

The Elephant Spirit

by Jan Ruhe

Here are 20 empowering thoughts from The Elephant Spirit, a new book that Jan is working on for 2004! A couple of the empowering thoughts are from the new book The Rhino Spirit! If you want a life of abundance, then think abundant thoughts. If you want your life to be a masterpiece, start today to carve out the brilliant future you so richly deserve!

Fire Up!

Go to the top, no STOP! Go OVER the top!

Have the Elephant Spirit and be larger than life!

Here is to your success! Make your life epic! Step up and step into a magnificent future!

Have fun in Networkingland!

Jan Ruhe

1. The Elephant Spirit, by Jan Ruhe

The ancient Chinese knew that there are eight winds that move the human spirit. We are all affected by the eight winds: Praise and Blame; Fame and Defame; Gain and Loss; Joy and Sorrow. On one side, when you succeed, four winds (praise, fame, gain and joy) will be blowing your way. When you fail, it's only natural that the other four winds (blame, defame, loss and sorrow) will be blowing upon you. It is easy enough to be pleasant, when life flows along like a song, but the person who is worthwhile is the one who will smile when everything goes dead wrong. Have the Elephant Spirit to weather whatever situations or challenges enter your life.

2. The Elephant Spirit, by Jan Ruhe

There is a voice inside of all of us that is made up of three areas: speed, tone and volume. You can alter any one of those areas to change your state of being. If you are feeling unmotivated, speed up your inner voice and turn up the volume to tell yourself that you are the best and that life is short, get on with it. That will help you increase your self motivation. Try using the tone of voice of whoever is best at motivating you. If you are not fired up and are emotionally drained, slow down that inner voice and turn down the volume and use a caring inner voice so you can help yourself back to a place that you can begin to heal and once again press forward in life. Have the Elephant Spirit to use your inner voice to maximize your potential in all areas of your life.

3. The Elephant Spirit, by Jan Ruhe

Look on the bright side of life, rather than always expecting the worst. Remember, when the grass looks greener on the other side of the fence, it still has to be mowed. Resolve to self-coach yourself. There are 3 steps to self-coaching when you need help. Here are the 3 steps. When a challenge happens, 1. Identify it as a challenge, not a problem. 2. Check that you know the outcome you truly want. You might THINK you want a certain outcome but evaluate the situation and ask yourself to get clear on what you truly want

the outcome to be, 3. What could you do differently? Ask yourself, “What must I do to change my situation? What must I do to motivate myself? What if I do nothing? What if I take action? What are the consequences of not making a decision? What are the fears I must overcome? What are the benefits of moving forward?” Decide on the best approach to take yourself from where you are today to where you really want to be. Don’t kid yourself, the planets keep on spinning, the sun rises and sets, the rain comes and goes, babies are born, people pass on. It’s not when you were born or when you die, it’s how you live your dash. Have the Elephant Spirit to press on, and persist until you succeed.

4. 4. The Rhino Spirit, by Jan Ruhe

Encourage yourself when something you do goes wrong. Say to yourself, “No body is perfect, I am still learning. I will learn from that situation and try not to repeat it.” Make sure you give yourself frequent encouragement. When you are going for greatness and you really do want to achieve your dreams, when you are willing to get up early, stay up late, conquer bad habits, change your thinking, work with all your heart, stick with it as if you cannot fail, and you commit to making your dreams come true, wild horses can’t stop you. The world stands aside for those who know where they are going, even during chaos and troubling time. Boost your performance and take urgent action. Have the Elephant Spirit and charge forward in life, you can’t stroll to a goal!

5. 5. The Rhino Spirit, by Jan Ruhe

Many people in our cultures have learned to become our own worst critics. When you change the way you perceive your world and realize that being critical is not what you want to do you will begin to stop your negative self-talk. Bill and I have traveled the world jet setting around the globe and we have looked at hundreds of statues remembering the great ones who have gone before all of us. Interestingly enough, we have never seen a statue erected to remember the critics! Not one. How do you stop the negativity in your home, business or life? It starts with you. No more cutting down those you love to control them by fueling their insecurities. We don’t blow up buildings, we build up people. We help people to learn how to communicate and use their words so that they are empowered to be the best they can be. When I hear people criticize others I feel so sorry for them, but what is really a shame is when people criticize themselves. Have the Elephant Spirit and know that it is never too late to start over and it’s always too soon to quit.

6. The Rhino Spirit, by Jan Ruhe

Is it time in your life to start managing your emotions so that you can maximize your potential and be the best you can be? Always strive to manage your emotions so that you can thrive when challenging times are upon you. When stressful situations come into your life, get yourself into a “flow” of what you wish to accomplish. Champions actually get “high” on the activity they enjoy doing. When your goal is stimulating and exiting enough, you can turn off the negativity and get back into your flow. If you are bored, that just means you are not challenging yourself to be the best you can be. If you take on too much of a challenge, that can result in stress. Make decisions in life only when you are feeling positive. Have the Elephant Spirit and know that you can change the way you react to situations.

6. 6. For years I have studied personal growth and development and have studied intensely on how to improve performance. My own and others. Do you have all you want to have in life? Have you become the person you want to be in life? Do you have a clarity of vision of who you want to become? When you focus on your own performance you will increase your possibilities to achieve better relationships, and successes built upon successes. The Champions search for where they are weak and then recognize that they must work on key skills to learn to develop them and to learn to use techniques to become better than they think they can be. They realize that being average is not acceptable. Average is as close to the bottom as it is to the top. Mediocrity or failure is not an option to the Champion. Champions play full out. Have the Elephant Spirit and be responsible for your performance, so that you can improve it. Work harder on your skills than you do on your job and you will be amazed at what shows up in life. But here is the real clue, you must take what you are learning and put it to use. Go into massive action. Small action brings small results. Massive action brings about massive results.

7. The Elephant Spirit, by Jan Ruhe

If you want your world to change, you must change yourself. Many approach situations by how they always have approached situations. It's called the "Tea Party." (T) Thinking or not thinking clearly (E) our Emotions, and (A) Assumptions, we making assumptions or making things up in our heads that are not true, but we don't search for the facts, we just assume we have all the facts. From now on, consider and focus on what aspect of how you react in life is the easiest to change. You could change your whole world by turning frustration into fascination or non-negotiable to negotiable or unmotivated to on fire with desire. Imagine how Champions deal with the stresses they are under. Think through possible approached in life and look at all of your possibilities. Want and desire to choose to produce outstanding results. Develop a tough mental flexibility to generate high-quality options so you can have choices. Years ago I took the word "problem" out of my vocabulary and replaced it with "challenge" and my life improved. Have the Elephant Spirit and begin to look at the possibilities that are right in front of you. It's not what lies in your past, it's not what lies in your future that counts, it's what lies inside of you.

7. 7. The Elephant Spirit, by Jan Ruhe

When you improve your skills, you can quickly increase your performance. When you change your own performance, those who follow you will change their performance. I learned years ago, that the critical factor that I had to change was that I must learn to manage myself and my working relationships with others. Did you know that in identifying success that technical skills and IQ account for about only 15% of top-level champion performance, in comparison to 85% of the top achievers success is due to emotional intelligence. It's not what you know in life, it's what you show. It's not IQ or technical competence that determines your professional effectiveness, rather the biggest impact on your successes in life is how will you manage yourself. Be curious about what your emotions when you are in an emotional

upheaval. Instead of blaming others for your situation, improve your communication skills. Champions in life use their emotions to guide them to improve what they do. Have the Elephant Spirit and learn the skills you need to learn to increase your effectiveness. When you manage your emotions, you can go into motion, when you go into motion, you create commotion, when you create commotion from positive emotion, what normally shows up is pro-motion.

8. 8. The Elephant Spirit by Jan Ruhe

Have you ever thought about the word PRO? Do you think of a golf pro? A Boxing Pro? A football or basketball Pro? I started thinking about the word Pro years ago. There are PROfessionals, there are PROMotors, there are PROMotions, there are Pro-active people, there are PROabilities, there are PROductions, PROductivity, PROlong, PROduce. There are apPROaches, appropriate, and just simply PRO that are used everyday someplace in the world. But so many people think negative. They attach more fear to making positive changes in their lives than to making the small or large changes that could bring about amazing success. I learned through so many life experiences to just keep the main thing, the main thing. To rely on myself to deliver amazing results so that I set the standard for others to follow. Isn't it interesting that if you play golf with someone worse than you, you don't strive to improve? But if you play golf with a PRO, you strive to reach your maximum potential. When you work out with a PROfessional trainer, you work hard to lift the weights he or she believes you can lift. What someone else considers as important may be different from your view. Values change throughout your life. What you thought was a probability or possibility when you were 30 probably has already come and gone in your life. Figure out how you can become a pro and go to work on achieving your dreams. Have the Elephant Spirit, go for being a PRO!

9. 9. The Elephant Spirit, by Jan Ruhe

Time is truly marching on my friends. Have you decided what you will work hard to achieve or are you still considering your options. Well, consider this. If God gives us hopefully 7-8 decades to live the human experience, and the last decade is possibly not your most productive decade, that leaves 6-7 decades to work so that you can enjoy the fruits of your labors. The abundance and prosperity that awaits those who are willing to take action to seize it. Now subtract from the 6-7 decades that you have lived. How many more decades do you want to struggle before you live with abundance? Time waits for no one. All those little moments or long moments of arguing with others, gossiping with others, frittering away time being upset or angry, or disappointed or frustrated or fascinated. All that TV time, all that driving time, that travel time, that time in airports or in jobs you hate, all that time is marching on. Once a moment is behind you it can never come back.. I learned early in life, and I wish I had understood earlier, that I wanted to work hard in my 30's, 40's and 50's so that I could enjoy the rest of my life having, being and doing what I wanted to do. Have the Rhino Spirit to press on through any situation. Then you can do what you want, be who you want to be and have everything your heart ever dreamed of.

10. 10. The Elephant Spirit, by Jan Ruhe

Have you ever been really angry or upset and you don't know how to calm down? You buy a book, read it, and your rage is so uncontrollable that you don't know where to park it? You consider getting therapy, you grieve, you beat yourself up, you ask yourself what the point is, you are lonely, sad, depressed, upset and alone. You truly feel you are a victim and attacked or unappreciated? That's so normal. But what Champions have figured out is that all that negative emotion must cease. There is no time for it if you are going to grasp life and play full out. You must stay in motion through the pain. You can't let emotional sadness snatch away precious life time. Have a "What's Important List" and put everything in your life that is important on that list and keep it handy. Have a "What's NOT Important List" and refer to both lists on a regular basis. Tear up your excuse list of why you are not where you want to be in life right now. And for those of you who think you have arrived, perhaps it's time to explore new goals and new horizons. Have the Elephant Spirit and delete all those negative words out of your vocabulary and press on to be the best you can be.

11. 11. The Elephant Spirit, by Jan Ruhe

Have you ever know someone who seems to "have it all?" They have all the toys, overflowing bank accounts, the biggest smile in the world, and friends all over the world, people who admire them, love them and always seem to be the happiest person you know? Well, I know some people like that too. But here is the truth. When you get to know them, there are parts of their lives that are unfulfilled. They are still working to conquer that which is their full destiny. I don't know anyone who has completely arrived at the destination that they want to arrive at. And that is called the Human Experience. We are human beings, not human doings. We must BE more who we wish to be instead of working so hard to DO that which others expect of us. When you decide to decide to BE the person you want to be, the universe will rearrange itself to accommodate you. If you want something with all your heart and are willing to work to attain it every day, it must ultimately come to pass. Have the Elephant Spirit and know that I believe in you and know that when you decide to make the choice to be the best you can be, you will find the best path to achieve it. Beyond any shadow of the cloud of doubt, be clear, there is no shadow, there is no doubt, you can make your achievements abound with amazing results in life.

12. 12. The Elephant Spirit, by Jan Ruhe

Can you hurry and pick up a pen and a piece of paper right now? Can you write as fast as you can one hundred words in the English language that don't have the letter "A" in them? Hurry! It's easy when someone guides your way! Perhaps if you read enough of the ezines on this site you will discover the answer. The answer is very clear to me, it's in every single Rhino Spirit article I write. See if you can figure it out. It's always very close to the beginning of my articles. And yes, it's in EVERY single Rhino Spirit article! It just might be hiding. Have the Elephant Spirit and be curious about paying close attention to what you read and discover. When you know it all, that's the time to start all over again to learn something new.

13. 13. The Elephant Spirit, by Jan Ruhe

Have you had the desire to take massive action in life so far so that you can travel and see the world? Have you shrunk your dreams to match your income? Or are you sick and tired of living like that and today are increasing your income so that you can live your dreams? This year alone, Bill and I have flown over the Jurassic Park waterfall, been on a private helicopter ride in Kauai, taken a boat trip down the Kapali amazing shoreline, had a suite across Hanele Bay that looked out on Puff the Magic Dragon Mountain Range, walked on the beach where South Pacific was shot, been to the Acropolis in Athens and saw where the first Olympics were held in Greece. We sailed in the Aegean Sea on a private sailboat with our own skipper and anchored off the coast in a private lagoon to take a swim, we stayed in a hotel in Dublin where Nelson Mandela, Eminem, Bon Jovi, Arnold Schwarzenegger, Pierce Brosnan and others stayed where we saw them several times. We stayed in castles, played golf, were piped into our seminar in Scotland by a real Scottish piper, hung out in London to go to the theater to see Lion King for the umpteenth time on Broadway and “We will Rock you!” where by the end of the night everyone was dancing and on their feet with excitement! We spent some time at the fabulous St. Andrews Golf Course in Scotland and spent fabulous time in Wales with close friends. We watched clients of ours drive in from Monte Carlo in their new Ferrari’s and Porsche Carrera’s, my husband surprised me with TWO new rings, one with 5 perfect diamonds and one with diamonds, sapphires, rubies and emeralds from Greece. We dined in restaurants on the Mediterranean where the dining room was an infinity room that we could not tell where the floor stopped and the water began. We had private dining rooms, some of the best chefs and cuisine in the world, we spent time with special long time friends and created new friendships. We visited with friends who have \$6 million dollar homes, who make a million dollars every 2 months and still are looking for ways to improve their lives. We hung out with top performers in the world and believe me, it’s so exciting to live your dream to live life to the fullest. After all, my mentor, Jim Rohn told me that what was important in life was to go after the lifestyle! Have the Elephant Spirit and don’t be denied seeing this world. The world is your stage, is it time for you to enter stage left or stage right?

14. 14. The Elephant Spirit, by Jan Ruhe

One of my favorite trips of all times has been one of our African adventures. My husband Bill and I jetted onward to Zimbabwe to stay close to the amazing Victoria Falls. We hired a driver to drive us over the border to Botswana to spend a day in Chobe Park. We took a boat ride on the Zambezi River on a flat bed boat with a cover over it where we had lunch catered for us. It was a beautiful day with the most gorgeous birds darting everywhere in the lush long grass. We watched the hippos for a long time coming to the surface to get air and then to submerge again. And then we spent the afternoon in Chobe Park where the most elephants are today on earth. We were in the back of a land rover that was covered with a tarp but open on the sides so we could view the elephants. Now this was an interesting adventure because we never knew when we would come upon the elephants. They blend in to the bush so beautifully. They are very quiet too. They don’t live in a jungle but an African bush. It’s hot. Very hot. And the animals don’t like humans. When they come across

humans they have a communication that is very effective. They trumpet loudly and they flap their enormous ears back and forth to warn humans to get out of their way! We can learn a lot from the elephants. They move and go into motion when THEY want to. They can move long distances in a short period of time. They are in control of their area, they are family loving animals of their young. They protect each other and they need massive space to thrive and live on our planet. They have a spirit unlike humans. Many of them live as long or longer than humans. They survive. They don't care what others say about them. They are busy in survival. They have been with us long before any of were on the planet. They flourish in the bush because of their survival instincts. Have the Elephant Spirit. Thrive while you survive!

15. 15. The Elephant Spirit, by Jan Ruhe

Have you ever noticed that the birds chirp after the rain? That the rainbows continue to appear on earth during and after rain storms. Have you noticed that the stars continue to shine? Have you noticed that crops are still growing? That the sun has never gone away for too long, that the seasons come and go? Have you noticed that some people on earth seem to have been born to be great, while you are struggling in your life experiences? Have you noticed that young animals are born, people produce outrageous results, new movie stars appear, and companies come and go? Why not start today to look at your life imagining that you have already attained everything you want. Plan your life to have a timeline, to join your present to your future and past. Take where you are right now to be where you should be, you have gotten exactly to where you should be right now. There are no mistakes you are at this time in your life where you have become the person you are today. You have had all the life experiences to get today to get online and really pay attention and read this article in the ezine. You are wonderful just as you are. Just start today to imagine the future when you have achieved your goals. Move along in your mind and look back at the present. Walk forward and look back. Look back from the future to see who you have become. Walk into your magnificent future with total certainty that you are going to achieve all of your dreams. Why not you be the one to set the future standard for what is possible? And why not now? Why not have it all? Why not say that today is the day that I have decided to quit wishing and hoping and get on with life? Why not you go for greatness? Why not you and why not now? If not you, then who? Have the Elephant Spirit to take action and quit making excuses that you will get to it in life. When in reality, it truly does start today, right now! Slam the door shut on the past and step into the light, step into the decision that you were born to be great!

16. 16. The Elephant Spirit, by Jan Ruhe

When you were little, did your mommy or daddy sing a song called Que sera sera? to you? Can you remember the words...."When I was just a little girl, I asked my mother, what would I be? Will I be pretty, will I be rich? Here's what she said to me....QUE SERA, SERA, whatever will be, will be...the future's not ours to see, Que sera sera! Well, I think that is THE WORST song in the world! Here's why! WHATEVER will BE can BE what WE want it to be! Our destiny can be of our choice. We can direct our fate. How many times have you let opportunity pass you by? How many times could you have made a different decision that would have taken

you on a different path in life! So many of us have that song deeply imbedded in our subconscious. Take it out of your head and heart and ponder and debate what you think about it. It was a cute tune, but the words that were put to that song influenced the baby boomer generation tremendously. Why do I believe it? Because I ask my audiences around the world to sing it to me and do you know what? Many cultures ALL know that song by heart even though they haven't sung it in 40 or 50 years! What about an alternative, When Irish Eyes Are Smiling? All the World seems bright and gay,tis sure to steal your heart away....now that's a positive song that many of us were taught that still after 40-50-60 or more years is still with us today. And THAT song was a positive song that we learned. Have the Elephant Spirit and sing the positive songs to yourself. Drop the whatever will be will be mentality and step up! Make your life an incredible masterpiece. It's your turn to shine!

17. 17. The Elephant Spirit, by Jan Ruhe

What is your time worth? Research shows that the average 70 year old will have spent his life in this manner:

24 years in sleep

14 years in work

8 years in amusement

6 years in education

5 years in transportation

4 years in conversation

3 years in reading

8 months in church and prayer

Use your time wisely! Be Unstoppable, get up earlier, stay up later, and achieve your goal! Don't just be busy being busy, make your time count. Be busy, busy, busy living your dreams from today on. Just take one day a week and vie 100% of yourself just for that day. Desire success not failure, not loss but gain, not evil but good because when tomorrow comes yesterday is gone forever. Leave in yesterdays place something that you have traded for it. They only way in life to not succeed is to quit trying. Put today to good use. What you are doing is important because what you do with your day is what your are exchanging your lifetime for. Have the Elephant Spirit and follow your real goals and persist until you succeed.

18. The Elephant Spirit, by Jan Ruhe

Are you a slinger of mud or a hope coach? Are you the one who builds up people, who empowers others, to be the best they can be, to improve their personal lives through personal growth and development? What books are you currently reading? Are you a groupie that follows one speaker around and your life is staying the same because you have not put the ideas into practice? Are you building someone else's dream or are you charging forward to make a difference in your own life and those of others. Here is what I have found in life. There are hope coaches that will bring us hope of a better tomorrow. They are addicting. People want to hear their message because deep down, we all want to have hope. When there is no hope the people

perish. So, have the Elephant Spirit and don't soil your hands by slinging mud, instead, reach out one of your arms and reach out and pick someone up who has had a tough time. Remember, tough times never last, but tough people do. Be a pillar of strength when all is going against you. Stand up for what is right, because right always wins over evil. Always has, always will. Do what is right, give others hope by shining your light on the people who care about you. Shower the people you love with love, do show them how much you care!

18. 18. The Elephant Spirit, by Jan Ruhe

Have you heard the story of how I met Burt Bacharach? We belong to a Country Club in Aspen, Colorado where we call home when we are in the United States (which is today 7 months of the year). We work out in this Club on a regular basis and one day I was riding a stationary bike next to a man who looked like he had great wisdom. He was a small man with a lovely smile. He was riding on the very next bike to me. He and I struck up a conversation about absolutely nothing. How beautiful the weather is in Aspen, where we had grown up, where we lived, etc. I asked him what business he was in and he said, "I write the music the world loves to sing." I thought it was Burt, but I knew it was him when he said that! What is YOUR first line out of your mouth when people ask you what you do? Have the Elephant Spirit and declare an identity for yourself!

19. 19. The Elephant Spirit, by Jan Ruhe

Do you have a personal growth and development personal program for yourself? Here I am today, looking back on a 23 year career. I can't believe time has gone so quickly. It seems like yesterday that I was holding Ashley in my arms and this summer she will be 23 years old. I had 2 children and one on the way when fate took a turn and I got invited to a home party that was a Network Marketing company. I didn't know how to go for greatness for the first 6 years and I messed around and messed up those first few years. I had no leadership skills or sales skills, I just had raw enthusiasm. It took me all those 6 years to get clear on how important and essential having my own personal growth and development program would be to achieve my dreams. I began at a local library and I checked out over the next 6 years, over 300 books and I outlined them all. I was starving for information on how to be a better businesswoman, a better person, a better mother, and not such a sensitive woman that got blown off course every time the wind changed. I did not know at the time that it was not the wind, that it was my sail. That aha would come later in my path in life. I reached for the stars. I could taste a new lifestyle, I could envision it, I could see that there was more to life than living life on a budget, always having too much month at the end of the money, always saying "*When we can afford it.*" I hated the word practical and hated all the average belongings we had. I wanted more. Why did everyone else have more than we did? I was a single mother by this time with more debt than most of you will accumulate in a lifetime, with 3 little children. In some of my most devastating times I had my best life lessons. I began to search for a mentor and found Jim Rohn. At that time in my life I had hit rock bottom. I was happy but unfulfilled. I wanted more. And book-by-book, seminar by seminar, I began to learn while I earned. I quit wishing and hoping and took control, massive,

immediate control over my life and the next 6 years, I was remarried and a millionaire! I paid back all the debt to the attorneys and today am living proof that you can have it all if you are just willing to change your thinking. Have the Elephant Spirit and quit saying you don't have time to read or to feed your mind. I bet you do. Make the next 6 years the years that you get focused on going to the top!

20. 20. The Elephant Spirit, by Jan Ruhe

Dear Susie Creamcheese,

The population in the USA is approximately 200 million people. There are 72 million people over the age of 70 which leave 128 million people to work. Then there are 75 million people under the age of 21, which leaves 53 million people to work. Then there are 24 million people employed by the federal government, which leaves 29 million people to work. There are 13 million people in the US armed forces, which leave 16 million people to do the work. Deduct 14,650 million and that is the number employed by the state and local governments and the 520 thousand in hospitals and you have 715 thousand people left to work. Now out of these 715 thousand subtract 462 thousand bums, homeless and vagrants who won't work. So that leaves 253 thousand. Now it might interest you to know that there are 252,999 people in jail. So that just leaves 2 people to carry the load. That's you and I and I'm going on vacation tomorrow!

Jan Ruhe

Like these empowering thoughts? Well, then, make sure you get The Rhino Spirit! Order all of Jan's products right here on www.janruhe.com. Please pass the word that this amazing site is available to everyone on the planet! Fire Up!