

Title:

The end of domestic violence, abuse, fighting, hitting, slapping or any form of an attack.

Understanding everyone was raised in a different home, environment or community as a child is going to help the world commence the process of cleansing the earth of all violence and evil acts.

As you read this your going to become: a coach, teacher, mentor, a spokes-person and influencer to stop violence! Yes, you're not only going to gain: wisdom, knowledge, understanding, but your eyes are going to be opened to how you can help others through your example, even telling others what you have learned; and how you believe in a better world. In short, your going to become a life coach for others; which will be the secret to you becoming your best self.

Now, open your mind to the possibility of not just focusing on yourself, but focusing on how to help and serve others. By helping, teaching, being a life coach for others you will practice what you are advocating others to do; thus working toward becoming your best self. We're going to take the focus off you and put it onto others, knowing your going to be a major benefactor for everyone you influence; including yourself. It's impossible to: live, teach, coach and help others without improving self. The teacher or coach is learning and growing the most!

Let me give you your first Visualization assignment... You are a sports coach of a team with many players, and you're always coaching against another coach with several players. In competition of sports there are officials or referees. As your coaching, an official makes several bad calls costing your team to lose the game; how do you respond? Some coaches throw chairs onto the floor, some coaches yell at the officials, throw their jacket and demonstrate emotions of being very upset to the point they are out of control or need to be restrained. Seldom does a coach attack or assault an official, and almost never does a coach do anything violent to one of the opposing players.

As you visualize your role as a coach, now visualize someone doing something wrong to you at home, on the street, a restaurant or wherever you may be. You're still a coach, but now a life coach for everyone around you. Someone made a bad call, a bad move, a provocative comment or confronts you with anger. Imagine there's a crowd of fans watching above to see how you'll react. What do you do?

Now, certain life scenarios are definitely not a game with officials and fans watching, some scenarios get real tough or have serious consequences, even life or death results. Losing a sports game because a bad official isn't the same as someone hurting your spouse, child or family member physically.

Each Scenerio Must be Measured and evaluated with common sense and what is appropriate behavior. Protecting your wife and kids from harm is a priority. The point is, becoming a coach isn't just to help others, but to help you too. What can you do, how can you conduct yourself to help others and yourself? You are no longer going to focus on just yourself, how you feel, what effects you, but how are others feeling around you and how can you coach them to victory? Put your coaching hat on always when conflict begins or you can see a potential violent event about to take place. Pay close attention to everyone around you and ask yourself, "how can I coach them or be a good example?"

From now on to be a Coach you must always have this wisdom: Everyone around you, who didn't grow up with you in the same home or place has childhood trauma, pain, sorrow, different perspectives, resentments, unforgiving hearts, grudges, hatred, envy, jealousy, and possibly exposed to chemicals or substance that have effected their brain or emotions. In other words we don't know people well enough to get angry at them or violent with them; and reality is once we do have an understanding there's no way we would choose to be violent with them.

See, being a Coach is being aware of not just your physical surroundings, but most important your players, the other teams players and knowing their tendencies, behaviors, what type of conduct they have.

A good Coach has a Scouting report of every team they're going to play or be around; even knows the officials. From now on your job as to being a Coach is to be prepared to learn about everyone who is around you. Know them, care about them, love them, and think of ways to help them become their best selves.

Taking accountability for your behavior and your actions is all about being prepared to engage or participate in a game, an event, an argument or a potential contentious moment. Are you prepared for what is about to happen or what could happen?

Let's use Mr. Miyagi from the movie Karate Kid. He was the Master who was: poised, calm, cool, collected, and didn't flinch at trouble. However, at any given time he was ready to: teach, coach, protect, provide security or defeat an attacker or threat.

He had: wisdom, understanding, experience and was prepared at all times to coach his student or players. Can we be this type of Coach, mentor, husband, father, brother, sister or friend? Words like: Self-control, stay calm, don't react, be patient, show love, don't be offended, have compassion, empathy and forgive instantly only work if we can visualize ourselves as that type of person and Coach. Words are genuine, sincere and have true meaning when a coach visualizes the success of others and rejoices at the idea; and especially when the student or player has become successful.

What is Success or a Victory as a Coach?
It is helping your players or those around you become their best Selves, even helping them become Someone they never thought was possible. Have you ever helped coach Someone to become Someone they never thought they could? This is a wonderful and rewarding feeling and accomplishment; it's also very addicting.

Choose today to win or lose, to be successful or to never try. In other words choose today to become your best self or not. You now have a philosophy, a method, a tool, a plan to help you and others: prevail, prosper and become successful.

From now on your going to look at everyone differently! Your going to look at people and think, "Is there anyway I can help them through their hardships, trauma or suffering." Your going to see a child who may have needed more love, more help, more understanding, a coach or teacher who relishes in the advancement of others.

If or when Someone says, "You don't know me!" In your mind you can say, "I wish I could know you to learn what you have been through so I can help both of us be successful." Perhaps, you might be able to communicate this with them if you feel it could help them trust you? Most important is to be ready to let them know you're happy to help however possible.

What are the desires of your heart?

We must realize and remember: most all of us could have received more love, more help and more coaches, teachers or parents that truly wanted us to become our best selves; be that coach, teacher or parent now!

Blaming, placing fault, anger, resentment toward parents, siblings, spouse, children or friends because the lack of love or being in a traumatic environment isn't fair, isn't just, isn't healthy or productive for anyone.

We all make mistakes, say something we regret or hurt someone we shouldn't have. Life is set up for us to: Learn, grow, fail, Succeed, overcome trials and work at becoming our best! Now, go help others become their best and you will see the best in you come out.

All that I say and do is:

Thus Sayeth The Lord!