

POSITIVE POWER!

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FACING TODAY'S CHALLENGES

Business is poor, the bills are piling up, the outlook is gloomy & we fear the swine flu pandemic..... You're feeling defeated, sinking in the quick sand of fears and negativity. Can I make it? Is there a way out? YES!

We recently watched 'Yes Man' – a movie starring Jim Carrey who plays the part of a staid banker who lives a vicious cycle of failure. He loses his girlfriend, & gets passed up for a job promotion. He imagines himself losing even his best friends. But this all changes when he takes on a new mindset, a radical change in his attitude to people & opportunities. Not excusing himself anymore from uncomfortable or new never-been-done situations, he forces himself to say 'YES' to everything that comes his way. He's told that whenever he says yes to any & every opportunity or situation, something good will eventually come out of it. The plot hilariously unfolds with all the surprisingly 'good' consequences that come out of the

"Positive thinkers inevitably get positive and powerful results." – Norman Vincent Peale

worst-case scenarios he finds he has to yield and say 'yes' to.

How often do we auto-respond with: 'I can't', 'I don't want to', 'it's not possible' without even a second thought. The Bible states that "As a man thinks in his heart, so is he," Proverbs 23:7.

How we see or visualize ourselves will ultimately determine what we expect. If we have faith, & can believe that it's possible, we are positively charged. We act like winners; & eventually we will win and be successful! Taking it a step further, if we can also visualize the successful outcome, then we are on our way.....

Faith + Positive Visualizing = Powerful Results

"Ask those who have achieved greatness in any field for the secrets of their success, and somewhere near the top of most of their lists will be a visualization of their goal. Throughout years of rigorous training, the Olympic champion pictured himself on the podium, receiving his gold medal. The prima ballerina saw herself doing grand jetés on the world's finest stages. The Nobel-winning scientist imagined his eureka moment. The star saleswoman mentally packed her bags 365 times for that prize spa vacation. It took hard work to be sure, but they got where they did in part by picturing themselves already there. When it finally happened, many will tell you, it was exactly as they had seen it in their mind's eye."

Research has further shown that positive thinking or positive acceptance of oneself creates a positive energy in you which then attracts more positive energy. As 'success breeds success', so positive-

ness just enhances & projects the right attitudes and reactions thus, paving the way for positive results.

Positive energy attracts like a magnet. Your positive 'perfume' will attract more positive energy around you and together, you become successful. On the other hand, surround yourself with a negative, critical crowd and see what you get.

Approach everything with a positive spin on it.

Mother Teresa was once asked to join an anti-violence, anti-war protest. She replied that she would join the protesters once they decide to march for peace.

You are what you think. You are what you say to yourself. If you tell yourself you can't do it, then surely you cannot. Self-talk is a motivating force, for good or bad.

We can always **PROCEED** as if **POSSESSING**. No need to dwell in the land of lack or inabilities, step out & act in faith, confident that God loves you & "All things work together for good to them that love God....." Romans 8:28.

<p>If you think you are beaten, you are If you think you dare not, you don't If you'd like to win, but think you can't, It's almost a cinch you won't! Life's battles don't always go To the stronger or the faster man; But sooner or later the man who wins Is the one who thinks that he can!</p>
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ACTING like You have it!

A Christian friend shared this funny experience with us which illustrates how faith & positive thinking can really work!

She was in a supermarket to get the basics. As she passed the row of wine bottles, she just sighed, thinking how nice it would be to have a glass of rich red wine. She caught herself drooling in a despairing thought of self-pity, a place of lack which she had not so long ago decided to fight against. She snapped out of that thought and said to herself, "I thank God for this wine, for the flavor, the richness," transporting herself into the spiritual realm where all things are possible. Wine is a luxury & not something she'd buy. She stood there, thanking God for it, trusting Him as she walked to the cashier. As she stood in line, a call came through on her cell phone from a friend who wanted to help sponsor some of the humanitarian projects she does. The conversation went like this:

Friend: "I want to give you a donation monthly on two conditions:

1. That you continue the work you do, and no.
- 2, do you drink? Our Positive thinker: "Well, yes..."

Friend: "I also want you to buy yourself a drink once a month, as I cannot imagine anyone doing the work you do without having a drink! I know I could never! So make sure you do that! Get yourself a bottle of wine! "

Isn't God funny? Well, she believed and praised God for it, and seconds later, it was in her hand!

The Blue Miracle - not just a pipe dream!

“Water, water everywhere but not a drop to drink,” The cries of the Ancient Mariner succinctly describe the predicament of the Karens living in the remote patch of land by the Thai-Myanmar border. In late March this year, we went up to visit the refugee camp on this border. An unmarked village reached simply by a short boat ride from one end to the other, it was a vast contrast to the urban town of Mae Sot that we just left. Barren, devoid of any sign of ‘civilization’ as we know it, we seemed to just be heading into the jungle! The headman & others came out to greet us and as we walked a little further, we came upon various clusters of thatched huts (pic. left) made with layers of teak leaves on the roofs and bamboo stilts. Women with huge baskets (middle) on their backs carried more leaves as they work with others to build more huts (right) for incoming Karens.**



The Blue Miracle – PVC pipes bring water into the village

Soon enough, we come across a line of bright blue PVC pipes snaking their way through the village. There we see what the villagers hail as the biggest miracle yet – water running down from the hills, through the pipes and right into their village. Thanks to a grant from [Family Care Foundation](#), we undertook an operation to provide clean water to this village of 800 people. The ‘blue miracle’ as they call it, of these pipes running through their village is a dream come true! The only sources of water are the nearby river and the surrounding hills. The river has been used for washing, bathing and other needs. For cooking and drinking, the villagers have had to trudge up the hills, bringing back water in buckets. Now they feel almost spoiled, with water right at their doorstep!

The water from the hills is channeled into tall tanks, which then – by the force of gravity – flows into pipes into the village. No pumps, no filters – just the use of simple natural forces.

We visited the village school for the children in the village – a simple attempt to provide basic education. However when it rains, classes are discontinued as rain drips through the leafed roof. To get a proper roof will require funding and we hope we will be able to assist them in the near future. There will soon be another pipeline to connect the school to the main village pipeline, to be able to receive water.



Water from hills collected in tanks, then run into the pipe-



Villagers washing & bathing in the river



At long last — the luxury of water at the doorstep



Teak-leaf roofs constantly need to be replaced



No need for cover - Kids enjoy their meal outside

**Displaced & Destitute – The plight of the persecuted Karen tribes of Myanmar

The total annihilation of the Karen tribe — just recent news reports have confirmed the Burmese government’s intention to use the DKBA (Buddhist Karen army) along with their troops for a final push to crush the Karen Christians and take over all their villages. So far 4,000 women and children from various villages in the Kayin State have had to flee the onslaught of mortar shelling and fighting.. During ‘peace’ times, Karen farmers work their land to survive. However when there is produce, soldiers will come to take whatever they want for their armies. Some are harassed a few times a week. If they are merciful, the farmer and his family will not starve. If they are merciful, they will not rape or kill them or take their sons and daughters off to be slaves and porters for the Burmese army. Marginalised for years, the Karens are the biggest of the 11 minority tribes in Myanmar and a threat to the ruling junta.

Those who are able and willing to forsake their homeland walk for days (we’ve heard from those who have walked seven days over mountains, across rivers and through jungles) to reach a small border area close to Thailand where they hope to find refuge. They think that one day they will be able to return to their lands and farms; but for now, they fear for their lives and seek a place for themselves, and their children to live in safety. For their long journey, they don’t bring much – just enough to survive .

For the last year or so, we, have assisted these Karens with the basics including food, clothing, toys, books. An awesome task considering that there’s no refrigeration or electricity. Given a choice, these people would just ask for fermented fish to eat with the vegetation around the camp. . As explained, the needs for this village are basic humanitarian essentials. Whatever we can provide is always appreciated. However, to go beyond this is to help the Karens begin to help themselves. “ Give a man a fish and you feed him for a day but teach him to fish and you feed him for life.”

We hope through committed support from like-minded individuals or caring corporate partners that we will be able to initiate more self-sustaining projects like fish-farming, agriculture and chicken farms

Language & Laughter



From hill-tribe schools in the north in Chiang Mai to remote Muslim schools in the south, on Krabi and the island of Koh Lanta, we brought our shows and interactive English programs. We completed a tour of six schools, giving a set of 10 sponsored bilingual edutainment, motivational VCDs to each.



On our northern trip, young adult colleague Sunny mesmerized the kids as she taught language through songs & actions. (top left and right pics)



For the southern trips, we had the help of Bryan, a talented 16year-old student from Singapore. He brought the fun and laughter with his magic clown acts, which not only entertained but left the kids baffled 'how in the world did he do that?!' (second picture on left)



Besides that, Bryan is also skilled in 'Beat Boxing' — the art of making music (percussion, wind sounds) with just one's mouth and vocals. The kids had their chance to try this out, as Bryan got them to click, hiss and work their tongues! (second pic on right)



We presented each school with a set of the English-Thai VCDs (third left) which not only impart English language and vocabulary but also provides wholesome lessons on respect, kindness and basic character-building traits. Many of the schools in our sponsorship program are situated in the tropical boonies, amidst lush forestation like this one (third right) . The VCDs (presented to the schools — fourth right) in Thai and English provide stories, songs, graphics, vocabulary, social studies, as well as wholesome attitudes of respect, kindness, consideration & manners by the characters of Uncle Jim, Bunny BigWord, Peepers and their friends.



(Fourth left) Peter warms up to the kids before (fifth left) we take over with English interactive songs and games (fifth right & left)



These programs were sponsored by: Fujitsu Thailand, Tong Garden & Family Care Foundation.





MAKING A DIFFERENCE

Central Thailand Mission is one of the selected humanitarian aid projects working in partnership with the American human service agency – *Family Care Foundation* – which is an American, tax-exempt, non-profit, IRS-approved 501 (c)(3) public charity.

Based in Bangkok for the last 20 years, CTM works to help the disadvantaged in many ways.

- Being the bridge between people with the needs and those with the resources
- Supply of basic essentials of food, water, clothes as well for destitute communities
- Initiating the sponsorship of major needs and projects eg. Building a water supply for a school, education seminars and AV materials for schools
- Counseling and Encouragement for the handicapped, the terminally-ill (death coaching/ grief counseling), AIDs patients, abused women & children
- Services include: preparing orphans for adoption, laughing yoga at hospitals, therapy for abused women and teens
- Providing assistance to international volunteers who want to give of their time, talents or resources to help others.
- Giving God's love, spiritual strength & comfort to those who need and seek a purpose and direction for a meaningful life.

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We're on the web!
www.familycare.org/network/p20.htm

Central Thailand Mission is a non-profit volunteer organization. ALL projects and activities are possible through contributions from corporate partners as well as caring individuals. Please contact us if you want to participate or sponsor the work we do.

In Appreciation

We would not be able to do all that we do without the help of many, many friends. Here, we'd like to highlight some new & some regular partners:

Angliss	Kh. Mehta, Kh. Meena
D.Morales	& Mrs. Johansson
Bouygues-Thai	Mahboonkrong Dairy Goats
Fujitsu Thailand	Manica Thai Corp
Mitr Phol	PZ Cussons
Grampian Foods	Patum Rice Mill & Granary
H. Chew	Thai Air Asia
Inthanon Publishing	Thai Edible Oil
Kerry Flour Mills	Tong Garden
Kamthorn, Surachet & Somsak	Toshiba Singapore

The Will to Win

There was a story once told of a shopkeeper, Harold Webb, who was not making it. He closed down his shop and was thinking of moving to another city where he would see if he could get a loan from the bank. He went about like a beaten man. All was lost – the business he had was now closing up and everything pointed to a dim future. With his head hung low, he walked down the street deep in despairing thought. Suddenly, he was jolted with a cheery "Good morning, Sir! It's fine new morning, isn't it!"

He looked up, then looked down; only to discover the greeter was a man who had no legs. He was sitting on a little wooden platform equipped with roller skates for wheels. He propelled himself along the street with a block of wood in each hand.

"I met him just after he had crossed the street and was starting to lift himself up a few inches over the curb to the sidewalk. As he tilted his little wooden platform to



an angle, his eyes met mine when he greeted me with a grand smile," said Webb.

"As I stood looking at him, I realized how rich I was. I had two legs. I could walk. I felt ashamed of my self-pity. I said to myself, "If he can be happy, cheerful and victorious without legs, I certainly can with legs." I could already feel my chest lifting. I had intended to ask the bank for *only* one hundred dollars. But now, I had the courage to ask for two hundred! I had intended to say that I wanted to go to Kansas city to TRY to get a job. But now I announced confidently that I wanted to go to Kansas city to get a job! I got the loan and I got the job! I now have the following words pasted on my bathroom mirror, & I read them every morning as I shave: "I had the blues because I had no shoes, until upon the street, I met a man who had no feet."

