

June  
2010

# LIVING WELL

*Body, Mind & Spirit*

VOLUME 3  
ISSUE 6

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CONNECT HEAL & LIVE

DIVERSITY & ACCEPTANCE

JUNE - BE WHO YOU ARE!

We are half way through year 2010. I think, for many people the month of June should be the start of their new year. Are you ready? Diversify & Accept.

### ACCEPTANCE - LEWIS MABEE

Acceptance is a very easy character trait that we humans have become more familiar with and understand. Yet, we make it difficult on ourselves and our fellow human beings when it comes to living with acceptance in a diverse society. Why do certain people think that they are entitled to judge others who may be different from themselves? How can we eliminate discrimination and accept others as equal? Accepting is not about rolling over and playing dead, nor is it validating your own belief system. As humans and as spiritual souls, we been taught to accept others through our religious and educational institutions and, our life lessons. Why is it so hard to just get along? Not even 100 years ago, we where in a battle of accepting black Africans and others of the dark skinned race and there was segregation and aparte. Now in 2010 there is an African American who is President of

the United States of America. Although hatred for others because of race and skin colour continues to exist in the USA, there appears to less open discrimination than ever before. Yes, sure there may be people still out there who don't agree with this perspective but you know what? Acceptance has grown to be a way of life. People of the present generation state, "We did not need to learn to accept, we just accepted." Without harm to you or others. So what is the harm in accepting? Look around you, is there something you have not been accepting within yourself? A truth perhaps? A notion of responsibility for making things happen? I urge you as a human and enlightened soul to breath in acceptance and exhale doubt, fear, anguish and turmoil. Our acceptance for what is natural and pure will only lead us further on our paths.

# Bunni's Den



## The Liberation of Bunni Tomlyn

**I am undeniably** a highly sensitive person. By that, I don't necessarily mean that my feelings are easily hurt, although they definitely were for the timid and shy child that I was. Being highly sensitive has more to do with being very easily stimulated and aroused by my surroundings, sometimes to the point of becoming overwhelmed. Loud noises, strong scents and smells, bright lights, large crowds, clutter, and chaos have been known to shut me down mentally, physically, and emotionally. Even changes in the weather can have a negative impact on my senses, be it from sun to rain or back again. To say the least, this high sensitivity has been a major challenge for me, not only in respect to coping with day-to-day life, but also in respect to my self-esteem and acceptance.

**Thanks to Dr. Elaine Aron**, research psychologist and publisher of "The Highly Sensitive Person", I have finally been able to put a name to it. I now understand this sensitivity is not a fault or weakness on my part but the way my brain and central nervous system are wired—and I am not alone. A notable percentage of people share this type of sensitivity to a greater or lesser degree.

**Being acutely aware** and sensitive to other people and to my surroundings definitely does have its advantages. The ability to notice details, to process information, and to passionately and deeply reflect upon it is the stuff with which writers, poets, philosophers, and artists are made. Yes, being empathic and intuitive can at times be a bit too much to take. But my ability to feel another's emotions and to know things intuitively has served me well as a teacher of small children, as a peacemaker and parent, and now as a developing medium.

**Having a deep**, rich, inner life allows me to be alone without feeling lonely—something which I admit causes my

social life to at times become out of balance. But time alone is something that highly sensitive people need often in order to cleanse themselves of outside energies. More importantly, and something I have not yet perfected, is the creation of strong boundaries of protection, of psychic shields, that will free me from absorbing other people's energies at times when it does not serve me well.

*"The truly creative mind in any field is no more than this:*

*A human creature born abnormally, inhumanly sensitive.*

*To him... a touch is a blow, a sound is a noise, a misfortune is a tragedy, a joy is an ecstasy, a friend is a lover, a lover is a god, and failure is death. Add to this cruelly delicate organism the overpowering necessity to create, create, create — so that without the creating of music or poetry or books or buildings or something of meaning, his very breath is cut off from him. He must create, must pour out creation. By some strange, unknown, inward urgency he is not really alive unless he is creating."*

—Pearl S. Buck



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# Pay It Forward: Project: Bracelet

by: PIF Member

**H**ello my name is Sylvia and few months ago I ran into a lovely woman who decided to extend her PIF circle through me! I was at a bad spot in my life due to some unfortunate things and I was trying to get back on my feet but it felt like every time things would start to look up something would knock me back down.

**Things were running smooth** again until I found out the dental work I needed very badly was not covered completely by my insurance. I went back for my exam in tears after having a discussion with the receptionist about a payment plan. I knew I couldn't afford the amount they wanted every month to pay it off with out losing what I had managed to salvage of my life. I didn't want to start over again. I don't think I have ever felt so helpless and alone in my life. When I was done with my exam I came out and they called the next name. As the woman and I passed each other she handed me one of your bracelets and said "Don't pay it back. Pay it forward to someone else in some way when you can." I was completely lost until the receptionist told me that the full amount for my dental work had been paid in advance, then I understood.

**Because of this kindness** my life is finally back where it needs to be. I thank God every day for her and for your site and what all of you are doing!



Yesterday I saw a man outside the store looking frantically for something. He had lost his wallet and didn't know how he was going to pay his rent. I helped him look and eventually we did find his wallet but his money was gone. I asked him how much he had lost and when he told me I handed him the money and my bracelet and told him the same thing my angel told me.

**The look on his face** will never leave me! I feel like I have made a real difference in this small way. One that I can see and am really a part of. The idea of PIF is not new to me but it's amazing seeing it unfold in real life! Thank you for making all of this possible!

Article from [www.payitforwardfoundation.com](http://www.payitforwardfoundation.com)



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## Pay It Forward

Start your own **"Pay It Forward" Campaign**. What can you do to make a difference in someone's life, and/or community? Find the strength within. Take 5 minutes out of your day to develop an idea to Pay It Forward. The next day, take 10 minutes to set some goals. Envision yourself accomplishing your **Paying It Forward Campaign**. Look inside yourself to trust the voice within to make a difference. No feat is too small, even at first if it goes unnoticed. Life is a journey, it can take you anywhere, but first you need to get on the road. There will be others you will meet and some will require your help where others may not. These acts which create overwhelming joy and satisfaction are priceless. These exceptional experiences are worth your time and energy. Start by doing something on your own once a month and help it grow into involving your family and friends helping you with your campaign. It starts with a decision. Decide to make a difference. Decide to contribute. Decide to enjoy a self-less experience. Enjoy **all** the benefits of Paying It Forward.

# Spotlight: Harvey Milk

Harry Britt summarized Milk's impact the evening Milk was shot in 1978: "No matter what the world has taught us about ourselves, we can be beautiful and we can get our thing together ... Harvey was a prophet ... he lived by a vision ... Something very special is going to happen in this city and it will have Harvey Milk's name on it."

**H**arvey Bernard Milk (May 22, 1930 – November 27, 1978) was an American politician who became the first openly gay man to be elected to public office in California, when he won a seat on the San Francisco Board of Supervisors. Politics and gay activism were not his early interests; he was not open about his homosexuality and did not participate in civic matters until around age 40, after his experiences in the counterculture of the 1960s.

**Milk moved from New York City** to settle in San Francisco in 1972 amid a migration of gay men to the Castro District. He took advantage of the growing political and economic power of the neighborhood to promote his interests, and ran unsuccessfully for political office three times. His theatrical campaigns earned him increasing popularity, and Milk won a seat as a city supervisor in 1977, part of the broader social changes the city was experiencing.

**Milk served 11 months** in office and was responsible for passing a stringent gay rights ordinance for the city. On November 27, 1978, Milk and Mayor George Mascone were assassinated by Dan White, another city supervisor who had recently resigned but wanted his job back. Milk's election was made possible by and was a key component of a shift in San Francisco politics. The



assassinations and the ensuing events were the result of continuing ideological conflicts in the city.

**Despite his short career in politics**, Milk became an icon in San Francisco and "a martyr for gay rights", according to University of San Francisco professor Peter Novak. In 2002, Milk was called "the most famous and most significantly open LGBT official ever elected in the United States". Anne Kronenberg, his final campaign manager, wrote of him: "What set

Harvey apart from you or me was that he was a visionary. He imagined a righteous world inside his head and then he set about to create it for real, for all of us." Milk was posthumously awarded the Presidential Medal of Freedom in 2009.

*"The legacy that I think he would want to be remembered for is the imperative to live one's life at all times with integrity."*

historian John D'Emilio

Article source: Wikipedia

[http://en.wikipedia.org/wiki/Harvey\\_Milk](http://en.wikipedia.org/wiki/Harvey_Milk)

## Motivational Quote

"I fully realize that a person who stands for what I stand for, an activist, a gay activist, becomes the target or the potential target for a person who is insecure, terrified, afraid, or very disturbed with themselves."

*Harvey Milk*

## Inspirational Quote

"We have become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams."

*Jimmy Carter*

# Acceptance

*Children learn acceptance during week of exercises*

A group of disabled athletes recently took on some River Ridge Elementary teachers in a game of wheelchair basketball. The exercise was more than just finding out which team could sink the most baskets, it capped off a week-long event at the school to ease pupils' comfort level around those with handicaps.

**Athletes with Champions Made from Adversity** and special needs teachers from River Ridge teamed up to show pupils that the handicapped are quite capable in many ways.



Jim Blaylock/Staff  
River Ridge Elementary first-grader Nya Arthur, 7, tries to navigate around the gym in a wheelchair in an exercise to increase disability awareness and understanding.

"We wanted to show the students that just because someone is in a wheelchair doesn't mean that they're that much different from anybody else," said Heather Hummell, a special education teacher who helped organize "Walk a Mile in My Shoes: Increasing Disability Awareness and Understanding" at River Ridge. "We all have families. We all have dreams."

**Jeanette Thompson's dream** is to compete in shotput and discus at the next Paralympics, an Olympic-style

athletic event for the disabled. She was among the disabled athletes from CMFA who soundly defeated the teachers earlier this month.

"Be the change in society you know is not right," Thompson told River Ridge pupils following the game. "Even though we're in wheelchairs, we can still do amazing things."

**A former sergeant** in the U.S. Army, Thompson lost the use of her legs following an improvised explosive device attack in 2008 while serving in the Middle East. She moved to Augusta more than a year ago with her four children to rehabilitate at the Charlie Norwood VA Medical Center.

During rehab, she learned of CMFA and it changed her life.



Jim Blaylock/Staff  
Crystal Davis, who lost her right leg when her vehicle was bombed in Iraq, watches as River Ridge Elementary first-grader Jenna Clare Calhoun shoots a basketball from a wheelchair.

"I want to be a hero to my children," she said. "I hope I can be a hero to all children, to show them that just because I'm in a wheelchair doesn't mean I can't still do great things."

**By exposing pupils** to the disabled at the elementary level, Hummel said they can grow up with a greater respect for the disabled.

**As part of the special week** held May 3-7 at the school, which also included learning about autism, learning disabilities, and visual and hearing impairments, River Ridge teachers conducted pupil surveys before and after their visits with the disabled athletes.

Prior to "Walk a Mile in My Shoes" week, 74 percent of surveyed pupils believed those with disabilities are the same in many ways as those without them. That percentage jumped to 85 in the post-survey.



Jim Blaylock/Staff  
Cole Whooten, a student at Stevens Creek Elementary who recently had his feet amputated because of disease, prepares to pass the ball to River Ridge Elementary first-grader Mckenna Key during a game.

**Other gains were noted** from the pre- and post-survey regarding pupils' opinions of the disabled's intelligence as well as their comfort level around those with disabilities.

"Children are very open," Thompson said. "They'll ask questions adults won't about what happened to us, which we don't mind."

"That's why it's good to get them now, so they know it's OK to ask, so they learn that we're still just people."

By Donnie Fetter for [Augusta Newstimes](#)  
News Editor

# The New Canadian Tax - H.S.T.

By Lewis Mabee

Coming on July 1, 2010 a few provinces Ontario being one of them will introduce a new tax called the *Harmonized Sales Tax* or the *HST* for short.

**What does this mean** for some Canadians who already do not have an HST in-place? For one it means that in Ontario we currently have the the P.S.T. (8%) and the G.S.T. (5%). Those two taxes will no longer be in effect and will be replaced with the H.S.T. (13%).

**Some of you may think;** So what is the big deal? It's the same amount in taxes? Yes, you are correct but currently not everything is taxed at the 13% rate. Certain service's like mine, hair stylist, electricity, gasoline, heating fuels, internet services have only been charged the 5% GST. After July 1, 2010 all of the above and more will be taxed at the new HST 13%.

**My price for consultations** have already included the 5% GST. Come

July 1, 2010 I now have to start charging an extra 8%. I can not absorb that cost. On July 1, 2010 (and after) anyone making an appointment with me will see my fee increase. This fee is not a personal increase but a tax increase, thanks to the McGuinty government.

**Learn how you can** educate yourself on the new tax by going to one of these sites.

I recommend [Get Smarter About Money](#)

For a complicated and confusing explanation go to the Ontario Provincial Government website [REV](#)

The Canadian Government website [CRA](#)

**Education is the key** here in understanding what is and what is not affected by the new tax. This way when you are at the cash register you

will not be knocked on the floor with the new price amount.

**There are a few benefits** that will enable the Canadian economy to continue to grow through this new tax. One way will enable the government to streamline jobs because there will be one accounting department instead of two (PST & GST). For business' there will only be one form to fill out for reporting taxes. I currently have to fill out, calculate and keep separate two filing systems for the P.S.T and G.S.T and report to the different revenue agencies at different times and intervals throughout the year.

**Taxes are a fact of life**, and yes we may not agree with them, but we live in a country of abundance with many things including healthcare and resources.

**Oh Canada! Happy Birthday to you!**



## Prioritize

by Lewis Mabee

We all lead busy lives. I know. Some days I look at the clock and ask "Where did the day go?" I look around and do not feel like I accomplished what I wanted to get done. Back in late February and the beginning of March of this year, I became increasingly over whelmed with the thoughts of not getting anything done. I was working hard and long hours, but it felt like I wasn't accomplishing the daily tasks. I finally sat down on my computer and cleaned off my desk so I wasn't looking at paperwork and little pieces of paper with scribble all over it and I prioritized everything on one sheet ( or one screen) of paper. I then printed out 2 copies while keeping the master file on my computer. For one of the printed copies I individually cut out each priority and I went around my place fastening

those little tags to what I needed to accomplish. The other sheet I kept on top of my desk clear of clutter and confusion. My idea was to look at the list each day and accomplish 2 things off the list per day. If I did more great, but I HAD to complete two each day. Some priorities were small in nature and some were large like getting my receipts recorded for tax season. With my sheet I picked the two for the day and I made time to complete each one on my list. Every time I completed a task I would make a great big blue checkmark beside it (blue being my favourite colour). Before I knew it I was up to speed and able to breath again without being anxious. The once monumental pile is now a satisfied job well done memory.



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# Accept Yourself First

*Self-Acceptance is a constant struggle for most. In this article, Holly asks specific questions To help you find the answers from within. Now is the time for honesty and love.*

Self-improvement is great if it's done in a spirit of fun and creativity; however, if we are always feeling that we aren't good enough as we are, we will never be satisfied by any of the changes we make. The first step in creating the life of our dreams is to arrive at a place of true self acceptance. That doesn't mean that there aren't things we would like to change. It does mean that our happiness with ourselves does not depend on these changes. If we do not love ourselves unconditionally, it will be difficult for others to do so.

The poet David Whyte speaks to the necessity of taking exquisitely good care of ourselves: "If you do not give to yourself, you will always hold others at emotional gunpoint."

When we place ourselves last on our own lists, we can end up feeling resentful and looking to others to fill us up. When they can't or won't, we might point to our own unworthiness as the cause or blame them for being insensitive! This ends up being a no-win situation.

To begin the process of accepting ourselves, we might want to consider these questions.

1. What do I need to start accepting about my body, my personality, my talents, my perceived weaknesses? (For instance, I do not have an athletic cell in my whole body; and I'm perfectly fine with that - although if I were to suddenly turn into an Olympic champion that would be just fine with me!)



2. What self-talk do I need to change to start this process? Start by just noticing the things you say to yourself on a regular basis. Do they serve you or hold you back?

3. How have I adopted the judgments of others as my own?

4. Do I really believe there is some absolute truth to these judgments? If not, which ones do I want to ditch?

5. What do I want to believe about myself?

6. What benefits do I receive from being my own worst critic? Sometimes self-criticism serves to keep us safe from the judgments of others. We tell ourselves that if we

judge ourselves first, others won't have to.

7. What do I want others to do for me emotionally that I am not willing to do for myself?

8. Am I willing to commit to accepting myself unconditionally as I am, while recognizing there are areas I'd like to change?

Article by Holly Cox, L.C.P.C., C.D.C.

Source: [www.articlebase.com](http://www.articlebase.com)

One of the many sources of information that we process come from within. Do you listen to your fears more often? Or, do you listen to your manifesting self? Take time to do a personal inventory on yourself. Perhaps is the time to write or re-visit personal self goals? Beside each goal, write down all the positive actions that you will take to enable yourself to be the accepting, loving & kind person. L.M.

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**Re-Launch**

Very soon you and the rest of the world will be seeing a brand new design and vibe to the website. There are some new collections being added to the website and others soon to follow. Thank you to everyone helping to make **Mabee It's Here** a success. I'm looking forward to doing business with you in the future. For those who haven't seen what there is to offer, stop by and check it out! Soon to be re opened for your business.

**Dear Lewis**

Have a question you want answered? Read Lewis' responses to questions that he has personally answered from readers. Click [Q&A](#) to view.

**Question**

**Signed: C**

*I am feeling lost and disconnected with just about everybody right now as I am trying to get over an inevitable break-up. I think by me not wanting to see the truth in time and denying it I might've lost the one who really matter.*

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**Question**

**Signed: Curious to know**

*I met this guy recently, and we had a wonderful 'feel good' connection from day one. He recently had some family issue arise and he has since faded from my life. I'm curious to know if he & I will reconnect soon ? and if he feels the same way about me, that I do about him ?*

**Intention Prayer**

**By Lewis Mabee**

*Dear Mother Earth & Father Spirit; Surround each one of us with the strength to change what is not right. Bring forward ways to accept when and where we normally wouldn't. Allow us to see the goodness within ourselves even in our darkest moments. Spread your love and joy for people who don't feel it and strengthen the bond for those who do, so that they may enable our neighbours to see that change is effective and will strengthen and grow from a core system of purity and love.  
Amen*

“I have personally researched and selected only the best products to enhance your general well-being. Enjoy your shopping experience. Giving you the best”

Lewis Mabee  
Mabee It's Here



# Joseph's Journey

By Joseph Bonneville

**S**o it's about time, yup, that is me. My name is Joseph Bonneville (in my past newsletter submissions, it was Joseph Bell).

**It seems to me**, to be about time to sneak out of that closet. I am that guy who flies around the cosmos going from adventure to adventure. Actually, I am down to earth and I am very fortunate to be early retired and have been so for about a year now.

**I am educated as an Electrical Engineering Technologist** and worked for a major utility for 31 years as a Designer/Supervisor/Manager/Project Leader.

**I now live in the small and pretty** community of Mount Albert, Ontario. My house is lovely and sits on a wonderful property surrounded by forest. Each morning I can walk onto my back deck, listen to the morning songs of the various birds that fly from tree to tree, until finally they decide to land and breakfast on the bird feeder next to my kitchen window. I just can't get enough of the sweet melodies and the spectacular hues of the Finches, Blue Jays, Wood Peckers and Cardinals; the list goes on.

**There are many predictions** for December 2010, and many spiritual philosophies everywhere you look, especially on the internet. There are all kinds of writings from channeling processes, on life's meaning, soul growth, cleansing, clearing, chakra balancing and that list goes on as well. For Light Workers the endless volume of information can be overwhelming. It is virtually impossible to read and absorb all that information without giving your head a shake. Do you really believe what you are reading? Can that be true?

So what the heck are you supposed to put your poker chips on?

**I have come to realize** that only that which resonates with you; should be held close to you. It is about balance and about you.

**Who defines our own balance?** I think we do. It seems to be like a circus act and like that of a Tight Rope Walker. He takes his first step and balances himself. Can he continue to walk with ease along the rope using the balanced posture he just attained? I think not, he/she or both, who knows, will probably fall. That of course may be the lesson in itself.

**Several of Lewis's previous** newsletter submissions talk about balance and an attempt in trying to discover what that means. Each step we take we usually find ourselves coming up against another challenge and then we find we have to re-balance. It is a process. There is not one true answer or recipe on to how to do that. Each time we face another challenge we must dig deep within our souls and ask; How do I overcome this situation to create the peace and harmony I desire to take the next step?

**Perhaps this is when we meditate** or perhaps tune into our own divine intuition. It is about a process, that in which we need to find and discover for ourselves, that which works for each one of us. The cliché "we are on our own journey" is a fitting statement. We read, we investigate, we absorb, and we process the information and we ask ourselves, Does this work for me? Can I identify myself to this experience or words of wisdom and can it be a fit for me along my own life's journey. We decide and we learn.

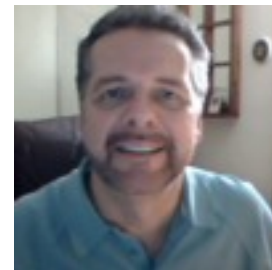
I have found that the deciding and implementation process can be a real kick in the "hard Knox".

**Sometimes we hurt and sometimes** we smile. In each decision there is a result. What are the results of the decisions and actions I have just made? Is there a lesson here to be learned? Most times there probably is and some may argue that there are lessons in everything we do. Some could be quite simple yet some may seem more complicated and require deeper thought. Like the Tight Rope Walker, we decide, we adjust to fit; we learn and then take the next step.

**Maybe, not Mabee**, we just need to lighten up, be good to ourselves and others and just have a dam good time once in a while.

*Love & Light,*

*Joseph*



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# Circle of Caring: Be Free

By: Lewis Mabee

**W**hen was the last time you felt free? Free from hassle, free from stress, free from the daily grind?

I can almost guarantee that you won't be able to answer me. I can even imagine that we think about being free just for a few moments in time. To 'check out' and just do whatever or nothing you want. No job stress, no relationship and/or family issues, no one wanting your time and attention. Being free, free, free! What a phenomenal concept!

So what prevents each of us from not experiencing let's say 10 minutes a day for being totally free? My answer is ME! We all know we are the masters of our own domain, but we constantly let life invade our domain and we are

constantly struggling to always be "ON".

So how can we stop the insanity? How can we give our own selves permission to be free, even if it's for 10 minutes? Firstly, we need to schedule. Just like with scheduling meetings for work, or making sure the kids are where they are suppose to be. We need to schedule an appointment with ourselves to Be Free. In fact, what I have done now that the weather is absolutely gorgeous where I live, is to schedule in my daytimer half an hour each day to go sit on one of my two balconies that overlook Victoria Park. In my daytimer I call this "Be Free Time".

During this time, I do not read, I do not answer the phone, don't take my

laptop with me, or organize my day or thoughts in my mind.

All I do is sit and gaze and check out. I notice the sounds of nature, the ducks and the geese, the peripheral sounds of the traffic and whatever.

I notice and observe but I don't digest, I simply allow myself to take it without filtering. It's a wonderful feeling.

Try booking yourself some "Be Free" time. Start with whatever you can afford (time wise) and increase it.

Enjoy being free!



*"By giving you messages in a reading, I hope to inspire you to stand on your life path and shine under your 'spotlight'. Your journey starts today."*

Lewis Mabee  
[www.lewismabee.com](http://www.lewismabee.com)

## BREAKING NEWS

### CHANGE

I'm headed to Greece

Anyone who will be in Greece on July 5 & 6, 2010 and wants to have a consultation with me, please use my online booking agent.

I will be on the beautiful island of Corfu. All the contact information and location is posted on my website.

For a full session the cost will be 73 Euros and partial session is 43 Euros.



Please refer to [www.lewismabee.com](http://www.lewismabee.com) for a price list of service's.

# Inspiring Story

## Prejudice & Ignorance

**W** His is a true story, sent to the website recently by a colleague at work and expresses more eloquently than I can on how I feel about prejudice and ignorant attitudes towards people who are different.



**As we know**, we see discrimination in some form or another almost everyday and often times it leaves a sour taste in our mouths. The following story shows us the side of diversity that we are all working for. It is a pleasant twist to see that there are companies and individuals who face discrimination head on, if only one small step at a time.



**Enjoy reading the positive** side of diversity. We must applaud British Airways for their action in this situation.

**On a British Airway flight** from Johannesburg, a middle-aged, well-off white South African lady has found herself sitting next to a black man. She calls the cabin crew attendant over about her seating arrangement.

**"What seems to be the** problem Madam?" asks the attendant. "Can't you see?" she says. "You've sat me next to a kaffir. I can't possibly sit next to this disgusting human. Find me another seat!"

"Please calm down Madam" the flight attendant replies. "The flight is very full today, but I'll tell you what I'll do. I'll go and check to see if we have any



seats available in club or first class".

**The woman cocks a snooty** look at the outraged black man beside her (not to mention many of the surrounding passengers). A few minutes later, the flight attendant returns with good news (which she delivers to the lady who cannot help but look at the people around her with a smug and self satisfied grin).

**"Madam, unfortunately,** as I suspected, economy is full. I've spoken to the cabin service's director and club is also full. However, we do have one seat in first class".

**Before the woman** has a chance to answer, the flight attendant continues....

"It is most extraordinary to make this kind of an upgrade,

however and I have had to get special permission from the captain, but, given the circumstances, the captain felt that it is outrageous that someone be forced to sit next to such an obnoxious person."

**With that**, she turns to the black man sitting next to the woman and says....

**"So if you'd like to get** your things Sir, I have your seat ready for you."

**At which point**, apparently the surrounding passengers stood and gave a standing ovation while the black man walked up to the front of the plane.

Article sourced from: Roughwood [www.roughwood.net](http://www.roughwood.net)

*"People will forget what you said, People will forget what you did, But people will never forget how you made them feel"*



## WHAT'S GOING ON

Art work "Abundance" by Walter Bruneel

"We all need a source to express our hopes and dreams. By saying a daily prayer, our guides and angels are always in contact with our direction in life."

Lewis Mabee

### New News

Here we grow again!

The Living Well Chronicle is looking for a monthly contributor who will be able to put together submissions based upon the theme of "Lifestyles & Current Affairs". Any interested party please contact Lewis via email at [info@lewismabee.com](mailto:info@lewismabee.com)

Love to get your feedback  
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