

*Remember  
To  
Remember*

*Wake Up And Live!*

*Lize` Shares Awareness*

# *Remember To Remember*

**Wake Up and Live!**

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# DEDICATION

## *In Appreciation To My Children*

**Barbara, Anita, Philip, Pamela, Michael, Jim**

Of all my roles throughout my lifetime, being a Mom is the one I'm most grateful for. It has given me the greatest joy in life and also produced some of my saddest moments. Barbara, my first born, was an unbelievable gift. She is a risk taker and continues to teach and encourage her Mom and siblings to grow. Anita came along at one of the happiest moments in my life, her death came swiftly making me cautious about feeling true joy. Philip gave us all a new lease on life. He values relationships, his family, is decisive and challenges his Mom to use her assertive skills. Pamela has a deep faith and strives to teach us all by her example. She praises and accepts her Mom even though her Mom lives much of life in the grey zone. Michael has a sensitivity and care that flows into our daily lives. He is funny and even philosophies with his Mom about life and living. Jim came along at a tough time in all our lives. Inside my life, he is a prime example of how God knows best; Jim gave joy to his brothers, sisters along with new meaning and purpose to his Mom. He gave us good reason to keep moving forward and be happy in the midst of turbulent times.

***Thanks!***

**Mom**

***“Appreciation makes what is excellent in others belong to us as well.”***

***Author Unknown***

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## ABOUT LIZE`



Lize` originally had planned to complete her third *Remember To Remember* book, in a series of five, about sales entitled, *Remember To Remember: Find A Need And Fill It*. Instead, life presented Lize` with an unexpected wake up call; she felt the need to capture and share some insights harvested since September 1, 2007. So Lize` changed horses in the middle of the stream, instead she wrote *Remember to Remember: Wake Up And Live* in 2007. It will appear as her first book in the upcoming *Remember To Remember Trilogy* followed by her two published E-books, *Remember To Remember :The Rest Of The Story* in 2006, and *Remember To Remember: Life Lessons Too Important To Forget!* from 2005. Look for her *Remember To Remember Trilogy* to be published in paperback form in 2008. Lize` has a passion for sharing her life journey with others because she has been privileged to learn so much from so many. She touts her greatest gift as “to know I don’t know” which leaves her open to learning. Lize` enjoys being with her family and friends; she’s an author, speaker, singer and songwriter. She will resume her activities after her successful surgery and full recovery. Lize` says she is grateful to family and friends for limitless prayers and thanks God that He allows her to wake up and live fully in the now!

***“We never lose what we share with others.”***

**Lize`**

**[Lize@SHARELifeSkills.com](mailto:Lize@SHARELifeSkills.com)**  
**[www.SHARELifeSkills.com](http://www.SHARELifeSkills.com)**

# INTRODUCTION

## AWARENESS

It was no accident that on November 4, 2007 there was a book brewing inside; the written words had begun to form with a focus on looking for endings. It began, stop looking for endings! Perhaps this was due to the fact that what was to be a celebration of a major goal realized became the beginning of a nightmare for me and mine. On September 1, 2007 my voice was almost inaudible. Little did I know that my birthday celebration, two days later, would be one of many events where just “making do” was all I could begin to manage. No doubt, my wish was for an end to this raspy voice which colored every area of my life.

The mantra, “I’ll be happy when....” invaded my thoughts daily. This *disease* had not just begun with my voice concerns. I’d noticed how over the past few months, more so than not, I’d been counting my losses instead of blessings. In spite of periodically riding myself of the “happily ever after” complex, once more there was uneasiness within. Over the years, it became clear that my past religious teaching about God had added to my desire to look for endings. Could true happiness only be attained by looking forward to the ending?

Was the possibility of peace and acceptance, living the good life out of reach? Was death the only way to stifle this unrest and connect with the spirit? Many questions invaded my mind and heart. Did it really require a miserable life journey, endless struggles and misery, leaping over the hurdles in life, to attain that happy ending? My realization that God is everywhere, God is alive now within each one of us made me aware that He can alleviate misery now and ensure that we triumph over pain to experience joy in the now. We need not keep looking for endings; we can live life “joyous and free” right here and right now.

We are so much alike and yet so different. Our beliefs, the way we see our world, effects us and all those we touch. This *disease*, waiting for happiness out there, ensures that we live life in the future. It can begin in childhood and follow us throughout our lifetimes. We can in fact, miss out on living, while waiting for those happily ever after occurrences to surface. We may wake up in our golden years to discover we’ve been chasing windmills.

My current wake up call, the need for major surgery in 2008 prompted me to take a new look at who and why I am. There has been a tremendous gift issued to me that created a new awareness of life itself and the blessings of a life that is lived in the now.

In 1936, Dorothea Brande wrote *Wake Up & Live* inviting us to “Act as if it’s impossible to fail.” to inspire writers everywhere. *Remember To Remember: Wake Up And Live* invites us to live life in the now; stop looking for the endings! As mind, body and spirit reside in the now, we find peace and also discover the meaning of prosperity in our lives.

***“Not everything that is faced can be changed;  
however, nothing can be changed until it is faced.”***

**Author Unknown**

**Awareness One**  
**Life Is Lived In The Now**  
*“The Spirit is alive within each of us.”*

Basic to living life fully is the awareness of the spirit, knowing how God is alive within each and every one of us. Just as during daylight hours we don't switch on our lights, also during routine tasks our awareness of the spirit may not be apparent. Yet, when the sky begins to darken, it is then we remember to turn on the light. We don't need to call an electrician to put in the light switch. We need to flip the switch and our vision increases.

In our human relationships, the intimacy we experience with one another is not constant, so it is with the intimacy, the knowingness of the presence of God within. Our daily lives require routine tasks; these tasks are vital to having a structured instead of a chaotic life. In the midst of this daily routine, sometimes we connect automatically with the spirit. It might be when we look up to see the sparkle in the eyes of a child or the rainbow that appears after the storm. It comes from that unexpected kindness shown just at the right moment. You can feel the powerful spirit, that blessed assurance, the train is on the track.

How many homes would be built if building the foundation was a never ending project? None! So it is with our search for the spirit. It becomes a never ending search with the assurance that in the end, we will get our eternal reward. We keep trying to get it right. This never ending project diminishes our ability to live life fully now. We live our lives at times in quiet desperation seeking the spirit, yet God our foundation is already within us.

With all the light we would ever need available to us, we continue to stumble in the dark. We don't need to release our bodies to share a life with God. Stop looking for endings! The awareness of the spirit within gives us the power, the light to unfold our uniqueness; we can use our special gifts to share ourselves with others. You don't need to focus on the foundation; you use the security of knowing that the foundation already exists to live life fully. Have we forgotten we are made in the image and likeness of God? Cherish life now!

Life is to be lived in the now. Wayne Dwyer first introduced me to the concept of present moment living with his first book, *Erroneous Zones*. Now is the only moment we can live. When my present is spent looking back or forward, I lose the now. The awareness of the spirit and the ability to design a joyful life to share ourselves with others happens right now. The gift within my wake up call was the awareness that my spirit, my God, my foundation exists within. We need not dwell on the foundation itself; we know how this spirit within ensures we use whatever talents and abilities to live and share our joyful lives.

*“Feel the power within your own silence,  
there you find your salvation.”*  
**Kathy Hartz**

## Awareness Two

### Happiness Is Not Out There

*“Present moments contain the joy.”*

Well over thirty years ago my experiences, in a communication class, made me aware that the words written on this page, the message I’ve intended to convey may not be heard at all. Even an informed reader or avid listener may not get the meaning another person intends to convey. Why is this true? Can’t we convey the same thoughts and feelings to a group of people and expect them to get the same message? Two responses come to mind.

That communication class, over thirty years ago, broadened my understanding of why we view the same words, pictures or our world differently. The instructor said not a word, wrote the letters *F R O G* on the board, and then asked the class of about twenty people to write down what we saw. Most of us wrote down the “leaping amphibian” found in the water. My word picture of a frog came from early childhood memories, my frog jumped.

How could not one of the twenty people in the room, looking at the exact same letters, fail to write a description of the same thing? Many of us saw that frog that jumps and plays in the water, however some frogs were sitting on a rock, and some were in the water, others were sitting or hopping in the grass displaying a variety of colors. None were described exactly the same. Moreover, our instructor told us how those exact same letters signified over ten or more word meanings. Two of these are an ornamental braiding for the front of a jacket and a small holder placed in a vase or bowl to position flowers. Interesting?

Another life lesson too important to forget was introduced to me much later on in my life. Learning about the “schema” within each one of our lives was a gift honed from going to college in my fifties. My understanding is the schema is a mental picture accumulated from our own personal histories. All of our five senses make up the DNA of our schema. It filters, consciously or unconsciously, each happening in our life. We see things differently because our personal history, our schema is different. Our interpretation of the world is different because of varied life experiences. That’s why, viewing the exact same letters, *F R O G*, each of us saw differently; those letters were filtered through our own schema.

When this author speaks about how happiness is not out there, each reader will interpret this statement differently. Happiness, that sense of inner peace or contentment is available as our awareness and gratitude expands. Many of us have confused pleasure with happiness. Yes, the two can co-exist. Many of us have used artificial means to attain that ever allusive state of happiness. Others are content to wait for death. Amazing grace is that realization that we can wake up and live right now. Present moments contain the joy.

*“To live happily is an inward power of the soul.”*  
Marcus Aurelius



## **Awareness Three**

### **It's All About Relationships**

***“We need one another to blossom”***

Forget that old cliché, “they lived happily ever after”, if you are serious about wanting healthy relationships in any area of your life. Not only are we faced with the challenges previously addressed regarding communications, but also there are emotions that invade us at times without prior notice. Stuffing emotions and placing blame are both ways to destroy any hope of healthy relationships. Sometimes we do both unconsciously and then have to deal with “the straw that broke the camels back.” A prime example of this is these past two days in my own life. Believe me; these relationship hurdles were unexpected.

Since learning of my impending surgery, my focus had been on getting my self prepared emotionally and physically, as well as updating legal papers and preparing for the day to day needs of those closest to me. My mental self had been much like that of the “*Stepford Wives*”, calm and devoid of emotion. This unusual, zombie like state was attributed to the shock, fatigue and overall wear and tear of dealing with my voice issues. My inability to communicate verbally for almost four months had taken its’ toll; little did I know what was brewing inside? The stress and pressure of the last four months had been too much.

Christmas Eve and Christmas Day, those pent up emotions tumbled out in the form of harsh but honest words anger and tears. Those waves of fear, frustration and hurt were experienced by me and those close to me throughout these two days. What was to be a joyful experience with family and friends was colored with tears and hurt feelings. The awareness of not being heard and having my needs taken seriously was too much to handle; I lost it! Now what? Yesterday my thoughts were to stop writing this book, stop reaching out and forget about relationships. What did I know anyway? Today the tears flow intermittently as I write trying to figure “IT” out. It does no good to place blame, now it is important to understand what I could have done differently to communicate instead of retaliate. Healing has begun with kind words and hugs; however healing requires insight.

Before you can begin to have healthy relationships with others, you must have a healthy relationship with yourself. This requires honesty, even when it hurts. The real truth is I’d lost my voice long before my physical voice left me. The realization of not being heard or not having my needs taken seriously preceded my eruptions. Being discounted is painful enough; however knowing you invited this type of treatment is far worse. Dr. Phil says we teach people how to treat us. I had. “Peace at any price is no peace at all.” You must accept yourself and others, warts and all, before you can begin to build those healthy open honest relationships. All of us have needs in a relationship; when we identify and satisfy those needs our relationships thrive. Communicate requires a willingness to communicate until each party feels heard or agrees to respectfully disagree. Darkest comes before the dawn.

***“When you get to the end of your rope, tie a knot and hang on.”***  
**Franklin D. Roosevelt**

## Awareness Four

### Purpose Transforms Activity

*“Purpose creates a zest for living!”*

Sometimes we hear words over and over again without understanding the different meanings within each word. Purpose and mission are two of these words. In regards to purpose this saying comes to mind. “He who has a why can bear with almost any how.” Purpose is the why and mission is the how. Have you noticed this in your own life? When you define your why, your intention, a power will push you forward to accomplish your mission or goal. I’ve been told that I’m always on a mission; this can be good news or bad news. If my desire to achieve a goal colors my entire world, taking a toll on myself or others, it’s time to evaluate my priorities. Day to day purposes and missions will change. Awareness of my life purpose, “What am I called to do here on earth?” will last a lifetime.

Goals that allow us to use talents and abilities that bring a zest for living into our lives and those around us, that’s the good life. So how do we go about defining our life purpose, our why in order to define worthwhile goals? A good starting point is look at what you enjoy doing, what drives you? Much of my life there was an insatiable need to share with others. Looking back, initially this need came from my unmet needs—the need to be needed. After a time sharing became a way of life, it was such a major part of my life that not sharing would be the equivalent of withholding my air supply. Sharing creates that zest for living!

Why do you do what you do? Haven’t some of us found we just want to make a living, put a roof over our heads and food on the table? We may want to acquire more and more just for the prestige or pleasure it brings. However, purpose promotes passion and can turn the mundane into a mission. You can’t wait to greet the day and see what you can contribute to the world. There is such a feeling of accomplishment, when you do what you do out of desire rather than duty or obligation. Any type of activity can be transformed by purpose.

In the midst of writing this book it was evident how purpose can rise above any feeling that might interfere with accomplishing our mission or goal. My self-talk was far from positive and self-doubt began to creep into my psyche questioning the why regarding the need to finish my *Remember To Remember: Wake Up And Live* book in 2007. These thoughts invaded my mind, What did I know anyway? Would anyone even care? What made me an oracle? The sadness, negativity, and doubt played on and on. Then, I recalled the *why*, the purpose for taking time, amidst such turbulent times in my life, to write my beliefs on paper. It was because of my purpose, the desire to share my life lessons. Just one word can increase awareness to make a positive difference in another’s life. Yes it can! Living in the now with purpose creates a passion and joy that is meant to be shared.

*“Great minds have purposes, others have wishes.”*  
Washington Irving

## Awareness Five

### Responsibility Is Vital To The Good Life

*“We always have choices.”*

Interesting how we sometimes think it would be just great to have someone else assume responsibility over our affairs; yet the surest way to joy and vitality is accepting total responsibility for our lives. This is not to say we won't ever need or want other people for support along the way. It means that we are well aware of how every pot must sit on its own bottom. To live responsibly and live independently is a gift we can give ourselves. At times when we become dependent on others, it is our responsibility to direct our own care, ask for what we need and want. We can then maintain as much independence as our circumstances allow. Who of us hasn't heard a child say, “I want to do it myself.”?

It was Stephen Covey in his *“Seven Habits Of Highly Effective People”* who helped me understand how there are different types of independence, physical, mental, emotional, and financial. Many of us think our most basic need is financial independence. In reality it is our physical, mental and emotional independence that impacts our lives more than our financial. Many of my years were spent looking for financial independence until it became crystal clear, what was needed most in my life was emotional independence. Somewhere in my journey, I'd given others the power to determine my sense of worth and security.

We sometimes play the game “wooden leg” in an attempt to deny responsibility for our actions. How can you expect a person with a wooden leg to walk? Yet the real truth is we always have choices. Being responsible simply means we don't make excuses for our behavior; it is vital to living the good life. There is a big difference between a reason and an excuse. Many times we find ourselves with a rationale as to why we can't live up to our expectations or those of another. Never let a reason become an excuse for inappropriate behavior. One of my pet peeves is hearing, “I don't have time.” We all have 24 hours in a day? No more. No less. Organizing those same 24 hours gives us a new view of our world.

*You do have CHOICES* is coming soon in my *Remember To Remember* book series. Basically it explores how we can create health, opportunity, independence, confidence, enthusiasm, and serenity in our daily lives. This is no quick fix solution! It involves a day to day commitment driven by a clearly defined life purpose. Choose wisely. Be aware of how our spiritual, mental and emotional health impacts our ability to make wise choices. Also know how having a plan and an alternate plan can save you needless frustration when nature itself or others acting irresponsibly impinge on your day to day life plan. Remember how trying to cram too many good activities into those 24 hours can be as detrimental as lollygagging through your day. Like the turtle, slow and steady wins the race. Did you know that rabbit lost the race because he ignored attention to detail and follow through?

***“Responsibility is the price of greatness”***  
**Winston Churchill**

## Awareness Six

### Transitions Are Not Endings

*“Life itself is an endless journey.”*

Knowing how life itself doesn't end, the awareness that only the body dies invites us to stop looking for endings and find meaning living in the now. Each one of us has been given talents and abilities that are meant to be shared with others. Transitions are a way of traveling here on this earth and developing ourselves. Countless transitions bring a variety of circumstances and people into our lives. This leads us to a smorgasbord of ideas we can exchange with one another to design a life here on earth with meaning. Some call these earthly transitions passages or stages; one thing you can bet on is how all of us will take part in many spiritual, mental, emotional and physical transitions. We all age and change.

Oprah speaks of strength over time. Maya Angelou relates how when we know better we do better. Some transitions are smooth and occur gradually over time, others appear out of no where and catch us by surprise. Forest Gump credits his Mama with comparing life to a box of chocolates and sometimes that's true, we never know what we'll get. At other time our lives become like baking a cake, you decide the type of cake you want, using several ingredients in varying amounts. You can't use every kind of ingredient, you don't have to. So it is with our life changes and the people who come and go. We don't connect to all of them. Some remain strangers in the night and others share themselves and travel with us.

Through our passages, we may begin to fade on the outside; yet blossoms unfold within. In 1922, Margery Williams tells a story that has become a classic. It's about *The Velveteen Rabbit* who once was “really splendid”. Through his transitions he began to show the wear and tare of aging. It was through the love of a little boy that the Velveteen Rabbit becomes real. The Skin Horse gives a profound description of just what it takes to become real.

*“It doesn't happen all at once,” said the Skin Horse. “You become. It takes a long time. That's why it doesn't happen to people who break easily, or have sharp edges, or have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in your joints and very shabby. But these things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand.”*

Love, that unconditional love, of a little boy transformed the Velveteen Rabbit. Within this life journey we will experience many transformations. What a gift we receive when someone loves us so much, we become real; our spirits meet and mingle. When our spirit leaves our human form this will be the biggest transition of all. My finite mind is not capable of knowing exactly what happens in this final transition; however my hope is to meet Jesus Christ who loved us just as much as that little boy loved the Velveteen rabbit.

***“Not in his goals but in his transitions man is great.”***  
**Ralph Waldo Emerson**

## Awareness Seven

### Acceptance Brings Peace

*“Adaptation to life changes requires faith, hope and love.”*

Interesting how I’ve spent a lifetime collecting sayings and quotes and yet my husband John was the one who brought two very meaningful Sanskrit Prints into our lives. One recounts how, “Very little is needed to make a happy life. It is all within yourself. In your way of thinking.” and then “It is better to suffer wrong than to do it and happier to be sometimes cheated than not to trust.” Yes our thoughts can make or break us and living life without trust would be a miserable state. Sometimes we will be cheated when we trust. The inspiration and hope found in words can assist us in making adaptations within life changes. No man or woman is an island unto themselves. We need one another to thrive.

Faith means so many different things to so many different people. Faith to me is belief. We can believe in ourselves, others, or God. When you go to a gas station and say “Fill it up.” you have faith you’ll get gasoline and not water. Hope is necessary within all areas of life. It can be as simple as hoping that favorite person in your life calls, hope for change or as profound as hoping you’ll have the courage and strength to make it through surgery. Then there’s love. Even after living all these years it is hard to describe love. Some say it’s a commitment, a feeling and others say that God is love. In 1956, Eric Fromm describes love in all its forms in *The Art of Loving*. Learning to love unconditionally is a lifetime process.

This year I learned how my sharing mustard seeds and thoughts had reminded others of a song by Kathy Sherman, C.S.J. My understanding is the song is based on the fact that it takes 80 years for a date tree to bear its first fruit once the seed has been planted. The song, “*The Dreamer, The Tree and Me*”, reminds us all of the loves required to plant seeds you may never see come to fruition. We can all plant seeds of faith, hope and love. One verse:

*“So I will plant a seed full of promise,  
For I believe that dream seeds live to grow,  
And I will gather other dreamers  
Who will plant and who will risk,  
And together we will live the truth we know.*

Live the truth you know now. Plant your seeds with the awareness that all require their own gestation period. Just as we must pray with expectation; we must plant knowing our seeds will bear fruit in their own time frame. Acceptance and adaptation to life changes bring inner peace. Look for Lize` in 2008 as I plow new ground and stay behind the plow!

*“I haven’t a clue how my story will end, but that’s all right.  
When you set out on a journey and night covers the road,  
that’s when you discover the stars.”*

Nancy Willard

**Get Ready**

**For**

**Lize`**

**To**

**SHARE**

**Her**

## **Remember To Remember Trilogy**

**Coming Soon**

**in**

**2008**

**“We never lose what we share with others.”**

**Lize`**

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