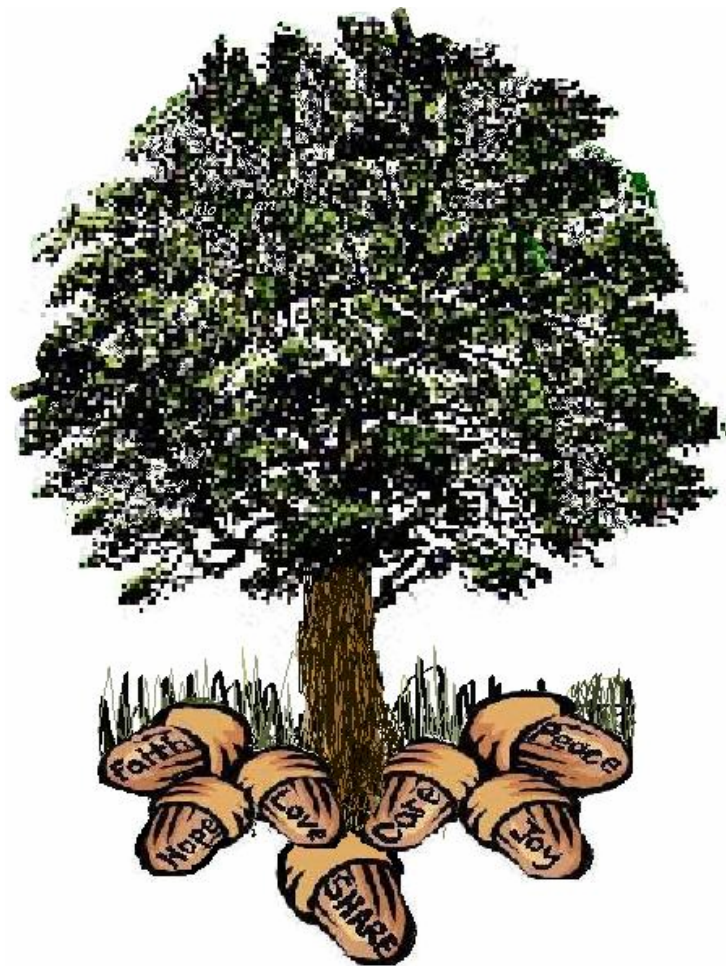


# *Remember To Remember*



**The  
Rest Of The Story**

*Lize` Shares Thoughts On Life*

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## **The Rest of the Story**

*Lize` Shares Thoughts On Life*

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## DEDICATION

### My Mom

Mom, you didn't teach me how to fit in with the in-crowd, look glamorous, be assertive, chase power or to make lots of money. Yet, you were a strong, independent, determined, woman just like me. Mom, you were a people-pleaser just like me, you craved love and acceptance just like me, and had weaknesses and strengths just like me. While observing you through it all--you never stopped loving--you left behind, for all of us, a priceless legacy. By example, you taught us the importance of faith, caring and sharing. You used your hills and valleys of life to make you "better--not bitter". Thank you Mom!

Lize`

**“Some people come into our lives and quickly go,  
others leave footprints on our hearts, and  
we are never ever the same.”**

**Author Unknown**

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## ABOUT LIZE`



Lize` shared a variety of life experiences, both personal and professional, in her first book, *Remember To Remember: Life Lessons Too Important To Forget!* Her passion for learning and teaching developed as she explored the written word searching for answers to master her own daily life challenges. Lize` enjoys being with her family and friends; she likes speaking, singing, and songwriting. Her mission is to instill hope by revealing how we can utilize both defeats and victories as stepping stones to a healthy love of self, God and others. Lize` is owner and President of SHARE Inc., an Occupational Therapist, and uses personal and professional insights as a Life Skills Consultant, Author and Speaker. *Remember To Remember :The Rest Of The Story*, is her second book in a series of five. Her book on sales, *Remember To Remember: Find A Need And Fill It*, is coming in 2007.

### **Forthcoming Books From Lize' Include**

*Remember To Remember: Find A Need And Fill It*

*Remember To Remember: You Do Have CHOICES*

*Remember To Remember: Pay Now Or Pay Later*

## **SHARE**

Share **H**ope **A**wareness **R**espect **E**mpathy

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

**Lize`**

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# ACKNOWLEDGEMENTS

*“The Greatest Lie We Ever Tell Is To Ourselves.”*

Those of you who read my first book will know how I was so afraid of leaving someone out that I not only gave credit to our God, but also to half the universe for the life lessons within my first book. No doubt, many people have influenced and shaped my life. They all deserved a lot of praise and acknowledgement. However, there was one person who got the short end of the shaft--that would be me. In the final analyze-like so many times in my life-in my minds eye, I fell shamefully short. I explained my failures and highlighted my accomplishments so others could give me the validation that I couldn't give myself.

Because fear overpowered faith in myself, my first book was only published as a free Ebook on my website. Even the availability of my Ebook and website was due to the encouragement and generosity of my son Philip. It has been almost two years since the completion of my first book. What an eye opening experience it has been. This transitional period has produced multiple insights into the person I truly am, truths about the successes, disappointments, losses, joys and this journey we call life. It is time for me to come clean, present the real me and the rest of the story. To live happily ever after requires diligence.

Heartfelt thanks go to Lynne Bernfield, M.A., M.F.C.T., the author of *“When You Can You Will”*, who helped me understand so much about myself. Not only did she help me understand why I couldn't do what I had wanted to do, she also led me to understand what to do about it. She reveals, “Your cover is what you show, hoping it will bring you love and safety.” and tells how “Your under cover is what you hide, fearing it will cost you love and safety.” Most importantly for me, Lynne reveals how, “Even though you gladly present the one and carefully hide the other, *both are true of you.*”

Acknowledging the insights into both my cover and my undercover made me realize that my first book was another attempt to get the validation I needed as a person through my writing skills. Yes, there was much honesty and insight sharing my life lessons; however, my undercover had to deal with my own fears that I wouldn't ever be good enough.

While my cover would like to say since writing my life lessons that my doubts and fears have vanished. My undercover knows full well there remains an inner struggle to be congruent within and without. Life itself is a never ending journey. My peace within comes about when I “remember to remember”; stop looking for endings.

*“To be nobody-but yourself in a world which is doing its best, night and day, to make you everybody else--means to fight the hardest battle which any human being can fight; and never stop fighting.”*

*e.e cummings*

# INTRODUCTION

## *Who fine-tunes your life?*

One day while walking in stillness, getting in touch with the *real me*, this thought invaded my mind; “If I had a car that was this much trouble, I sure wouldn’t keep it around.” My self-talk chirped in saying, “I sure can’t trade me in for a new model--I’m it.” Then it dawned on me that even an old model car, with a good mechanic, regular check ups, and the investment of enough time, money and know-how, can be maintained and fine-tuned to make traveling a safe and secure ride. So it is with our own life journeys. The question remains, how do we maintain the desire, develop the know-how and drive, and willingly invest the time and money required to fine-tune our lives? Can we really enjoy our ride?

Have you found yourself, as I have at times, being frustrated with your inability to fine-tune your spirit, mind and body as you search for the answers? Do you ever wonder if you have what it takes to fine-tune your life? Just who is the ongoing mechanic in your life?

My internal struggle is revealed in these words written by Elizabeth in 2002. “Where is she, the little girl who had hopes and dreams to live happily ever after? My hopes and dreams were nibbled away by choices made from fear. Searching for security from others instead of within myself, looking for endings instead of living joyfully through the moments, cause me to look back and ask--where is she? The little girl with hopes of singing, dancing and joyfully leaping through life, reaching out to others for the love I have been unable to give myself and realizing they also come to me to fill their empty spots. A little girl limping around as if she had a tack in her shoe has become a woman yearning to be free of that tack and plant her feet firmly on the ground without fear of where the future may lead. Reach down deep inside-remove the tack and recover those lost hopes to live your dreams. Yes! You can do it, one joyful, challenging moment at a time!”

My second book is meant to “remove the tack and recover those lost hopes” for myself and anyone who has given up on their dreams. My ongoing mechanic is and always has been God. Sometimes I ignore Him; yet, He never ignores me. He is readily available--if and when--I call. My challenge remains to release the fear, develop the know-how to maintain my desire, and be willing to invest the time and money required to fine-tune my life. It requires acknowledging life as a never ending journey, lived moment by moment. It is the awareness that real joy comes when I stop looking for endings; life is lived in the now.

***“Little Choices Make The BIG Difference.”***

*Lize`*



# THOUGHT ONE

## Life Is A Never Ending Journey

*“Stop looking for endings.”*

There are multiple definitions for life. What comes to your mind, when you think of the word life? Many people think of life and death together. What we experience here on earth is called life; death is when our physical body dies. Others think that after our physical body dies there are various rewards and punishments given to each one of us. Our outcome after the death of our bodies depends on our belief systems and/or the way we conducted our lives here on earth. Others, wiser than me, can and will address these issues.

I do not pretend to be an oracle; however, my life exposed me to many who have proclaimed to be. The dictionary describes an oracle as a person who may give divinely inspired answers or revelations, give wise utterances or be a person of great authority or wisdom. I am none of those. My thought is that life begins and never ends. Life is a never ending journey. Life is the spirit that resides inside us and lives on forever. Moreover, our journey through this life can be more rewarding when we stop looking for endings.

What makes me believe life is a never ending journey? Experience is one of our greatest teachers. We cannot touch love, yet we know how our spirits, our essence, unite in real love. Those of you who have experienced the death of a loved one will know how the spirit does not die. The essence of that person lives on. It is an inner knowingness, it just is. I've never researched scientific beliefs on the matter; it is enough to know that I know. Intimacy is the joy we share, in life and death, when we interlace our spirits with another.

Why would I encourage others to stop looking for endings? Our life satisfaction can become tied up in future outcomes, the endings, not the journey itself. We lose the awareness that life is in the now, lived moment to moment. We are at risk for developing the “I'll be happy when” philosophy. This belief puts our joy in a future moment that may or may not materialize. Real happiness comes when we are living our best in the moment. It is the awareness that giving the best we have to offer in the present moment is enough.

What about dreams, hopes, goals? Do we give these up when we stop looking for endings? No way! When we plan and follow through in the moment we have a much better chance of realizing our hopes and dreams and achieving our goals. If the outcomes are not what we had hoped for we have the comfort of knowing our lives haven't been put on hold. We lived each day to the fullest. Realistic dreams hopes and goals are part of a joyful life.

*“Now is all there is, and  
the future is just another present moment to live when it arrives”*

*Dr. Wayne W. Dyer*



## **THOUGHT TWO**

### **The Responsibility Is Always Mine**

*“Every pot must sit on its own bottom.”*

It has taken me a very long time to really understand and accept this truth. In my life, the responsibility is always mine. I think this is because so much of my life has been lived looking outside for validation from others. It is impossible to acknowledge accountability for ones' life when someone or something is in control of how we view ourselves. When we give up the freedom to be ourselves, we give up the responsibility for living our lives.

It is simple but true how, every pot must sit on its' own bottom. There is a great feeling of freedom when we can accept responsibility for our actions and reactions to life. We can give up the “devil made me do it attitude” and realize that if it is to be, it really is up to me.

Does being responsible for our lives mean that we never ask for help and assistance from others? No, it means that if and when we ask for help and don't get what we ask for we can move on without developing a “poor me” attitude. You won't always get what you ask for from others. Others cannot always expect to get what they want from us either. When we refuse to play the victim, we can look for alternate ways to get the help and support we need to help ourselves. We can freely respond to others needs without neglecting our own.

To accept responsibility for our lives we must give up irrational fears. Our fears can make us believe that we don't have what it takes to live our own lives. We can believe that we must live the perfect life to live responsibly. This is not true. We won't be perfect, no one is. That's ok. Fear may lead to playing games like, please take care of me or you owe me. The only thing we owe one another is respect for our differences. Each of us is unique.

It all sounds pretty simple doesn't it? On paper, it is simple. Living responsibly, marching to your own drummer, requires the willingness to be misunderstood at times. It means not giving up on your own principles and values, your own likes and dislikes because you are in the minority. It means saying no and yes when appropriate. It requires living with openness and honesty in the present moment. Being responsible requires validation from within. It requires knowing that when I give my power over to you, we both lose.

*“You have every right to your opinion, and so do I.”*

*M. R. Kopmeyer*

## **THOUGHT THREE**

### **Emotions Must Be Acknowledged**

*“Big boys and big girls do cry.”*

The first thought that comes to mind when I think of emotions is the words by Kenny Rogers in his song, *The Gambler*. Like a card game, with emotions you really do have to know when to hold em, know when to fold em, and when to walk a way. Sorry to say not everyone will respect your right to have a wide array of emotions. Sometimes, for your own protection, you must walk away. However, all your emotions must be acknowledged.

Why is it important to acknowledge emotions? Why not stuff your feelings? Can't we just avoid the emotions that make others uncomfortable? Many of us have tried to do just that; we may hide feelings of loneliness, discontent, anger and sadness. Some of us pacify our emotions with food; others may use alcohol or drugs. Any type of behavior that is used over time to avoid dealing with our emotions can become an addictive behavior.

In my work as an Occupational Therapist, one of the most valuable treatment sessions consisted in teaching my patients about the full realm of emotions. They learned to acknowledge that big boys and big girls do cry. It was important for them to know that it is quite normal to feel lonely, discontent, angry or sad. These emotions are just as normal as laughter, optimism, joy, and satisfaction. They had to learn that all emotions are valid.

One of the best techniques to deal with an emotion is to verbalize it to someone you trust. Using the “I am angry, lonely, sad, because” is a good place to start. For instance, “I am angry because you forgot my birthday. It is easier for me to be angry than sad. I feel you listen to me when I am angry. If I am sad, I'm afraid you won't care and I'll feel more hurt.” Acknowledging your own feelings will decrease their intensity and help you deal with your feelings in a responsible way regardless of how the other person reacts to you.

Not expressing emotions can not only create addictive behaviors but also will impact the quality of our lives. It is wonderful to see people whose face can reflect a whole gamete of emotions like surprise, excitement, sadness, relief and happiness. We can be too careful with our expressions. *Life management Skills 1* lists sixty three emotions on their Emotions Poster. Wouldn't life be more satisfying if we allowed ourselves to express even half of these emotions unashamedly? Learn how to share more of yourself through your emotions.

*“You always project on the outside how you feel on the inside.”*

*Denis Waitley*

## **THOUGHT FOUR**

### **No Passion Without Purpose**

*“We all want to be useful and needed.”*

Over twenty years ago, when I asked my husband John what he wanted to do with the rest of his life, he replied simply, “I want to be useful and needed.” I’ve discovered that’s what we all want to be. We want to know that our lives here on this earth can make a positive difference. Yes, we want to be useful and needed. Just how can we be sure this happens?

When we are young some of our life roles are programmed out for us. Our choices are made for us. The majority of us were not asked what school or church we would like to attend. Those decisions were made for us. We could play by their respective rules, be useful and needed, fit in that particular environment, or be a rebel and be the misfit toy. Later, our life choices, such as the single life, being married or having children all had built in ways that could lead to feeling useful and needed. Our purpose was predetermined.

How we lived out our life roles, the joy we found in our daily lives was not just about being useful and needed. It was the passion we displayed, while being useful and needed, that brought joy to our lives and to others. If we lacked passion, we acted from sheer duty.

So, which one comes first purpose or passion? It is really not quite that simple. There is another question that is vital to this equation. It is asking one’s own self this question, who determines my purpose for me? Was my purpose created out of fear or freedom? Can I really live with passion if someone or something outside myself pushes me into a purpose?

There is no one answer. Countless types of media outline how we can pursue our purpose and create passion through seeking eternal salvation, fame or fortune. Then, there are books like Viktor Frankl’s, “*Man’s Search For Meaning*”, that address how even in the midst of suffering, we can find meaning and purpose for our lives. It is by understanding our own intentions and how they came about that we discover our true passions for life.

As we journey through life with multiple changes and challenges we will encounter many types of loss. Our life will be different. If someone or something outside of ourselves determined our ability to feel useful and needed, our purpose and passion are diminished. We struggle to recover our passion because it was outside ourselves. It is only when we are able to define and redefine our purpose, by marching to our own drummer, without fear or conformity, that we discover true passion within to serve and be useful and needed.

***“Only passions, great passions, can elevate the soul to great things.”***

**Denis Diderot**

**THOUGHT FIVE**  
**Self-Love Is Not Selfishness**  
*“Self-Love promotes love of God and others.”*

Perhaps this is one of my strongest beliefs; it is no longer a thought. In my struggles to develop self-love, to make sense of my relationship with God, I wrote this poem in 1987.

**Dual Discovery**

It's a package deal; I've found it's true.  
You can't accept the spirit without accepting you.  
For so many long years, I've heard it said,  
Give up your self—find the spirit instead.

A seeker, a searcher, a dreamer, I am.  
Knowing, yet afraid, the truth must be found.  
I discovered for me, that amid all the disguise  
Answers lie inside, inviting me to be wise.

My search brought about, pain for others and for me.  
Yet joy and growth was there to share and see.  
Two steps forward, then three backward it seemed  
The joy discovered was much more than I dreamed.

Been told all my life, can't have your cake and eat it too.  
Yet, now I've discovered, that just isn't true.  
What I've unveiled in my soul, much to my surprise  
Brings joy to my heart, and tears to my eyes.

Gotta love and accept me, the good and the bad  
Be aware of the treasures inside, that I had.  
One day it happened, not quick as a flash  
But slowly and painfully, I found “us” at last.

And wonder of wonders, we make quite a team.  
Together, it's true we'll unfold every dream.  
Awareness of “us”, gives courage to risk and grow.  
Oh, what a platform awaits us on our show.

For me, I choose to call the “us”, just God and me  
Spirit, universe, inner voice—which one will it be?  
Embrace the special you, the bitter and the sweet  
Then, seek that special “us”, it can't be beat.

So God, in loving gratitude I say,  
Thanks; I need not throw myself away.  
You and I together, this awareness from above,  
Leads me to understand and see, your never-ending love.

It would be wonderful for me to know and you to hear how, since 1987, my love of self, God and others have been totally resolved. Yet, like a jack in the box with a broken latch, my self doubts and conditioning of the past keep popping up to clutter my mind. Why? One reason is because those in power in my life equated self-love with selfishness. We were taught the evilness of the human person. How could I possibly love someone so evil?

As a child you were considered selfish if you didn't share everything. There was no way you could set aside something just to enjoy by yourself, this was called selfishness. Perhaps, that is why I am such a sharing person today. It is my way of acknowledging the fact that it is ok to be given something special just for yourself. Love thy neighbor as thyself is one of the most profound statements found in the bible; yet, how many of you, just like me, have ignored your own needs while addressing the desires of another? "As thyself", easily gets pushed aside when talking about the need to "love thy neighbor." Even though I am a novice in learning to develop self-love, I do know, without a doubt, loving oneself is not selfishness. Selfishness is the result of the inability to value oneself.

So how does self-love come about? For years, I've asked myself this question. Those of you who read my first book know how ones' religious upbringing can color love of self. Some of the greatest tragedies and triumphs have come about through religious teachings. While one person may find their religion a comfort, another may find it demoralizing. Teachers, especially those teaching about God have an awesome responsibility not to crush ones' spirit. Teaching is a special challenge because one size does not fit all.

In the midst of writing these thoughts about self-love, selfishness and God, I got stuck. Words are so powerful; they influence life. One day my children, grandchildren, great-grandchildren and perhaps other family members and friends will read this book. It was important that I clarify my thoughts; I came to realize my internal struggle is not with God. Wayne Dwyer said, "It's impossible to ever be disconnected from the Source from which you came." My Source is called God; He is my foundation. He loves me warts and all.

My struggle, to love myself and God, was fueled by trying to use someone else's yardstick to determine my adequacy. Those who equated self-love with selfishness, those who ignored the spirit of the law while practicing the letter of the law, and instilled fear of God instead of the love of God did nothing to salvage my soul. No one can instill self-love or faith in God within another person. In the Bible, Luke 17:21 says, "...the kingdom of God is within you." To me, this means all of us. God is love. Jesus Christ is love personified.

**“The humble knowledge of thyself is a surer way to God  
than the deepest search after science.”**

**Thomas A. Kempis**

## THOUGHT SIX

### Success Has Many Faces

*“Joyful living comes moment by moment.”*

What does success mean to you? Does success come from the accumulation of money, power, or prestige? What about faith in God, a good marriage, obedient children, or a firm and slender body? Success has many faces and one size does not fit all. It has been said that success is a life well lived; however, many of us with divergent lifestyles may consider our lives are well lived. Are we wrong? What is a life well lived?

If we do no harm, treat others as we would like to be treated, love our neighbors as we love ourselves would this be success? Each of us must decide for ourselves what culminates in our ultimate success. It is that feeling of accomplishment that we all strive for. How much faith, money, power, or prestige would it take for you to feel successful? No specific criteria can describe what success is to everyone and that feeling of success is as unique as you are. Every path we choose to success will involve a step by step process.

In this journey toward fulfillment, whatever that may be, we will discover joyful living comes moment to moment. This living in the moment isn't as easy as it sounds as you may have discovered. The importance of living in the now is pointed out by this rhyme learned in my early childhood. “I only have a minute, only sixty seconds in it. Forced upon me, can't refuse it; give account if I abuse it. I only have a minute and eternity is in it.”

What is amazing to me is how we lose the awareness of the moment when we are on the path to achieve those little successes in life. It is easy to get in the habit of struggling to achieve a goal. We wait for a sense of satisfaction when our goal is accomplished instead of enjoying the process, the journey itself. This leads to an “I'll be happy when” attitude. Acknowledging our spiritual, emotional and physical needs while journeying toward a goal is a must. It is vital to know oneself and one's limits to live moment to moment.

In our lives, the years will pass and we will experience success and failure. Michael Kardo said, “The freedom to fail is vital to success.” Hopefully, we can say that we discovered the joy of being present in both success and failure. Yes, there can be a sense of joy in acknowledging our emotions even in failure. Joy is not a euphoric state. It is a quiet contentment within. None of us really want to fail; yet learning from failure helps to compensate for our loss. The longest journey begins with a single step and so it is with any worthwhile goal. How life-enhancing our success can be when we enjoy it step by step.

***“When you are on a journey, it is certainly helpful to know where you are going...but don't forget: the only thing that is ultimately real about your journey is the step you are taking at this moment.”***

**Author Unknown**



## THOUGHT SEVEN

### Enjoy The Adventure!

*“Our Spirit lives on forever.”*

In order to enjoy the adventure called life we must be present to the moment. In our fast paced world it is easy to go through the motions of living and be unaware of what is going on right under our noses. Awareness can begin with just a single thought. That one idea or thought could be the catalyst needed to redesign our lives; however, thoughts can also be detrimental to our lives. It is easy to get stuck solving problems and making plans for ourselves and others in our minds. It's not foolhardy to look back on what does or does not work in our lives and plan for the future. However, we are oblivious to the present when we are stuck in the past or in the future. We must stop having dress rehearsal in our minds.

What is a dress rehearsal in the mind? We have all rehearsed at one time or another. It can be a rehearsal of the past or a forecast for the future. For example, the story was told about a young man who got on the plane and sat next to an older gentleman who was reading. The young man asked the older gentlemen intermittently what time it was but he continued to ignore him. Finally, in frustration, the old man said, “Look if I tell you what time it is we may strike up a conversation. I may start to like you and then I'll invite you to dinner. I have a young daughter and you too might hit it off and decide to get married. I'll be darn if I want a son-in-law who can't afford a watch.” He had it all figured out in his mind?

You just had a disagreement with your boss. She has told you in so many words you are not competent. The encounter was a painful one and ended with an ultimatum. You go home rehearsing the encounter in your mind. You recount the incidence to anyone who will listen. It preoccupies your mind. You take her to dinner (in your thoughts). Her remarks invade your thoughts, you begin to doubt your competency; maybe she's right. You start to argue back and forth in your mind just why you are competent. Reliving those past hurts can crush your spirit; you lose priceless present moments never to be regained.

Life is an adventure lived in the now, moment by moment; our spirit will live on forever. Nothing in the present moment can defeat us when we have faith and the love and support of those around us. True intimacy happens in the moment. It can occur between strangers, during painful situations, or when we are so happy we could burst. You know it when it happens and it is a sacred moment. When our spirits meet and mingle it is a life enhancing experience. Life is a gift. Life is a never ending journey. Stop looking for endings!

***“Underneath our outer form, you are connected with something so vast, so immeasurable, and sacred that it cannot be conceived or spoken of-yet I am speaking of it now. I am speaking of it not to give you something to believe in but to show you how you can know it for yourself.”***

**Author Unknown**



**Remember To Remember**

***YOU are now living...***

**The Rest Of The Story**

**And the beat goes on.....**

**Precious Moments!**

**Lize`**