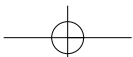
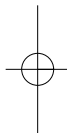
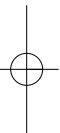


Little Book
of Inspirational Thoughts & Writing
Naji Cherfan





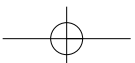
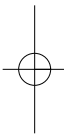
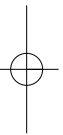
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Introduction

The author of this little book, Naji Cherfan, chooses to make a learning experience out of something others consider a tragedy. Man, unlike the rest of the animal kingdom, has the power of choice. Naji says that any two second flash can change your life forever. He should know...it happened to him. He chooses to look honestly at the events around him as he searches deeply into the meaning of life.

In a world gone mad with greed for power and money, some things remain simple. Naji reduces the meaning of life to the lowest common denominator. In an equation of love over truth the reduction is one. Truth and love are what we seek whether we are aware of it or not.

Following rehabilitation from a traumatic brain injury, Naji kept a journal of his thoughts and spiritual discoveries. With an inquisitive mind and an appetite for information, he filters what he hears, reads and feels until he has taken what he wants to form his own opinion. His “Little Book of Inspirational Thoughts and Writing” contains the core of his beliefs. This knowledge did not come easily but he pays for his faith and enlightenment without complaint. That is part of his charm. Follow Naji around and you will be in the company of artists, beautiful women, people with passion for life and friends who adore and respect him, not for what he does, but for what he has become. He is the personification of a positive attitude and a miracle in the making.

These motivational writings were collected between 1998 and 2003. Some are original. Some are borrowed. Some are quoted. They address many issues but have one thing in common: A truth found in the struggle between ego and spirit. Read and relax. It's one man's view of this journey called life. Naji began this journey when he was 18 years old and continues a decade later.

Feelings

I read that feelings drive our emotions. Neuroscience has discovered that emotions and thoughts are linked. If reason and emotion conflict, emotion always wins. This happens because despite a desire to appear rational, feelings drive our choices.

Even when we are being rational, we cannot escape how we feel. Emotions and thoughts are linked. Thoughts become words. Words become actions. Actions become habits. Habits become character and character shapes destiny.

While reading "*The Prophet*", by Khalil Gibran I learned something about love and marriage. From his words I understood that love is not crazy glue that brings

people together. People need their own space. For example, a cedar and a maple tree cannot grow in each other's shadow. The strings on a guitar are separated, but together they create beautiful harmony. So can two people. Two individuals cannot become one person. They can fill each other's cup but they don't need to drink from the same cup. They can give each other a piece of bread but they don't need to share the same one. Think about the pillars in a temple. The columns support the temple even though they are far apart. This is the possibility for love between two people. Love can be like an ocean between them, not necessarily a glue that binds them together. Feeling is the language of the soul.

Decision Making

The best decision to make is the right decision and the worst decision to make is to be undecided.

Essentially this means that we need to make a decision, be responsible, be accountable and deal with it on the spot. It's difficult to function when we're undecided, hesitant or confused. In the past I learned "don't get mad, get even". Recent experience has taught me, "don't get even, just go ahead and forgive".

When I watch someone do something good I say to myself, I can do that. In reality it isn't done until I do it. First I learn, then I understand and finally I memorize. Making decisions requires stability in the thought

process. If I am good for myself, then I am good for others. I stand accountable for my own life.

Guidelines to Reach Success

These are the guides I use to be successful in my daily life.

1. Set up goals
2. Follow a program
3. Know when to seek advice
4. Work hard
5. Achieve

“Perseverance is not a long race. It is many short races, one after the other” (Walter Elliot)

Life

Life is a daily exercise of give and take, and it is those that most fully understand and embrace this concept who become the eventual winners in life. Understanding one's surroundings and mastering them is a giant step towards stability. This stability leads to genuine happiness. There are times when I am pushed, in order to challenge my mental and physical abilities. Then there are moments when I take time to reflect upon the experiences of the past. By incorporating both challenge and reflection, I maintain a balance in my life.

Other important ingredients to achieving success in any endeavor are persistence and perseverance. In

life, it is not always the smartest or the most talented that become famous, rich or successful. The people that are the most determined and work the hardest are the ones that attain the highest honors. Edison said, "success is 10% inspiration and 90% perspiration".

Communication is the biggest asset we have as human beings. Use what you have inside to let people know who you are. Nothing happens by coincidence. If something is meant to happen, then it will happen. Keep a positive attitude because nothing beats that. If I am undecided about what to say in a certain situation, I just keep quiet and say nothing. In this way, I can't be criticized or judged.

Communication between people indicates that

there is something interesting they want to share. Talking about other people creates negative energy both for you and the person about whom you speak. There is great solace and peace in listening to other people. Listening is as big, if not a bigger skill than talking. The more you listen, the more you absorb; the more you absorb the more you understand; the more you understand, the more you love. Filter the advice people give you and develop the ability to talk about different ideas. We were created with two eyes, two ears and one mouth which means we have the ability to see and listen twice as much as we speak. There is no need to convince anyone about anything. Remember, actions speak louder than words.

I do whatever I need to do to find myself and

develop peace of mind. Pain is what is focused on, rather than what's going on, and sometimes it's all in the mind. Accept things as they are and change the things you can. If you want to change the world, start with your own microcosm. When you change your personal energy you have the possibility to change the energy all around you. Assume full responsibility for your actions and then move on. We can find satisfaction and peace within ourselves, irrespective of the limitations of the resources at our disposal. We have one life, one world; our life and our world. Focus on them and embellish them. Life on earth is a test and a journey for all of us. You just have to know how to live it! Do your best to invest in the present for eternal life.

Time

We are not part of time. Time is a concept, a tool to go from point one to point two! It's like saying "I'm having a long day!" It just means that I find the day "difficult"...so I am connecting to thoughts that are painful enough to make me resent the moment I am living. When we're having a great time, we say "time flies". This means we are focused in the present. When we are taken by what we are doing, then we disconnect from the level of thinking that takes into consideration time.

Time does not exist. It is only a subjective measure, meaning it is in relation to what we think. I read somewhere that a relaxed person takes five to eight breaths a minute. We don't think about breathing. We just

breathe. Try catching the "space" between two thoughts. When you manage to do that, you will feel a “moment” of simple happiness! No thinking, no trouble.

Time is a concept of the mind. For example, when you write an exam every minute is torture. Time is when we stop being enthusiastic about life!!! Enthusiasm comes from the ancient Greek word “en-Theo” meaning the God within! When we’re enthusiastic, we allow God to express himself through us! When we stop thinking, we allow God to manifest himself through acts of generosity, laughter, and love with no conditions, just love for the sake of love! Shining peace!

Time Management is using your time in order to get something done efficiently. There is so much discussion about time, and the gift of God is Eternal life through

Christ Jesus our Lord. Try living in the present. The problems that we face today concern insecurity and anxiety, which lead to low self confidence. The fear of being late leads to being late. I focus on being in the right place at the right time and letting time be managed calmly without being pressed. “Fear not; there is time for everything; and patience is a virtue”. These are the words my father spoke to me at the beginning of my rehabilitation. They guide me through every step that I take and they have taught me to be appreciative and take nothing for granted.

In addition to managing my time, I've realized that I must also manage my energy. When something needs to be done, even if you put your energy subconsciously into it, you'll get it done anyway. One way of

managing energy is deep breathing. This works like a reset button for mind and body because it helps us focus and stay in the present. Power naps increase our energy and stamina by creating rest and relaxation anytime during the day. Fatigue is a reminder that we are weak and can't have everything all the time. By sleeping eight hours, working eight hours and doing whatever we need and want during the other eight hours, we divide and balance the energy of mind and body. At the end of the day, time is simply what you make of it.

The Body, Mind and Soul

The body, mind and soul are one by nature. Body and mind are physical offerings to God. Spirit is a connection to God and soul is a yearning for God. The combination of these elements in a human leads to a natural state of harmony and health. When there is no harmony, the symptoms are illnesses, diseases and loss of balance. That's when medicine comes into the picture. It sometimes relieves the body and mind of pain, treats the illness and heals the individual. However there are many recurrent illnesses that prove some treatments are only superficial and not successful in bringing the elements into balance again. As each case is unique, the answer to

the question "medication or no medication" cannot be answered without knowing the case. The principle is simple: know the reasons for the loss of balance of the individual (some are emotional, some energetic, some are due to an imbalanced diet, others are genetic, etc). Awaken the healing energies of the body and use the mind power to restore pure energy to all deficient parts of the body by connecting the mind to the soul.

The techniques to achieve this connection between body, mind and soul are various and unlimited. Some of these techniques are: meditation, prayers, tai chi, shiatsu, acupuncture, reflexology, massages, magnetic metals, etc. There is a learning curve for the individual to practice any of these arts and for the treatment to take effect (unless it is provided through a master. Then it

could be immediate if the conditions of the individual permit). Modern medicine is an option for most of us. When an alternative therapy is followed at the same time, the effects of the combined therapies may be very positive. The doctor should be informed of the alternative therapy and consulted in case of contraindications.

At one point, an individual may have acquired enough knowledge and mental strength (concentration) to do without medication. Until then, each one of us is to use every aspect of modern medicine to improve his or her health. I don't believe that medication is the solution to all problems, but in some cases, there are chemical imbalances that can only be treated with the help of medicine. I believe, however, that medication combined with therapy, can be very useful.

Relationship to God

God reminds us of our worthiness, of our great value in his eyes. He challenges us to pull our attention away from our own worldly worries and desires and to direct towards the “unseen”, the kingdom of heaven within us, this place within our soul where all is just so certain.

Time exists in space and space exists in time. Both exist in human beings. When we take Christ into our own heart we no longer exist as man but as a reflection of the God who made man. Time is a measurement of space towards an ending. We do not end. In eternity, there is no time. When you reach heaven, you have no doubt, no worry, and no problems. You are so happy, so quiet, and so ecstatic that all the rest seems like nothing. Zero, dust, foolishness...

We people living on earth make such a big fuss about nothing. We are all nuts...busy running after time that does not exist. When you reach this special place within, it is like everyone on earth is on drugs, man. The best part is that they are serious about it. Whether you choose to do right or wrong, people don't care. This is right. This is wrong. This is the way to do it. They say, I don't have time; I am pressed by time; the time will come. Are we supposed to listen to all this nonsense? I think it's enough...if there is time, let it be the wake up time.

The Light

When I discovered the light within, I let it grow. Now I've come to understand what Jesus said. "Put your faith in the light", meaning that all this time the actual light is, was and always will be Jesus.

We need a balance...the ability to see reality without deluding ourselves. We are made of the body, mind and soul. The soul is the most beautiful, although you cannot see it. The mind needs to be developed in order to send messages which become actions and behaviors. The result is the formation of your character. By knowing God, you find yourself. Even though the body is temporary, it provides a physical manifestation for our

lives. "For it is God who is at work in you, both to will and to work for His good pleasure". (Philippians 2:13)

I show my Christian faith by the example of my life, not just by identity. Counting my blessings, not just my failures, helps me move forward instead of always having to make sense out of everything. Having something I want to achieve encourages me to be organized and make good decisions.

“Yesterday is history, tomorrow is mystery, but the present is a gift”. (Source, unknown.)

God in Our Life

When we learn about God, we become one of his instruments. If you and I could achieve salvation on our own, there would have been no reason for Christ to die for us. God's grace strengthens and saves us when we choose to love him. Faith is when you know God is real but unseen. I try to do what God puts into my heart, not what people put into my head. Faith also tells me that Jesus is my one true friend whom I can always count on.

Living your faith through silent example enriches your life and the lives of others. We use our mind to think, body to work, and heart to love. Being productive everyday is a good thing. It doesn't matter what area of

your life it is. It's not important what anyone else does; it's your own personal result. When we allow little negative things to grow within us, they add up like a big weight on our shoulders. You cannot hold good in one hand and bad in the other. Sometimes we have to accept things that we don't want to accept. In life, not everything can be explained. Actions create our own personal truth. Love, work and play. Hold on to your personal truth even if it seems that others don't see it. When we take responsibility for our actions, it is no longer necessary to make excuses for things that happen. We can filter our thoughts before we speak.

Naji's List of Practical Advice (take it or leave it)

1. Know your limits.
2. Use money to buy what you need, but don't confuse need with greed.
3. Take your time when doing things so that they happen slowly but surely. Remember, easy come, easy go.
4. Instead of being tired and anxious at work, just focus on what needs to be done. Keeping your self productive will renew your energy and create a good mood.
5. Be thankful for what you have.

6. Eat to live. Don't just live to eat. It's about quality over quantity.
7. Empathize with others.
8. Be yourself wherever you are, and accept every one the way they are.
9. Have a sense of humor.
10. Learn from your mistakes in order to become wise.

Note from the author

By accepting the realities of life, no longer using excuses and forgetting the past, I live in the present, the "NOW". When saying "I could have or should have" I remember to think, "but did I?" It is sometimes necessary to experience extreme difficulty in order to appreciate the blessings of life!

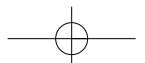
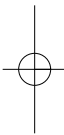
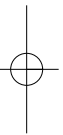
By not taking things personally, I avoid being overly sensitive. By being productive, I don't hurt myself or anyone around me. Someone once told me that every-day is a miracle. Maybe every breath is a miracle and we worship as we breathe. I pray to be, not just to get.

Having God in my life shows me what to do and

how to do it. We aren't called to work for the Lord, but to allow the Lord to work through us. In Paul's letter to the Philippians, he said that all people must work out their own salvation with fear and trembling before the Lord. I believe this means that we are responsible for maintaining our own personal relationship with God.

"God chastises those he loves." (Hebrews 6:12)

We are all born to shine...



"We are all born to shine..."

With this statement, the author closes his book containing thoughts and writings that inspired him as he recovered from a traumatic brain injury. Courage, faith and determination motivated him to filter information gathered through experience in order to share what he learned with others. This is one person's message of hope and encouragement to anyone who passes through those difficult times that change our lives.



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