



# - PERSONAL -

DARE TO STOP THE TRAIN

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Index - Personal

Rev: 11/17/17

“Baggage”

“Be a Piece of Common Conduit”

“Behavior Mods”

“Chores”

“Courage”

“Don’t Sweat the Small Stuff”

“Exchange”

“Have I Found Truth?”

“Incrementalism”

“Into Africa”

“Life”

“Life Gifts and Abilities”

“Life Tests”

“Loss”

“Love Thy Neighbor as Thyself”

“Making Molehills of Mountains”

“McIntosh’s Hierarchy of Emotions”

“McIntosh’s Law of Stuff”

“Patterned Learning”

“Personal Risk”

“Relationships – Formal and Informal”

Safety, Trust and Love”

“Self-Acceptance”

“The Anxiety of Night”

“The Imbedded Message”

“The Impossible”

“The Value of Soap and Souls”

“The Will to Live”

“Tomorrow”

“Touch – The Unspoken Language”

“Uniqueness, The Joy of Life”

# BAGGAGE

By Jerry McIntosh

Rev: 06/01/12

It is with ease that we define Success and Failure ...  
at the extreme;  
but defining the thin, frail line between the two (in daily activity)  
is exceedingly difficult.

Could it be that we predict Success or Failure ...  
by the presence or absence of talent alone,  
when we should factor in the past ...  
negative and positive learned behaviors often exaggerated?

So, we expect Success,  
but are often surprised ...  
by Failure.

# BE A PIECE OF COMMON CONDUIT

By Jerry McIntosh

Rev: 08/31/13

When asked to define my formula for success, I must confess to a sudden surge of guilt as I ponder so many years of business mediocrity followed by a bit of success that quite probably was a gift. But let me propose some thoughts for consideration:

## **GOD**

It is said that God giveth and God taketh away, and a review of past failures and successes indicate some master plan of which I am but dimly aware. What is clear, however, is that all failure and all success have a purpose which must be diligently understood in order to experience fulfillment, peace and joy.

## **FAMILY**

Without family, immediate and extended, there is no purpose. For what does a person gain if, upon that gain, there is no one with which to share? All value in any gain is inextricably intertwined in growth, development and interaction with others. To have material gain without the elements of family is like possessing the hydrogen of a water molecule without the oxygen. I have been amazed at the myopic vision of physicians who divorce their spouses upon graduation from medical school, businessmen who discard their families upon business success and mothers who, in despair, leave their children.

## **COMPETENT PARTNERS**

Most of us fear those of greater competence than ourselves and want to “save” those of lesser competence. Bad proposition! We need to surround ourselves with those of greater competencies, learn from them, celebrate with them and then teach these competencies to those of lesser ability than ourselves. Our goal should always be to elevate and improve those in our sphere of influence, which will increase our span-of-control exponentially rather than additively.

Certainly, there are those who will quickly point out that some (or many) will abuse a system that does not punish equals. This kind of thinking is a myth. All want to succeed and the few who want to take shortcuts simply need “positive confrontation.” In a world that is rapidly changing, all brains, all views, all perceptions and all energy is needed to secure and maintain success

**BE A PIECE OF COMMON CONDUIT (continued)**

## BE A PIECE OF COMMON CONDUIT (continued)

### DREAMERS

It is obvious to all that there are dreamers who have ceased to dream as well as sleepers who have suddenly become dreamers, so we must conclude that dreamers are neither born, nor trained, but emerge out of desire. Desire that overcomes fear, crescendos. Desire that overcomes circumstances becomes focused and desire that searches for expression energizes.

Without dreams, we perish.  
With dreams, unrealized, we anguish;  
but with dreams completed, we swell with joy.

### EXPERIENCE

The only substitute for experience is a mentor and even a mentor has limits, so maybe our past failures and deep disappointments are not failures at all, but necessary steps of growth. How is it that we “just know” how to solve a problem when posed? Why is it that I can so freely admit my ignorance today, when I used to fake understanding? Are we really only a piece of common conduit through which interesting people and ideas flow? Maybe. And for that, I am immensely grateful, for success turns out not to be material (it comes and goes), prestige (it is fickle) or knowledge (it reconfigures), but rather, relationships -- relationships between people and ideas, a place of energy and light.

You know, I never really did understand God.

When I asked for Education, He gave me Experience.  
When I asked for Security, He gave me Friction.  
When I asked for Financial Independence, He gave me Debt.  
When I asked for Family Commitment, He gave me Family Conflict.  
When I asked for Subordinates, He gave me Equals.  
When I asked for Dreams, He said, “Open your eyes and follow your heart.”  
When I asked for Success, He said, “Be a piece of common conduit.”

How long will it take for God to understand my needs?

# BEHAVIOR MODS

By Jerry McIntosh

Rev: 05/10/12

How do we change Behavior?

By adjusting Attitudes.

How do we change Attitudes?

By adjusting Attitude Components.

How do we know what the Components are?

By asking those needing the behavioral change.

# CHORES

By Jerry McIntosh

Rev: 07/01/12

(Inspired by my young friend, Christian Kibble)

As a child I hated chores so I chose to work fast that I might have free time for myself. Because the chores seemed so impossible to me at the beginning, I imagined a competition with an imaginary opponent which gave me speed and, when added to the fear of my mother making me repeat the chores, gave me excellence. The downside to being fast and excellent was that my mother then added new chores, which was upsetting to me. My consolation was that I could see that it lightened her load. In time, doing my chores helped me feel as if I were a family “net contributor” as opposed to being a family “net user”. In other words, I belonged.

As I grew older I came to find that there are chores in every part of life, even when I owned my own businesses. Chores provide boundaries, discipline, belonging and structure. It is we who decide to grumble about the chores and, subsequently, remain with the undistinguished and unhappy masses or choose to treat the chores as an opportunity for excellence which separates us to a happy level above the masses.

Thank God for my mother’s chores.



# COURAGE

By Jerry McIntosh

Rev: 08/23/13

“Courage is being afraid, but doing it anyway.”

Then it should follow:

If a person is not afraid,  
courage is neither present nor required.

If a person performs dangerous deeds  
with no redeeming value and  
he is not afraid,  
he is not courageous, he is a fool.

If a person performs dangerous deeds  
with redeeming value and  
he is not afraid, he is not a fool.

What is he?

If a person performs dangerous deeds and  
he is angry, not afraid...  
is he courageous?

Can anger be a replacement for fear?

If so, is anger than false courage?

# DON'T SWEAT THE SMALL STUFF

By Jerry McIntosh

Rev: 03/09/13

When I was young and ambitious the phrase:

“Don’t sweat the small stuff;  
it’s all small stuff”

seemed ridiculously out of touch.

Now that I am older and more comfortable,

the phrase seems born of wisdom.

I wonder, do we “arrive” in life because of

work born of anxiety or  
wisdom born of experience?

... or both?

# EXCHANGE

By Jerry McIntosh  
Rev: 07/03/13

We should always be willing to practice the art of Exchange  
even if we have nothing to offer but graciousness.

The highest form of Exchange is open mindedness.

For anyone can exchange the physical,  
but the intellectual,  
the emotional,  
the spiritual...  
that is the ultimate.

# HAVE I FOUND TRUTH?

By Jerry McIntosh

Rev: 09/11/14

The search for truth has consumed ancients, medievalists and even moderns with an uneasy sense that the destination of a perfect definition can not be reached. Is it possible that all have been searching for a "product", when in fact the search should have been for a "process"? It is my belief that I can answer the question, "HAVE I FOUND TRUTH?" by answering "yes" to just three questions:

1. Is my life good?

Where there is freedom to search, to question, to hypothesize and to test, there is understanding. Where there is acceptance of my peculiarities, my past and my present, there is peace. Where there is hope for my future with assurance of acceptance by my God, there is joy.

2. Are the lives of my associates good?

If I represent safety to my associates, spouse, children and friends to explore their own consciences and minds, then they will have comfort. If I provide a conduit of not only my knowledge and experience, but also of the knowledge of others before me, then they will enjoy growth. If I provide "possibility" windows for people to look out and dream of what could be, then they will embrace hope.

3. Have I been honest in the assessment of my life and subsequently exchanged that assessment with those with whom I interact?

If so, then others will sense the integrity of my values and will consider my God, for in the journey, if we find not God, then joy, peace and hope will escape and truth will have no form.

So then, if I have answered "yes" to these three questions, what will be the results? How will I know if I have found truth? There will be proof of it...the fruit of a peaceful spirit, the company of joyful friends, but most of all, the presence of those who also know truth!

# INCREMENTALISM

By: Jerry McIntosh  
03/02/11

Many define happiness (or unhappiness) as a function of major change:  
“My ship has arrived!” or “We hit the lotto!”

If this definition is true, how do we explain  
happy people on a poor Caribbean island  
or unhappy people in Beverly Hills?

Could the answer be “incrementalism”?

Are we happy when life is incrementally better today than yesterday  
and unhappy in the reverse?

Could incrementalism be a symptom of a myopic world view  
when we should be reaching for the horizon?

# INTO AFRICA

By Jerry McIntosh

Rev: 07/12/13

As a young boy, of only three or four, I have vivid memories of my mother reading letters from my relatives in Africa and showing me pictures. Mostly I remember the arrival one day of two ebony spears, hand carved, just for my brother and me. From that point forward, I used to spend a great deal of time wondering what a missionary's life would be like in a land where people hunted food with spears and the animals were truly bigger than life.

We have all been blessed with individuals who have ignited our imagination and certainly my aunts and uncles triggered mine as they established clinics, hospitals, even the first leper colony in Africa, Malamula Mission. They had many encounters with dangerous animals and were able not only to observe the customs of the people, but also to write about them to me. My aunt was even treated to the special privilege of Emperor Haile Selassie visiting her frequently to ask questions of the western world of which he was encouraging his nation to mimic. I often wonder what impact my aunt had on his perspective of the West.

So when my travel agent called and said that she had a special introductory trip, promoted by the foremost safari people in Africa, I nearly hurt myself getting to my 401(K) savings plan to borrow the necessary funds to secure two seats!

The trip consisted of two days in Paris (it's a long way to Kenya) in which Bobbi parted with much of our spending money! We flew from Paris to Mahe, Seychelles, in the Indian Ocean and from there boarded a brand new, elegant 296-person cruise ship and, in eight days had the opportunity to see the Seycelles Islands and the island of Madagascar just off of Tanzania. We were able to see many endangered species including the black-tail fly catcher, of which there are only 60 pairs left in the world, and lemurs which in every way were fun!

The next nine days were spent in Kenya, landing first in Mombasa -- hot, sweaty, squalid, but an experience nevertheless, boarded an aircraft for Nairobi and cool weather. Most of Kenya is around 5,000 feet in elevation even though it's directly on the equator. The first night was spent in a building called The Ark, high in the Aberdare Mountains in an extremely dangerous area. We were collected in one place, bussed to The Ark and then spent the night watching as all sorts of animals came to a water hole and salt licks. The staff had a series of signals to each of the rooms so that if you wanted to sleep, and then be aroused when a particular animal came to the pond, you could be awakened. In the morning around 6:00 a.m., sound asleep, I heard three buzzes, which I thought meant was time to get up, so I went to the shower while everyone else went out and saw a leopard stalk and then kill an impala, an act never repeated for us.

**INTO AFRICA(continued)**

## INTO AFRICA(continued)

The next two days were in the semi-arid Samburu area in central Kenya. We stayed by a river that was frequented by many wild animals. In each of the camps and until the end the trip, we took a morning game run and an evening game run and had the middle of the day to read, rest, write, talk, think, etc. -- wonderful! In Samburu, there was an opportunity to take a late night game run, which I took, and turned out to be the only "taker".

As we were moving through the bush that night, looking for wild life, I commented about the two park rangers in the Land Rover with guns and asked, "Why the guns?". They told me it was to protect against the big cats jumping into the Land Rover. But, when I got back I found out that the truth for the guns was to protect me against poachers. Had I known this, I would not have stood so tall in the Land Rover!

We next spent one night at the Mt. Kenya Safari Club which sits at 7000' near the base of Mt. Kenya. The Safari Club has been made famous by William Holden, as a co-founder and more recently, Stephanie Powers as the force behind an animal orphanage. Talk about British elegance!!

The following two nights were spent at a camp called Kichwa Tembo in the Maasai Mara, which is the northern end of the Serengeti. These nights were spent in tents that had toilets, hot and cold running water, and were truly extraordinary. We again had morning and evening game runs, but mostly just attempted to absorb the incredible beauty and portions of the "circle of life". It was almost more than we could handle.

Finally, we returned to Nairobi for two days to collect our thoughts and gifts, and prepare for the 24-hour l-o-o-o-ng trip from Nairobi through London to Houston.

While the trip through the Indian Ocean was nice, our accolades go to Kenya. The only word I can use to adequately describe Kenya is "enchanting". The **land** is enchanting in that it has "altitude at the equator" and produces an enormous amount of land variation and water. It is simply beautiful.

The **people** are enchanting. We mingled with mostly three tribes: the Kikuyu who are extraordinarily industrious people, farming every bit of land available to them and with the understanding that if you do not work, you do not eat. A novel idea!

We also were entranced with the Samburus. While we were there, a story was circulating regarding the Samburu warriors. The Kenyan government had apparently given the Samburus the responsibility of protecting the Kenya/Somalia border and some Somali renegades came across to steal cattle and goats. The Kenyan government even offered the Samburus guns, but as the story goes, one Samburu warrior was confronted by two Somalis with AK47's. The story ended abruptly with the Samburu warrior spearing both Somalis with one throw of his spear. However, I would hasten to say that the Samburus also are pastoral and warm people. Life is just very black and white for them.

## INTO AFRICA(continued)

Our guide was a Maasai tribesman who seemed to be successfully combining his life as a tribesman, moving herds through the hills and as a businessman working for Abercrombie and Kent in Nairobi. He and his wife, also a Maasai, had dinner with us on our final evening in Nairobi. We invited them visit us in Houston in the near future.

Finally, the **animals** are enchanting. When you are so incredibly close to these beautiful animals: lions, leopards, cheetahs, elephants, impalas, topis, zebras, giraffes, hippos, rhinos, gazelles, cape buffalo, water bucks, as well as thousands of birds and other smaller animals like hyrax, monkeys of a thousand species, crocodiles, etc., and see them operate with their own rules, their own territories and their own style, you can almost forgive them for their sudden violence which is a part of their lives.

Some would say that it is impossible for me to have had a successful vacation following such high, almost childish expectations. But the comment was made, not only by Bobbi and me but by many others, "each day could not have been better", but somehow the following day was better. Sitting in front of my tent, looking across the Maasai Mara, these words came to my mind (certainly influenced by the poem, The Lion and The Gazelle):

The value of life comes in the promise  
that every day the impala must continue to learn, or it will die  
and the lion must continue to learn or it will go hungry.  
So it is with my heart.  
I must continue to feed its hunger to learn  
or endure the emptiness of senseless neglect.



# LIFE

By Jerry McIntosh

Rev: 02/07/08

This is not primarily the place where we have to be,  
it is the place where we are.

This is not our prison, but our home.

It is the road we must walk and  
the walking of it is called LIFE.

Because we will walk it only once,  
then how important it is that we should walk it  
with some purpose that we call our own.

# LIFE GIFTS AND ABILITIES

By Jerry McIntosh

Rev: 03/29/14

As a young man looking forward to “life” I was aware that it would be complex and that I had possession of certain gifts and abilities, but had no perception as to how they should be used.??

Then came “life” and my choice to engage or not. To engage was to explore my gifts and abilities, resulting in some success but often failure. Life was about ideas, some practical, some theoretical and the gifts and abilities were to mold the ideas.

??Now, I am old and can retrospectively define me and how I used what I was given and can only thank God for what I was bestowed.

?I have been (and am) a builder; a builder of ideas into for-profits and not-for-profits...a builder of people...people who somehow lost sight of their gifts and abilities. These ideas have led to failures of the small and large variety, as well as successes of the same variety. But the building of ideas contributed to learning about the intricacies of and proper use of me.

There is another group of idea builders that I would refer to as the nemesis of for-profit and not-for-profit people builders. These idea builders differ from me in that they rarely pay the price of failure...someone else does. Their idea developments are not immediately subject to life and the marketplace so a great deal of harm can be done over time with little hope for learning and growth.??

The lover of for-profit, not-for-profit and people development should not be discouraged by the “powerful peoples” idea development failures because we know failure and ultimate success so we have much to offer.??

How do I measure my stay here? By how I live (it changes)? By others respect for me (it is fleeting)? By God’s approval (I hope)?

??So, has my confusion as to how to live out my life been sorted out? With God’s supply of gifts and abilities, plus an ample amount of risk and failure, I would say “yes”. Thank you God for what you have given me, plus the 100’s of other “idea developers” you sent my way.

# LIFE TESTS

By Jerry McIntosh

Rev: 01/15/13

With man, the events of our lives are observations following tests.

The first test is to acquire assets, which can be used by others.

The second and harder test is to judiciously and thankfully be willing to give away some of our excess to those who are in need.

The third and hardest test of all is to graciously accept someone else's excess when we are in need.

# LOSS

By Jerry McIntosh  
Rev: 01/10/15

Bobbi and I never really contemplated “loss”  
- until we almost lost Bobbi.

It was then that we understood the “absence” of touch and presence.

“Words” alone are insufficient.

Our wish is that God’s presence will always be felt  
for others during times of unspeakable loss.

# LOVE THY NEIGHBOR AS THYSELF

By Jerry McIntosh

Rev: 08/16/13

Having been placed by accident of birth toward the end of the Age of Chauvinism and the beginning of the Age of Feminism, it has been my observation that both philosophies are in error in that they insist on arranging the world around one's self.

Indeed, both philosophies have proven necessary in that they demonstrate clearly the pain delivered by this exercise of "error-in-extreme".

Is not this the time for the philosophy of self assurance to emerge and flower?  
...a philosophy that flowers because it focuses on balance –  
the balance of loving and caring  
demonstrated equally toward others and toward ourselves?

# MAKING MOLEHILLS OF MOUNTAINS

By Jerry McIntosh

Rev: 05/11/12

It is often said that we should “look up rather than down”,  
or “step back so you can see the forest rather than the trees.”

Certainly this is good advice for “getting out of a rut” or “focusing on the future”. However, success also  
demands that we “put our hands to the plow” or  
move forward “one step at a time”.

A successful life is a wonderful balance between creating “mountains of possibilities” as well as  
transforming mountains of difficulty into mere molehills for growth.

# McINTOSH'S HIERARCHY OF EMOTIONS

By Jerry McIntosh

Rev: 11/07/14

1. Emotional Freedom - The ability to view all life events in context to celebrating the growth, maturation and good health of who I am.
2. Dismissal -The setting aside of non-consequential short-term setbacks or the correction of personal core values.
3. Appraisal -The alignment of my core values and long-term goals with short-term setbacks.
4. Rejection -The realization that some essence of me is not acceptable to someone else I value.
5. Anger - Indignation that our good motives have been handled shabbily by someone of importance to us.
6. Disbelief - Understanding that our friends or family have chosen to treat us negatively.
7. Frustration - The inability to understand painful circumstances.

# McINTOSH'S LAW OF STUFF

By Jerry McIntosh

Rev: 11/07/14

Stuff seeks and finds space  
no matter the shelves, closets, cupboards or dressers.  
Stuff will seek space out and fill it ... for this is the nature of Stuff.

This law can be proven as a true Aristotelian syllogism based on  
The Second Law of Thermodynamics ... Stuff dissipates.



# PATTERNED LEARNING

By Jerry McIntosh

Rev: 07/20/12

There are many methods of learning...

Take “Patterned Learning” – The Art of Connecting Cause and Effect.

If one observes the connection between Cause and Effect long enough a pattern soon alerts the observer to the effect produced by the cause.

Patterned Learning then allows for faster learning.

But beware...Patterned Learning is not always accurate.

For example,  
if one observed another whispering to a third one and  
later found the exchange to be gossip,  
one might conclude that all whispering is gossiping,  
which it is not.

# PERSONAL RISK

By Jerry McIntosh

Rev: 01/06/09

The greatest personal risk of my life  
was marriage to Bobbi --- the second time.

The first marriage commenced in blind love,  
but the second was consummated with the full consideration  
that she might leave again.

# RELATIONSHIPS – FORMAL AND INFORMAL

By Jerry McIntosh

Rev: 07/25/13

In the formal world of business and even in church we often strive toward anonymity...that is to say, we strive to be acceptable to those we seek approval from, to look and act alike.

In the informal world of those we love, and who love us, we relish and even seek the specialness of our differences...our unique sounds, fears, talents...

In fact, it might be said “The greater the disparity between our formal and informal relationships the more special are those in whom we place our trust.”

# SAFETY, TRUST and LOVE

By Jerry McIntosh

Rev: 09/13/16

Safety is that space between two people where each keeps their word.

Trust is the state of heart that occurs when safety is in place.

Love is an emotion that pervades the body when  
the Heart is bathed in the nutrients of Safety and Trust.

Trust can be quickly destroyed when Safety (not keeping your word) is lost.  
But there is hope...Love is harder to extinguish.

# SELF-ACCEPTANCE

By Jerry McIntosh

Rev: 02/05/11

It is equally as difficult to be intimate with another  
as it is to be comfortable with one's self.

Therefore, the fullness and joy of expression  
for another comes only with the  
freedom of me accepting me.

# THE ANXIETY OF NIGHT

By Jerry McIntosh

Rev: 07/11/13

Oh, why the anxiety of unknown origin,  
an acid stomach, a restless night?  
Have I an unseen compass,  
a manager who says, "Something's not right?"

One day with hope in my heart,  
I shall look to the sky and say,  
"Dear God, show me the gifts,  
the talents, the wonders that are mine."

For if I know me  
and use well all that I see,  
then gone is the anxiety of the night  
and here is a person of might.

# THE IMBEDDED MESSAGE

By Jerry McIntosh

Rev: 11/21/14

Imbedded messages can be used when one person would like to introduce a difficult subject to another person.

For example, "I like taking long road trips with you because it gives me a chance to understand why you can't get your homework handed in."

(Imbedded Message - I worry about your future).

Another, "I love air travel because I have alone time."

(Imbedded Message - I need more time away from you/others).

When using this technique to gently lead into a subject it is an "Imbedded Message", but when hearing it, it is "Free Information".

In both cases, we need to be attentive.

# THE IMPOSSIBLE

By Jerry McIntosh

Rev: 03/19/13

There are stages in life where it becomes  
Impossible to do the Possible.

If we are to escape such confinement,  
we must seek the change which again makes it  
Possible to do the Impossible.



# THE VALUE OF SOAP AND SOULS

By Jerry McIntosh

Rev: 10/24/13

A simple lump of soap,  
it's value undisturbed ...  
until engaged by water.

So like a simple human soul,  
it's value unperceived ...  
until embraced by  
another human soul.

# THE WILL TO LIVE

By Jerry McIntosh

Rev: 01/09/15

It is said that some have a strong Will to Live, while others do not.

I wonder, "Does God not gift everyone with the Will to Live?"

So, shouldn't we consider the Will to Die?

Is it possible that the Will to Die  
is a temporary condition that needs attention?

Would a warm and loving hug of acceptance  
convert the Will to Die to its original Will to Live?

# TOMORROW

By Jerry McIntosh

Rev: 08/16/13

Since I have no control  
over the wrinkles of tomorrow,  
whether they be my skin or  
the unexpected surprises of my fortune,  
I must then enjoy the fullness of today,  
the goodness of health, family and friends,  
even the anticipation of a glorious tomorrow!

# TOUCH – THE UNSPOKEN LANGUAGE

By Jerry McIntosh

Rev: 09/21/12

Touch is a special language, one that throughout life  
can bring comfort when no word will suffice.  
It is a tragedy when the power of touch is abused,  
either by inappropriateness or neglect.

The headlines shouted, “Newborns Die in Hospital Nursery” and  
the world was shocked. How were they dying?  
Were hospital personnel responsible? The answer was a tragic reminder of our times.  
The babies were unwanted by their parents and  
the nurses simply had too little time to hold them --- the babies died from lack of touch.

Social scientists began studies with monkeys and other animals and  
found that lack of touch caused serious neurotic problems and even death.  
New terms were born such as “imprinting” (an indelible influence) and  
“attachment” (a powerful survival impulse that keeps us close to our caregivers).

These scientists found that significant messages are passed  
from one human to another by touch rather than words.  
For instance, a baby won't stop crying when we say, “It's all right”,  
but may stop when we transmit warmth and assurance by  
stroking, cuddling or enfolding the baby in our arms.  
If a friend tragically loses a loved one, our words are empty,  
while silently holding our friend is comforting.

Today the American family is under attack from every direction.  
One of the darkest clouds is being labelled a “dysfunctional family”.  
Mothers cease holding their little boys at younger and younger ages,  
fathers feel they should not wrestle with or let their little girls sit on their laps.  
Parents become less affectionate with each other around their children.

By the time our children become teenagers, if they are deprived of touch,  
is it any wonder that touch no longer represents an expression of  
need, comfort and silent discussion,  
but rather has become a tool to manipulate another to  
the kind of sexual advantage that leads to emptiness?

**TOUCH - THE UNSPOKEN LANGUAGE(continued)**

## TOUCH - THE UNSPOKEN LANGUAGE(continued)

At work ... be careful... we are now talking  
sexual discrimination, lawsuit or loss of career.

Is it any wonder that in the workplace we observe poor behavior  
in the form of cheating, gossip, backbiting or a dirge of teamwork?

How pervasive is this scourge in the fabric of our country –  
our families, churches, schools and businesses.

We have eliminated one of the tools of comfort, warmth, assurance and safety.  
We have stepped on self-esteem.

Is it possible that some of our neurotic and maybe even psychotic diseases  
could be healed by the use of this simple tool --- touch?  
Appropriate touch is a silent voice that eliminates separateness and bridges individuals,  
establishing solidarity, affirming trust, building emotional reservoirs and showing care.

I choose to be touched.  
When sad – pat my back, when angry – grip my shoulders,  
when I lose a loved one – touch my arm.

Have you hugged a friend today?

# UNIQUENESS, THE JOY OF LIFE

By Jerry McIntosh

Rev: 07/04/13

For life to be alive  
search for similarities/dissimilarities,  
balance/imbalance,  
rare occurrences/common occurrences,  
beauty/ugliness,  
color/blandness,  
speed/slow motion,  
patterns/disarray,  
cause/affect.

For depression is the diminution of all differences.