behind in the race. It's an incessant strain to keep pace and still you lose ground. Science empties its discoveries on you so fast that you stagger beneath them in hopeless bewilderment. Everything in business and life is high pressure. Human nature can't endure much more!"

This newspaper editorial reads as if it were written last week. But it actually appeared more than 168 years ago on June 16, 1833 in *The Atlantic Journal* back in the "good old days!"

How can you avoid becoming a casualty of the "bad new days?" Take the offensive. Instead of "stewing," start "doing." Pay attention to the early warning signs of change. Look for changes in your industry, your family life and your region. You cannot innovate if your understanding

of change is misinformed, incomplete or outdated.

Success in the new era is heavily dependent upon innovation, creativity and solving problems for which there are no precedents. While new technology is often the driver of economic and social change, the real opportunities are created by individuals who apply technology in new ways. Fred Smith, operating outside of the airline industry, created Federal Express because he saw the trend of speed in delivery of goods and services.

Your success depends on how well you think. You are not paid to collect, sort, store or retrieve information, although you do these things every day. You are paid to interpret that information and create and implement new ideas. Ask yourself:

- What can I offer that "they" aren't offering? Where's the niche that hasn't been developed? How can I add value to the service or products I promote?
- Where is the market inefficiency? What would make this process more convenient? How can I do this less expensively?
- What would people pay for that isn't available now? Which consumer groups and Internet communities are the most likely prospects who want what I provide?
- What trends will change my and their assumptions about the quality of life?

Breakthrough ideas often occur when you are calmly searching for opportunities. They rarely occur when you are anxious and frustrated.

So close your eyes and dream!
Denis Waitley

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What People Are Saying... Quotes to Live By!

"If someone else has abused you in the past, it's o.k. to give them credit for fouling up your past, but do not give them permission to ruin your present and your future. Take control of your thoughts and your future. Determine

that you will have a better tomorrow. Make specific plans to do so and I will SEE YOU AT THE TOP!"
~Zig Ziglar

"People become attached to their burdens sometimes more than the burdens are attached to them."
~George Bernard Shaw

"Why not spend some time in determining what is worthwhile for us, and then go after that?"
~William Ross

"The wise are known for their understanding, and pleasant words are persuasive."
~The Holy Bible (Proverbs 16:21 NLT)

"You cannot shake hands with a clenched fist."
~Golda Meir

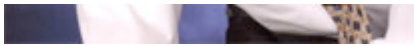
"You're not the product of a broken home, a devastated economy, a world in the upheaval of war, a minority group, a family of drunkards or a poverty-ridden neighborhood. You are the product of your own thinking processes and whatever you're thinking about today is the cornerstone of your tomorrow."
~Thomas Sicking

"A friend is a special gift from God."
~Benjamin Franklin

"Do to others whatever you would like them to do to you. This is the essence of all that is taught in the law and the prophets."
~Mark Bowser

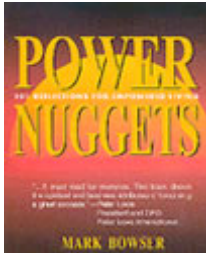
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