



# *People & Solutions, Inc.*

*A Newsletter*

*July 2004*

*A Publication of People & Solutions, Inc., 108 Tanager Cr., Greer, SC 29650-3108  
1-800-447-3698 - 1-864-244-5963 - Toll Free Fax 1-877-292-2561  
E-Mail: PSTrainU@aol.com*

Issue 07

*Visit our web page: [PSTrainU.com](http://PSTrainU.com)*

Volume 07

## *Self-Acceptance*

Have patience with all things but first with yourself. Never confuse your mistakes with your value as a human being.

You're a perfectly valuable, creative, worthwhile person simply because you exist. And no amount of triumphs or tribulations can ever change that.

Unconditional self-acceptance is the core of a peaceful mind.

*~ St. Francis de Sales*

***“HOW TO KEEP PEOPLE, PAPER, &  
PRESSURE FROM GETTING THE BEST  
OF YOU”***

God is crazy about you. He sends you flowers every spring and a sunrise every morning.  
Whenever you want to talk, He'll listen.  
He could live anywhere in the universe and  
He chose your heart.

***“ACHIEVING EXCELLENCE WITH PEOPLE”***

*Changing Your Expectations Changes Your Attitude*

A man walked into a fortune teller's tent at a carnival and paid his money to have his palm read.

"I see many things," the palm reader said.

"Like what?" the man asked.

"You will be poor and unhappy until you are forty-five," she said.

"Oh," he said, dejectedly.

Then he had a thought. "What will happen when I am forty five," he asked.

"You will get used to it," she said.

# *The Butterfly*

A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gone as far as it could, and that it couldn't go any further.

So the man decided to help the butterfly. He took a pair of scissors and snipped the remaining bit of the cocoon. The butterfly then emerged easily, but it had a swollen body and small, shrivled wings. The man continued to watch the butterfly expecting that at any moment the wings would enlarge and expand to be able to support the body, which would contract with time. Neither happened. In fact, the butterfly spent the rest of its life crawling around with a swollen body and shrivled wings. It never was able to fly.

What the man, in his kindness and haste, did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening, were God's way of forcing fluid from the body into the wings of the butterfly so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our lives. If God allowed us to go through our lives without obstacles, it would cripple us. We would not be as strong as what we could have been. We could never fly.

I asked for strength...God gave me difficulties to make me strong.

I asked for wisdom...God gave me problems to solve.

I asked for prosperity...God gave me the brain and brawn to work.

I asked for courage...God gave me danger to overcome.

I asked for love...God gave me troubled people to help.

I asked for favors...God gave me opportunities.

I received nothing I asked for...I received everything I needed.

## Quotes From The Science Tests Of Some 11 Year Old Children

"Water is composed of two gins, oxygen and hydrogen. Oxygen is pure gin. Hydrogen is gin and water."

"When you breathe, you inspire.  
When you do not breathe, you expire."

"H<sub>2</sub>O is hot water, and CO<sub>2</sub> is cold water."

"Three kinds of blood vessels are arteries, vanes,  
and caterpillars."

"Dew is formed on leaves when the sun shines down  
on them and makes them perspire."

"Mushrooms always grow in damp places and so they  
look like umbrellas."

"The body consists of three parts - the brainium, the  
borax, and the abominable cavity. The brainium con-  
tains the brain. The borax contains the heart and the  
lungs, and the abominable cavity contains the bowels,  
of which there are five - a,e,i,o,and u."