



Inspire

*Values Based
Thoughts of the Day*

by **DOUGLAS N. PETERSEN**

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of the Day

Douglas N Petersen

Inspire, Values Based Thoughts of the Day

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Printed in the USA by www.minibuk.com

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Introduction

The reawakening of values is important, too many times, we suppress these, and then we allow character defects dominate over our values. When we allow greed, hatred, selfishness take priority over love, service, truthfulness, we suffer, but equally important others around us suffer too.

The stress that life hands us can be challenging. However, this book will help bring the joys of life into focus. These pages will reawaken your personal values and your life will be enriched beyond measure.

"Be Blessed, Be Grateful, Be Happy, Be Loved... Be yourself." ~ Doug Petersen

Demons and Monsters

Demons and monsters lie under our bed and have been there all night, just waiting for us to get up and start our day. These demons manifest themselves as stress, anger, fear, powerlessness, and low self-esteem. When we discover these monsters creeping into our day, what do we do? What do we have to battle these demons and monsters?

Our weapons to combat these demons of character defects are our swords of personal values. The powerful and mighty swords of courage, faith, honesty, and love, as well as the many other values, we hold dear to our heart. We have the weapons to fight those demons and defeat them.

A Friend

A friend is someone who can speak volumes without words, only their touch.

A friend is someone who is unselfish, caring, loving and honest.

A friend is someone who knows your past and does not judge.

A friend is someone who wipes away the tears when times are tough.

A friend is someone who just shows up exactly when you need them.

A friend is someone who sees your beauty when you can't.

A friend is someone who will go through the same pain as you just to be with you.

A friend is someone who you can look into their eyes and see their love for you.

A friend is someone like you?

Totem Pole

In the open field, stands a tall replica of a Native American Indian totem pole, a tribute to a culture. At the top is the head of an eagle. Its beak, bold and prominent signifies power, yet a peaceful grace. Below the eagle are other figures, representing various animals and symbols. At the bottom is a worn figure, almost unrecognizable. It has been kicked, scuffed and is covered with dirt as it is the bottom of the statuesque totem pole. It has been abused by the wrath of nature, but had little choice where it is on the totem pole. So where are we on the totem pole? Are we on the bottom, taking the abuse of others? Are we putting ourselves on the bottom by our own choice? The answer lies within our mind and not where others place us.

If we value ourselves and are honest, we should find ourselves somewhere in the upper half.

Our Journey

What leads us on our journey? We know that our feet take us on our journey and our legs, arms and hands all play a role too, but what is leading us? Perhaps we use our mind to map out a plan to where we are going. We may be motivated by a career, but a career is merely a part of our journey, not what is leading us. Motivation is an action derived from the mind, and it serves a purpose in our lives, but is it really, what is driving and leading us on our journey?

The drive, the fuel, the direction that our life's journey is taking us comes from our heart. Our heart is what gives us inspiration. Our heart is what fuels our passion. Our heart is what is leading us on our journey, not our mind. When we can come to that realization and accept it, our path will explode in new colors and become so much brighter. We will be inspired! Live with passion. Live with love. Live inspired!

We

We are not perfect; we are human.

We try to live a life that we can be proud of and do the very best we can.

We try to be of service to others and be a friend when a friend is in need.

We try to do what is right and not harm others.

We try to admit our faults, mostly to ourselves and to those we may have harmed.

We try to live our personal values in a way as to be an example to others.

We try to share a smile, which is an outward expression of love and compassion.

We try to be a good friend.

We try and try, and though we may fall short sometimes, we must continue to try.

We are not perfect. We are human and we, yes 'we', need to remember that.

Sixth Sense

"Smell, taste, see, feel, and hear are the five senses that we all use every day. There is a sixth sense that we use every day too, but we seldom give it much attention. That sixth sense is when we feel in our gut that we need to do the right thing, though no one is around... that is integrity. That sixth sense is when our heart aches when we see someone else in pain... that is compassion. That sixth sense is knowing we need to be honest though it would be easy to tell a white lie... that is truthfulness. That sixth sense is when we care for someone more than we care for ourselves... that is love.

Values... our sixth sense... how wonderful they are."

Life's Puzzle

Life's puzzle is an awesome mosaic. These thoughts come to mind as I think of a friend that is in his final days with us. I can imagine that his beautiful puzzle has some work pieces, some family pieces, many friend pieces, and numerous other pieces. As he works on putting his last puzzle piece in his life's puzzle, we can see all the wonderful things that made up his picture. We can see all the faces of the people that he touched and all the wonderful accomplishments he made come true. We see in his puzzle, love, joy, serving others, family, friends and so much more.

Jim, thank you for sharing your precious life with us so freely, and we admire your life's puzzle for it is truly beautiful.

Sea Turtle

The sun warms the sand on the beach, while the ocean is many yards away, with its small waves lapping the shore. It is so peaceful and serene. A small mound on the beach begins to come alive, and small sea turtle eggs begin to hatch.

Instinctively, the small creatures begin to dig their way out of the warm nest of sand that has been home and head to their destination, the ocean.

Without a compass, a mother or father to guide them, they begin their trek to the water.

Motivated at this point, their tiny flippers push the sand, struggling, they inch forward, one stroke at a time, closer and closer to their destination, the ocean.

The first seawater wave washes over the small turtle, and motivation has changed. It is now inspiration. Inspired by the joy of finding its new home, its new life, the turtle rejoices. Its flippers now gently propel the little turtle into the wonders of its new world, the beautiful ocean.

Have we found our inspiration like the little sea turtle? Have we found our home and see all the wonders and beauty that surround us?

Knock.. Knock

Knock, knock... who's there?" We, of course, would follow this with a joke of some sort, and as corny as they are, we just begin to smile. Instead of focusing on the first two words, which brings our attention to the door, focus on the last two, "... who's there?" On a serious note, when we hear that knock, do we ask who is on the other side, peek through the peephole, or do we simply open the door? So what could be possibly knocking on our door? Could it be an opportunity? The opportunity could be one of a career change, a new relationship, time to spend with family, or an opportunity to share ourselves with others, giving the gift of time. If we never open the door after the knock, that knock may never come again. Are we willing to accept that? If we are, then we may miss that turn on our path; that change in the direction on our life's journey. Don't ignore the knock, at least look through the peephole.

Other Books by Douglas N Petersen

Inspire: A Collection of Thoughts of the Day
(ISBN 978-1-60264-404-5)

Inspire: Collection II of Thoughts of the Day
(ISBN 978-1-60264-477-9)

Inspire: Collection III of Thoughts of the Day
(ISBN 978-1-60264-601-8)

Inspire: A Year of Daily Inspirational Thoughts
(ISBN 978-1-60264-872-2)

**Books are available at www.Amazon.com,
www.Barnes&Noble.com, and
www.VirtualBookWorm.com**

Speaker Opportunities

Reawakening Personal Values

Discovering one's values and using these new concepts, individuals can then see how their daily living cannot only change their lives but all the lives they touch.

Discovering Life's Purpose

So why are we here on earth? What is our purpose? Identifying our values and passion, we can discover the meaning for our life. It makes little difference if we uncover this when we are young or old, it just matters we identify what our legacy will be.

Stress Relief Through Guided Meditations

Discover the benefits of stress relief and relaxation through meditations.

About the Author

Professional inspirational speaker and inspiring author, meet Douglas N. Petersen. He retired more than 20 years ago from the United States Army, after serving more than two decades as an aviator. He is a decorated Vietnam veteran. Since retiring from military life, Petersen has worked for a financial services company in Texas. His hope is to inspire others to be the best they can be, by living their personal values. In addition to the inspirational books he has written, he is launching a new career in professional speaking, sharing his passion with others.

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