



A Better Today, Inc.  
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## *A BETTER TODAY NEWSLETTER*

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# Do Not Lose Today

There are two days in every week that we should not worry about. Two days which should not give us anxiety or fear.

One of these days is yesterday, with all its mistakes and worries, its highs and lows, its aches and pains. Yesterday has passed. Nothing in the world can bring back yesterday. We cannot undo a single thing that happened. We cannot erase a single word we said. Yesterday is gone.

The other day we should not worry about is tomorrow, with its possible problems, its burdens, its dreams and nightmares. Tomorrow is a day we have yet to touch, it's beyond our control. Tomorrow's sun will rise, whether to clear skies or behind a mask of clouds. But it will rise. Until it does we have no control of tomorrow because we have yet to see it.

This leaves only one day. Our most vital blessing: TODAY!

I'm not saying it's wrong to plan for the future. I'm warning not to make today a victim of those plans.

It's good planning to save for your child's education but it's poor parenting to not enjoy your child today.

Enjoy today. It's what you hold in your senses now. It's what we, as humans, are made to handle. We can all fight the battles of just one day. It is when we add the burdens of two uncontrollable days, yesterday and tomorrow, that we get overwhelmed.

Take a moment for an internal observation of your stresses. So often, it is not the issues of today that crumble your peace of mind. It is more often the ghost of what happened yesterday and the fear and insecurity of what tomorrow may bring.

Do not allow your spirit to be softened or your happiness to be limited by a day you cannot have back and a day that does not yet exist.

Forget yesterday – it has already forgotten you. Don't sweat tomorrow – you haven't even met.

Instead, open your eyes and your heart to a truly precious gift – today.

Enjoy it. Live it to the fullest.

Today is a new day!

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# *Empty Your Cup*

One of my favorite stories concerns a Buddhist scholar and a Zen Master. The scholar had an extensive background in Buddhist Studies and was an expert on the subject. He came to study with the Zen Master and after making the customary bows, asked her to teach him Zen. Then, he began to talk about his extensive doctrinal background and rambled on and on about the many sutras he had studied.

The master listened patiently and then began to make tea. When it was ready, she poured the tea into the scholar's cup until it began to overflow and run all over the floor. The scholar saw what was happening and shouted, "Stop, stop! The cup is full; you can't get anymore in."

The master stopped pouring and said: "You are like this cup; you are full of ideas and opinions. You come and ask for teaching, but your cup is full; I can't put anything in. Before I can teach you, you'll have to empty your cup."

This story is an old one, but it continues to be played out in our lives day-by-day. We are so enamored of our own ideas and opinions and so trapped by our conditioning that we fill ourselves up to the brim and nothing can get in.

Remember, there is abundance within simplicity. Let go of your conditioned thoughts. Free yourself from the prison of your own rules. Empty Your Cup!

# *This Month's Featured Author*

## ***The Metaphor of the Plate***

***by Ariane de Bonvoisin***



*I've been sharing this at many of the recent speaking engagements and workshops I've done so I wanted to do it with all with you.*

*As we go through our lives, we all tend to want to "fill up our plates" with jobs, family, health, money, some passions and hobbies, religion, friends, relationships, dreams and so on.*

*We compare our plate to other people's plates. We strive to increase various portions of our plate by setting goals, making New Year's resolutions. We try to lose weight, make more money, become more spiritual. It seems life is about adding to the all important "plate." For nearly all of us, what's on our plate determines who we are.*

*When life changes, something on our plate has changed. We may lose the "job" component of the plate. Maybe we've been dumped, so there's no more intimate relationship on there. We may not have children yet, so we feel we're missing the all-so-important "family" portion that the world tells us must be on our plate. We imagine that what's on our plate protects us. In reality, it is what makes us even more vulnerable.*

*For some of us, many parts of the plate change at once. We get divorced, may lose a parent, or have a health issue.*

*So here's the real question we need to ask. If the plate is what is holding everything we hold dear and important, what is the actual plate? How do we take better care of that?*

*Instead of us fixing, improving, holding on, clinging to and wanting everything that's on our plate to be and look a certain way, how about focusing on what holds all of that together?*

*Our plate is our glue. It's what and who we are, regardless of anything external. Our plate is our faith, our spirituality, the part of us that can simply say, I AM, with nothing more needed after those words. The part of us that can have everything taken away from us and we will not be defeated. It's our eternal side, the side that is*

*detached from the drama of anything that's happening. We focus on "the plate" itself, not what's on it, or what's not. We strengthen that, support that. If we do, we will come to see that we are still whole and complete, even when nothing is on our plate—no relationship, no job and no money. Our plate is our essence. We—you, I—exist.*

*How do we strengthen our plates? By remembering that sometimes we need to take things off our plates, not add to them. By not getting stuck between the extremes of fear and desire, where we yo-yo between them. This is what creates instability on the plate.*

*We may ask the question "what am I not?" instead of expressing all the things that we are/have. By having some silent time where we can simply "witness" whatever may be going on. By strengthening our relationship with our Creator, whatever we may call that in our words and in whatever way suits us best—prayer, meditation, focusing simply on being loving, going to church and places of worship, retreats, fasting, reading, seeking knowledge, forgiving, finding the right teachers, giving back or simply being in nature.*

*Remember that at our core, we are all the same. We all get a plate. That gift is our birthright. Somehow we get misled into thinking life is about putting things on it, having more on the plate than others have on theirs. Instead, we should be happy simply to take care of our plates. It will give us perspective on everything that eventually gets on there and anything that may be taken away during times of change and transition. We may realize ourselves away from anything that's on our plates.*

**Ariane de Bonvoisin** is the CEO and founder of [first30days.com](http://first30days.com), an organization developed to help people transition through any change, whether it's career, health, lifestyle, relocation, or personal relationship changes. MSN has named Ariane their Life Change Expert and her advice is sought by thousands around the country. *The First 30 Days: Your Guide to Making Any Change Easier* (HarperCollins, 2008) was released in paperback in May of 2009.

*Be ambitious towards  
your own personal  
enhancement.*

*-Steve Maraboli*



*Free yourself from the prison of your conditioned thoughts and destroy barriers that hinder your success. Tune into "Empowered Living: Life, the Truth, and Being Free" with host, speaker, writer, and personal coach, Steve Maraboli.*

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*Live your life on your own terms and in a manner in which your daily actions reflect your goals.*

*-Steve Maraboli*

## A Better Today Charities

*"We are all on the same team and in this together"*

*- Steve Maraboli*

A Better Today charities are self-funded. We believe in sharing, teamwork, and the greatest display of love; giving. If you would like to help by giving your time or helping with resources, [please contact us.](#)

### **Featured A Better Today Charity**

#### **Education Scholarships:**

We strongly believe in the importance of a solid education for everyone. We have set up numerous scholarships to assist in paying for education and educational programs. Scholarship award values vary but are no less than \$1,000 and are given to multiple winners.

#### **Current Scholarships:**

*Above & Beyond* - For active duty members of armed forces.

*A Vet for Vets* - For armed forces veterans.

*Maraboli Community Award* - For outstanding community involvement.

*ABT Outreach Award* - For exceptional volunteerism.

*Empowered Woman Award* - For a woman that reflects ABT core values.

*Solid Foundation Award* - For high school senior with good grades and community volunteer work.

For more information about other A Better Today charities, [please click here.](#)

## *Do You Believe Or Do You Know?*

*Imagine you were going skydiving for the first time. Your heart would be racing as the instructor gives you final instructions before you jump from the plane.*

*You ask an important question, "Are you sure this parachute will work?"*

*Now, which answer would you prefer your instructor to give:*

*"I believe it will work." or "I know it will work."*

*The word belief implies question. By definition there is a degree of uncertainty. Think about it, if you believe with certainty, then you wouldn't say "I believe", you would say "I KNOW".*

*To know is to be certain. There is no question in knowing. There can be no doubt found when you KNOW something.*

*Take time to analyze your internal dialog and perspectives. Do the words you use imply empowerment or disempowerment?*

*I'm reminded of a story I once heard about a community.*

*This was a test between believing and knowing.*

*The story goes like this...*

*Several years ago, a small farming community was experiencing a terrible drought. The leaders of the community called a prayer meeting in hope of everyone attending and holding a group prayer for rain.*

*One man was in attendance with his small son. As everyone was praying, the small boy reached up and tugged his father's shirt to ask, "Daddy, what is everyone doing?" The man explained that everyone was praying for rain and then went back to his prayer.*

*The boy looked around for a few more minutes and was puzzled. He tugged again on his dad's shirt and asked, "Daddy, if everyone is here to pray for rain, why didn't anyone bring an umbrella?"*

*Think about it...*

*Do you believe you can reach your goals or do you KNOW you can?*

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*You have the strength that  
moves the world. You just  
have to stop turning your back  
on it and connect with it.*

*-Steve Maraboli*

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*You were given this life  
for a purpose and it  
wasn't to be miserable.*

*-Steve Maraboli*

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

*One of the most spiritual  
things that can happen to you  
is a human breakthrough.*

*-Steve Maraboli*

*The right thing to do and the hard  
thing to do are usually the same  
thing.*

*-Steve Maraboli*

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