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RE: This Report

Please feel free to send this report to your friends and family. I only ask that you do not put it for sale. It is meant to be free. If you would like to sale it in some form, that can be arranged. Just contact me and we'll tailor it to your purposes.

## **THE GRAVITY OF LIFE**

### **My First Flight**

This story is to illustrate my first experience with the 'Gravity of Life'. I was 5 years old. It was a beautiful sunny day. I had my cape on. It was tied off with a knot in the front that only a mother could tie. It was perfect.

That day was the day I was going to fly. All I needed was a platform. So, in my perfectly tied cape, I went looking for a platform to launch from. And I found one.

Only a few houses down from where I lived was my friend's dad's brand new pick up truck. And as luck would have it, the tailgate was down. So I climbed into the back of that truck. I backed up and I ran to the edge of that tailgate. Then I threw myself from the back and assumed the position.

My first flight lasted approximately .2 seconds. From there I experienced, for the first time, the gravity of life. It took hold of me and pulled me down with a force of about 9.8 meters per second. I did not come out of my flight position because I knew beyond a shadow of a doubt that, if I really believed I could fly, I would.

My flight ended in a crash landing. Because I never came out of my superman-flying position, my legs, stomach, chest and chin slammed into the ground at the same time. I still have a scar under my chin from that first "flight".

How is does that story illustrate our lives even today – as adults? We go after an idea or dream with all our hearts. We honestly believe without doubt that we will accomplish our goal. But we run into the first obstacle – the gravity of life – and we hang it up. We let a little problem quench our thirst for success.

I did it too. Needless to say, I never did try to fly again. I have found it much safer to use an airplane.

So what can we do to assure our success?

## **Suicide Guy**

Please forgive me. What I am about to share is a bit crude and a little off-color. But I promise you'll remember the point simply because of the example.

This is a true story.

There was a guy several years ago who lived on the east coast. He was an emotional basket-case. I have no idea his name. I have no ties to him. I don't even know his situation in life. But I do know he was a basket-case because of what he did. I just know him as 'The Suicide Guy.'

Like I said, he lived on the east coast. So he pulled up to a cliff. There was nothing below him except the ocean. He pulled out a rope and tied it to a boulder and then tied the other end to his neck.

He then drank a bunch of poison.

Then he pulled out a can of gasoline and poured it all over his body and lit himself on fire.

As if that were not enough, he pulled out a pistol, took a flying leap off the cliff. After he jumped, he put the gun to his head and pulled the trigger.

What he didn't account for was the gravity of life. Because he jumped off the cliff, his arm was pulled up a little. So when he pulled the trigger the bullet just scraped his scalp. But it did sever the rope. So the rope broke. He then fell to the water below putting out the fire.

The water was so cold, he threw up the poison.

So did he succeed at killing himself? Well, just when things were not looking like he was going to accomplish his goal, his perseverance paid off.

He actually did accomplish his goal but not the way he thought he would. Later in the hospital, he died from hypothermia. But, one could argue, because he thoroughly prepared, gathered his resources and went at it with all his might, he succeeded – even if it was indirectly related to his original plan.

See? I warned you. That was a little crass for an example to succeed. But, I think you'll remember it. Maybe it's not the best illustration, but it does say, 'if you want to accomplish your goals, do not give up. It will happen – even if not the way you originally thought.' Just keep at it. ;-)

*Understand: I do not endorse suicide. Nor do I take it lightly. This was just used to make a point.*

## **Human Nature Creates the Need**

### ➤ To Become

I would step out on a limb here and say, "I bet there isn't anyone reading this who is in a place where they do not want to become something more than they are now." That's not to say they want to be someone else. We're just programmed to be more than we are – no matter our position, our income, our relationships – we all have a natural desire to become more of who we were meant to be. What is it you are after? Where will you be in five years? What are you doing to accomplish both?

### ➤ To Belong

We all have the need to belong to a group or some type of relationship. Those of us who have felt dejected or rejected from a particular group can find themselves experiencing G.A.S. (more on that in a minute).

Even as little babies we have this need. If you took a newborn baby and never held her, affectionately touched her, or showed any attention other than just feeding her and necessary maintenance of a child; if you just left that baby in her crib except for treating her like a chore every so often, that infant would die. We need to belong. It's an innate need.

As adults, if we're mistreated, there's a part of us that is destroyed also. In response, we've built up defense mechanisms to protect us. Sometimes they work. Sometimes they do not. What's your defense mechanism? What are you doing to protect yourself from the hurt?

### ➤ To Believe

As a human being we all have the need to believe in something. A lot of us believe in a higher being. It gives us comfort, a peace, a sense of self.

Others choose to NOT believe in a higher being. But if you analyze that frame of thought, the need to believe in something is still there. That person who does NOT believe in the higher being DOES believe (and usually emphatically) that there IS NO higher being. That person can make very strong statements to reinforce why he/she does not believe in a higher being.

Nevertheless, it is still the need to believe. They just choose to believe to NOT believe. It's a backwards way of getting there, but it's still the need to believe in something.

There's a small section in my book, [Success and Inner Strength](#), that mentions belief and how powerful it is. I talk about how what we usually believe is revealed in the actions we take. You see, if we all believed we could be millionaires, we would take the actions that millionaires take. If we really believed that life outside the work cubical was a better life emotionally and financially, would we stay there?

I use an example of sitting in the room you're in right now. If someone came running through that room screaming to the top of their lungs, "GET OUT!! THERE'S A FIRE!!" You would act depending on what you *really* believe. If you really believed there was a fire, you would be outside where you believed it was safe.

If you really didn't believe there was a fire, you'd probably not move very fast. You would just sit there and continue what you were doing.

### **G.A.S.**

In my book, [Success and Inner Strength](#), I talk about The Circle of Five. The Circle of Five is more complex than I'd like to get into in this report. But I'll address what The Circle of Five came from.

We all have had conflict in our lives. How do you deal with that conflict? Do you keep it inside and let it brew, boil and back up your entire system?

Most people deal with conflict by not dealing with it. If you do not have a healthy outlet for your stress, conflict and problems in life, it will come out in the form of G.A.S.

G.A.S. will affect others and will eventually end up hurting your relationships and other areas of your life. What is G.A.S.? Glad you asked.

G.A.S. is the way you deal with your conflict when you don't deal with your conflict. You may not even know you're doing it. When you read this, you may realize that, that's how you've been dealing with your problems for years.

If that's the case, it's time to change that practice. There are more productive ways to handle conflict.

Here's where The Circle of Five came from. It's called G.A.S. and it stands for:

G = Guilt

This is a direct result of a certain situation. If there was an argument with your spouse or parent, you'd experience Guilt until there was some type of resolution. There may be guilt afterward also, but you would feel much more free than you would if you never had any resolution. After the resolution, the guilt is easier to be forgiven.

A = Anger

If you do not resolve your conflict, anger will eat you alive. Anger can be responsible for cruel words, destructive actions and unhealthy emotional thoughts. If you are tempted to act when in a state of anger, I would caution you to not. It's best to wait and resolve the problem before doing anything.

S = Silence

Silence can be a very destructive emotion. If you didn't talk to your best friend for a month, chances are that person would not be there when you decided to actually start talking to him/her after that time. The same is true with your family and other friends. Even though your family is stuck with you more than friends, the damage you cause from silence may be harder to heal than you may think. Silence can be louder than an atomic bomb if that's the way you are dealing with your conflict.

If you would like to learn more about The Circle of Five and how to overcome this incredibly destructive cycle, go get Success and Inner Strength. You can find it at

<http://www.forward-living.com/successnow.htm>

For now, I can offer one key to freeing yourself from any grudge you may have been harboring. It's really a simple concept. But it's not necessarily an easy practice.

Try this:

## **Forgiveness**

**Look at forgiveness in this way.**

**Forgiveness** = setting a prisoner free and realizing that the prisoner is really you.

Closing

I hope you enjoyed this report. More importantly, I hope you found some helpful tips on dealing with conflict in your life.

If you have any thing else you would like to see addressed in a report, please let me know. Just email me at [info@forward-living.com](mailto:info@forward-living.com) and, if there's enough interest, I'll be glad to put out another report like this one.

I hope you have a great week. And as always, keep looking and living forward!

Blessings,

Mark Thompson

<http://www.forward-living.com>