



Jumper Cables for the Soul®

In A Pinch

A Little Book of Meditations

Quick Meditations
With the Amazing Power
to Help You Shift from
“Freak-Out Mode” to
“Super-Hero Mode”
in an Instant!

By

George P. Kansas

Little Book of Meditations

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About The Cover:

I took this picture on New Year's Day in Queenstown, New Zealand in 2001. I was standing in the first time zone on the planet, witnessing the first sunrise of the first day of the true new millennium, January 1, 2001. The message "Give Way" somehow spoke to me. Telling me the mantra for the next 1000 years might very well be to Give Way to the ebb and flow of things more often.

To let the Universe.

To allow the day!

GPK

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journeypress

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services goes to the Jumper Cables Fund which
provides Cancer Survivorship Retreats for Patients,
Survivors and Caregivers. Thank you!

ISBN pending

Take a breath! It'll be o.k.

No matter what!

GPK

Little Book of Meditations

IN MEMORIUM

This book is offered in memory of Sue Becker. Sue died on June 8, 2008. Sue and her husband Mike attended the inaugural Jumper Cables for the Soul Survivor's Retreat Weekend in the Adirondack Mountains in upstate New York. Sue had some experience in the field of psychology. She had words of encouragement for me at a time when the Jumper Cables legacy was just taking public shape after having been in my heart for nearly 20 years. I am grateful to Sue. I am doubly grateful to Sue and Mike for welcoming me into their lives at the sad and exhausting time of Sue's last days.

I am profoundly grateful.

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ACKNOWLEDGEMENT

Please allow me to acknowledge all of you wonderful people in my Jumper Cables programs who challenged me to come up with some everyday, spur of the moment, seat of the car meditations that can keep us from losing our minds when we need them most.

I am grateful to you for laying the gauntlet down. I hope you enjoy these and find them helpful. As usual, let me know what you think!

Little Book of Meditations

INTRODUCTION

Instructions for the safe and proper use, handling, and storage of your

Jumper Cables for the Soul[®]

Over the course of nearly two decades of helping people deal with all sorts of challenges in their lives, I've learned a thing or two. The art and practice of even the crudest meditation has played an enormous role in that learning. From bettering my mind-body partnership so I could actively participate in my healing from cancer, to being a better dad to my two great kids, I credit meditation with having made every facet of me better.

Little Book of Meditations

Naturally, as I work to help people accomplish the great things they are meant to, meditation plays a role in that too. So I continue to strive to create tools for people to use to guide them along the way. The whole point is to get people meditating who ordinarily might be intimidated by the idea of meditating or who think it's too difficult or requires deep, deep spiritual insight even to begin. Well, the whole point of beginning the process is to learn a path to deep, deep spiritual insight. If you don't start somewhere, well then you're never going to get anywhere, are you?

Would you never go to the beach just because it involves leaving your driveway? If so, that really would be a shame, wouldn't it? You go to the beach (if you go to the beach) because you know the benefits you get from visiting the beach. The benefits appeal to you so you endure the inconveniences of travel, expense, etc. and you enjoy a day at the beach. When you've gone, you're glad you went.

I see my Jumper Cables for the Soul – Little Books of Meditation as the first steps in what hopefully will be a lifelong process of looking deeper into your soul and finding profound and inspiring answers! Like the first acts of breaking out your maps or pulling onto the highway as you head to the beach, these little books are meant to be just the first steps. Those aren't that intimidating, are they?

Even if those first steps scare the daylight out of you, these quick little meditations will help take the edge off. If you begin to break down the barriers to your spiritual awakening, then eventually you'll feel the power that can be known by doing so. As you delve deeper into your emotional reservoir of power, your batteries will begin to charge themselves automatically with each deep, cleansing conscious breath.

As we go through life, every once in a while we all need a little jump-start. At one time or another, we all need some Jumper Cables for the Soul!

Little Book of Meditations

How to use this little book:

If you've been to any of my programs or read any of my other books, you may have noticed that I like to utilize meditations that contain exactly 8 words. If you haven't had the pleasure yet, please allow me to explain. I don't know why the number 8 appeals to me really, I just like the number and this particular number of words makes for a very manageable meditation. They're both easy to memorize and easy to repeat as a mantra.

This collection departs from that "tradition" for two reasons. The first is that it is surprisingly time consuming to come up with effective meditations of exactly 8 words. As I am preparing this collection in response to requests at a recent seminar and under self-imposed time constraints to get this into your hands right away, I won't be focusing on the self-imposed 8-word standard I usually try to comply with. The second reason is because I am including a companion page with each little Jumper Cable.

With my other books, I've published a collection of meditations and worked on a companion for the collection separately. The companion spells out the "hows" and "whys" of the particular meditation which can be helpful for the very, very beginner. These companions come from my own experience with a particular meditation. They aren't the only answer but beginners usually appreciate the guidance. As they develop a little confidence in their skills, they find their own inspiration. This is, after all, the entire point!

With this collection, the companion portion is included. Each little meditation is followed immediately by its companion explanation. The explanation is suggestive only. They're your little meditations. You can interpret them and apply them as you see fit. The suggestions are there purely to help get you started. If they don't help, simply ignore them. Feel free, even, to take the contrary view. Whatever helps you focus on whatever it is that moves you from

“freak out mode” to cool, decisive and resourceful “super-hero mode”.

So the next time you find yourself “freaking out” about something – frustrated, disappointed, confused – take a deep breath, crack this baby open and pick a Jumper Cable. Read it aloud. Repeat it to yourself as you continue to breathe. Deep cleansing breaths. In. Out. Keep doing this as long as it takes for you to calm yourself. Long enough for healthy, resourceful, creative ideas for solving or dealing with whatever it was that caused you to go into “freak-out” mode in the first place, to come to you.

Let’s go over this again.

Step One – Take a deep breath.

Step Two – Pick a Jumper Cable.

Step Three – Repeat as necessary.

Just like shampooing! Easy!

When others see this magical transformation take place, they will be inspired to ask what the deal is? You can tell them honestly that you have no idea how it works. You can tell them it might have something to do with the twelve deep breaths you just forced yourself to take. You can tell them that all you know for sure is that you feel better and you encourage them to try it! All they need to do is stop by for a short visit at www.jumpercablesforthesoul.com, log into the site by giving me their email address and I'll send them their very own set of Jumper Cables!

Breathe, breathe, breathe!

Recite, recite, recite!

Repeat, repeat, repeat!

There you go!

Is that a cape I see hanging from your shoulders?

Little Book of Meditations

Any questions or comments? Drop me a note. gpk@georgepkansas.com. Don't forget that you can also purchase (shameless plug here) more copies of this little baby (and more great stuff!) on-line at www.jumpercablesforthesoul.com.

Peace and gratitude!

GPK

A Note From the Publisher

The author's intent is to make these meditations as useful to you as possible, presenting each meditation as it's own unique tool. Every meditation is intended, therefore, to stand on its own.

In an effort to make this Little Book of Meditations consistent with this intent, we've printed it so that on the left page will be presented the statement of the meditation - the Jumper Cable - immediately followed by the companion explanation from the author which continues onto the next page.

This way, you will be exposed to just one Jumper Cable at a time and will not see the next one until you turn the page, having completed the one at hand. Although it may seem odd to see a particular section (meditation) begin on the left page, it is necessary so that the complete meditation will face you as the book is open.

Enjoy!

Jumper Cable[®] #1

I breathe and I am renewed.

The single greatest act of redemption and rejuvenation is a deep cleansing breath. If you learn absolutely nothing else from this book, you still will have made your most intelligent and inspired investment ever!

You breathe millions of times during your lifetime. Imagine drawing each breath is like putting a penny in the bank. Over the years you'd not only deposit thousands of dollars in the bank but after a short while, those pennies would begin to earn and pay interest. Imagine your breath doing the same thing in the form of wellness, balance and confidence. As you make your healthy investments, they pay you real, tangible dividends in the form of strength and vitality. Now, if that's not the greatest investment vehicle ever, I don't what is. It's an investment I think even multi-billionaire Warren Buffet would say makes sense (cents?)!

It bears repeating in a different way. Each time you inhale in a conscious way (really paying attention to the air coming into your body) you draw healing energy and needed nutrients into your lungs. This healing food for your body and soul becomes part of you.

As you exhale, these powerful chemicals - having been converted by your magical metabolic process - now leave your body taking along with them the things you no longer need. The luggage they carry is the chemical and emotional luggage you are now free to rid yourself of. Out it goes along with carbon dioxide and water and billions of other molecules that you no longer need.

Let them take your negativity and stress with them as they go. The universe has the wherewithal to convert it all back into useful molecules for you. That process happens billions of times a second all across the world. Let it happen. Allow it to take place. As it does, it supports you and everything you dream of!

Jumper Cable® #2

I don't have to catch every ball!

One of the adverse side effects of the development of western culture is that we seem to have lost the ability to say “No”. “No” to our kids when it's most important to challenge them. “No” to nosey busybodies when they tempt us to gossip. “No” to constant requests to make other people's priorities our own. Giving yourself permission to say “No” to these intrusions is crucial to establishing healthy boundaries. This isn't meant to be a license to be rude and egocentric. Just more careful not to take on too much stuff for others at the expense of your own noble dreams!

Help others. By all means, help others. Doesn't it makes sense, however, to make sure that your house is in order as a matter of priority. If you allow yourself to be overrun with divergent priorities, pulling you in ten different directions and ultimately

causing you to crash and burn, who have you helped then?

By making sure to help those whose needs are consistent with your own social, moral and spiritual values - those people and organizations the helping of whom also feeds your soul – you take care of an important element of who you are. If you find yourself doing things that just aren't "you" because you just "couldn't say NO" rethink why you're doing it. If it's for a friend, and you'd do anything for that friend, well then that's fine to a certain extent. It's consistent with your value of friendship.

If it's something you just don't believe in, however, resolve to politely decline the next time you're asked. That way you preserve your precious energy for those demands that not only help you do good but also nourish your soul so that you can stay in the fight!

It's o.k. to say "No" at those times when saying "No" frees you to say "Yes!" to something that really sets your soul ablaze!

Jumper Cable® #3

The universe puts me exactly

where I need to be!

Sometimes it's next to impossible to understand. "Why is this happening?" We ask ourselves. "What could I possibly have done to deserve this or bring this upon myself?" "I'm a good person, am I being punished for something I did?"

These are all questions that cross our minds at some point or another. While they may be excellent existential inquiries, "Why" questions – when applied to either the universe or other people's behavior – are exercises in futility!

Ask rather "How could I learn from this?" "What could this possibly mean to me?" "What good could possibly come of this experience?" "How can I turn this into something beneficial?"

While these questions may certainly not be ANY easier to answer, the process of asking them puts you on a better track. Just asking these questions gets your head in the right place. Why questions = more frustration. How and What questions = resourcefulness.

When you're feeling completely at a loss for how the heck you found yourself in the situation you're in, begin by assessing what you've got going for you. When embattled soldiers find themselves in a situation that at first glance seems hopeless, one of the first orders of priority is to determine what supplies are available. Food, medical supplies, ammo. How are your supplies? Energy, faith, support? If you're running low on any of these, you need to recharge.

If there's no time to recharge right now, then recognize that it's time to reach down deep and draw upon your reserves. In these times, quickly count your blessings (literally list them) so at least you can remind yourself that regardless of the situation, there are SOME things to count yourself grateful for.

Jumper Cable[®] #4

I can choose to not hold people
accountable for my old stuff!

You may be wondering “How could THIS possibly calm me down and get me in a resourceful state?” Simple, by accepting 100% of the responsibility for getting you out of whatever situation you’re in. How is this good news? It means you don’t need anyone else to do or not do anything, to say or not say anything, to give you or not give you anything!

It’s ALL up to you. You see, often times we find ourselves in situations created by decisions that we made a long time ago. The decisions we made in a different situation that manifest themselves today sometimes catch us by surprise. It’s oh so tempting to blame the people who surrounded us at that time for something manifesting itself in our life now.

“Oh, if that person hadn’t broken up with me, I wouldn’t be in this pickle today.” “If that person hadn’t told me to do this, I would be in a better place right now.” These are some examples of what might be going through your head when you find yourself frustrated in a situation that might have been created a long time ago.

Why this is good news is that you can choose right now to view it differently. By accepting 100% responsibility for your life you can reframe those statements. This frees you to create new decisions now!

Rather than being angry at people for not rescuing you from your past decisions, decide to break down what really got you to where you are today without regard to what other people have done or failed to do. The operative question is ALWAYS, “What constructive thing shall I do NOW?”

Yesterday is gone. Tomorrow is a mystery. All we have is today and today is a gift. That’s why it’s called the ‘present’!

Jumper Cable[®] #5

The less I judge in the first place,
the less there is
to forgive later on.

Do you find yourself holding wicked grudges for outrageous lengths of time? Do you hear yourself cursing someone for something they did to you ages ago?

There is a certain amount of wisdom in remembering who's wronged you and how. It helps you avoid being treated like that in the future. If you've been taken advantage of, or hurt in a situation, it just makes good sense to be wary of that situation in the future. Maybe avoid it or at least approach it with more care next time.

When constructive wisdom turns to destructive energy weighing you down, however, holding grudges becomes

unhealthy. I once heard someone say “resentment is like poison that you take yourself and then wait for the other person to die.” Makes you go “hmmmmm?”

While a grudge can serve to inspire, it’s far more likely to be unhealthy. If you’ve felt a pit in your stomach from frustration and rage, you’ve felt the adverse effects of judgment. Grudges are born in judgment. When you make a decision that something “shouldn’t have” happened, you make a judgment. When you do this, you fill your emotional closet with things you’ll eventually throw out anyway.

We don’t always get to understand it all completely. It’s healthier to simply make the observation and move on, skipping judgment altogether. Leave room in your “closet” for really, really important stuff that you simply need time to process before you can discard it. Our challenge in these moments is to say “Next!” and figure out what we’re meant to learn and what we’re going to make of it (see Jumper Cable #3).

Jumper Cable® #6

I keep my eyes on the prize.

Distractions won't derail me.

Resourcefulness is nothing more than constantly finding what we need in order to keep doing what we need to do. Distractions are anything that keep us from doing this.

Sometimes, distractions are unavoidable. Sometimes they're down right beneficial. We all need a break from putting our nose to the grindstone now and then. Even when we're saving the world! A burned out superhero doesn't do us any good!

Life gets in the way. There's no two ways about it. Self-discipline, however, is the ability to avoid the distractions consistently enough to actually accomplish something of value. We maintain this discipline by maintaining our focus on the "why".

Staying aware of the prize, the goal, the dream, the noble good we're pursuing, is the best way to stay focused on what needs doing now. Sometimes it's easy to lose focus on the end result when we're working so hard. That's why creative visualization and vision boards are so important. By creating a clear mental picture of the end result that we desire – and by doing so at the beginning of an endeavor – we create an image that we can go back to when we need to renew our focus.

At the same time, distractions serve a few important purposes too. On the one hand, it might be the universe testing to see just how bad you want what you're working toward. On the other hand, although it might be an annoyance in the short term, the distraction might be the universe telling you to look up from your work for a second and take a moment and a breath.

Remind yourself of why you're doing what you're doing. Breathe, recharge, imagine the goal, smile and get back to work!

Jumper Cable® #7

L'antichi dicevano:

Fai bene e scordati.

Fai male e guardati!

The old people say:

Do good and forget.

Do bad and watch out!

Italian Wisdom

Sometimes when I'm stumped about what to do, when I'm frustrated and seriously considering a course of action that a part of me knows I'll regret, this old Italian saying comes to my rescue. Sometimes the idea of doing something inspired by spite and

venom is outrageously appealing. The evolved human in us calls for temperance, but the primal beast in us calls for action!

When we can take a step back, take a moment to draw a cleansing breath, invest a thought or two in the consequences, often we see the wiser course of action. Wiser, more sensible, and ultimately riddled with far less adverse consequences.

Is it hard to do? Sometimes. Does it make sense? Maybe not right away. Does the outcome bear the wisdom out? Almost always! Frustrations stemming from expectations that have been disappointed by others' actions test us everyday! When we make time to consider doing the right thing or not, the right thing is often the harder thing to choose. Sometimes that's how we can tell the difference!

In the long run, however, the right thing pays off in so many different ways. Less stress, less paranoia, less anxiety. Wouldn't you rather breathe easily?

Jumper Cable[®] #8

The beauty in the world is
shrouded sometimes, but I know
it's still there.

Sometimes it seems like the good in the world is encrusted with so much gunk, negativity and garbage that it's hard to remember that it's there at all. Other times the beauty is so obvious it makes you want to cry. I guess it's one of life's paradoxes.

It all comes down to what you choose to focus on. None of us knows what the future holds. None of us. We just don't get to control what the universe puts in front of us. The only things we can control – the only things we always get to choose – is how we SEE it, and how we ACT in response to it!

When we witness an atrocity it is right to be appalled and horrified. When we witness an

injustice it is right to be saddened and even enraged. When we witness a tragedy it is right to feel heartache. Have you ever noticed, however, that when these things happen we also see some of the most touching and inspiring human responses?

When a disaster occurs, there is almost always an outpouring of aid and support. When we see the news coverage of a horror, there's often a spark of hope from the most unlikely source. From the most desperate, darkest times has sprung hope & inspiration. It doesn't come naturally. We choose it!

Of course we have to bear witness to human failures. They're all around us. Should we see them as failures and take them seriously? Of course. Do we need to focus ONLY on the failure? No. Why? Because if we do, we avoid choosing the most healthy, evolved, hopeful response... doing something about it! That's what we do best. See it differently (namely; as something we can do something about) and then Act (do something about it). What will you choose?

Jumper Cable[®] #9

There is art I can witness
that frees my soul!

What we take in through our senses shapes who we are. What we learn becomes us. Just as what we take in through our eyes shapes how we perceive the world as it relates to us, so does what we hear, feel, taste and smell. Each sense plays its critical role in shaping our worldview.

We can choose what to expose our mind to. Scientists call the “stuff” we do that with “stimuli”. By choosing healthy and constructive stimuli, and working to reduce negative and destructive stimuli, we choose to nurture a healthy and constructive approach to all that surrounds us.

One beautiful – and scientifically proven – method of nurturing a healthy mind, is to listen to music that inspires you. Although

it's been proven that the music of certain classical composers such as Mozart, Handel and Beethoven has a positive impact on the functions of our mind, any music that inspires you will be better than some bombastic "talking-head" on TV or radio.

In the car, for instance, when you're most likely to encounter stress and aggression, is the best time to tune out other aggression (big mouths!) and tune in music.

Of course, it doesn't have to be music. Experiments have also proven that listening to humorous recordings and watching funny films stimulates immune function and healing! This is true of the visual arts as well. Viewing subjectively beautiful images stimulates the creative centers of the brain the same way music does.

Enjoy art in all its forms. It's all around us. Nature provides some of the most breathtaking examples. You just have to open your mind to them. Take a moment to breathe and just take it in.

Jumper Cable® #10

I look up into the sky, draw a deep breath, and I'm reminded of the awesome power inside me!

Perspective is almost always good for us. When life feels huge and insurmountable it can make us feel as though we don't have the resources within ourselves to handle it. When you remind yourself that you are inextricably connected to every molecule and atom in the universe you gain a different perspective. Suddenly, if you are surrounded by "problem" then you must also be surrounded by "solution"!

Each cell in your body is made up of molecules. The molecules present themselves as chemicals and proteins and nutrients and ideas in the form of energy and genetic information. As it happens, the universe too is comprised of molecules and

compounds and ideas and energy. All of this energy swirling around and you're a part of it!

When a problem presents itself, somewhere in the universe a solution exists. If you're connected to the problem, you're connected to the solution. Your challenge (should you choose to accept it!) is to connect with that solution on a conscious level. Become aware of your deep connection to it. Understand that the answer is just as much a part of you as the air you've breathed, the food you've eaten or a cell in the layers of your skin! It's a part of you and you of it!

It's pretty powerful stuff! Somewhere swirling around in the pancake batter of information and energy that is the Universe, is the life of your dreams! Every answer to every question you've ever had, you have now, and ever will have. Wow!

Take a deep breath and in your mind, reach out and grab the answer to your most urgent question! You are a wonderful part of it all!

Jumper Cable[®] #11

What else works for you?

1 _____ 2 _____ 3 _____ 4 _____

5 _____ 6 _____ 7 _____ 8 _____

9 _____ 10 _____ 11 _____ 12 _____

Thoughts:

Little Book of Meditations

EPILOGUE

You have just utilized one of the most powerful tools we have yet to discover for unlocking the creative and rejuvenating potential of the human mind! Congratulations! I hope you've enjoyed this collection of my meditation mantras designed for you to use "in a pinch". Please let me know what you think. And please share your stories about how these and other Jumper Cables products have helped you.

Also, the next time you're surfing the Internet please stop by our web-site and visit us at www.jumpercablesforthesoul.com. You'll find more cool books and information on products, programs, coaching and speaking events designed to help you get the most out of life...

No matter what!

If you come up with some good meditations that have worked for you “in a pinch” and you’d like to share them, please send them to me at gpk@georgepkansas.com and please type “In a pinch” in the subject field. We may even put it up on the website!

A scholarship in Sue Becker’s memory has been established to make it possible for people to attend Jumper Cables Survivorship Weekends. If you’d like to support the scholarship or the Jumper Cables Foundation, please visit, www.jumpercables.org! And please tell your friends! Many, many thanks!

Finally, books are available for custom printing and make great gifts! Contact us to add power to your team appreciation efforts or customer appreciation promotions.

Thank you!

Meditation/Stress Relief/Spirituality

**Everyone gets stressed now and then right?
Do you feel as though sometimes you lack
the resourcefulness to get through a
particularly stressful situation without
“losing it”? This book is for you!**

**Whether you have meditated before or not,
this - the 3rd Little Book of Meditations -
provides the essential ingredients. Just read
and breathe! Go get measured for your
costume and cape because before you know
it, you'll be going from “freak out” mode to
“super hero” mode!**

**Unlock the wonders of the universe and put
them to work in your life today!**

**When panic strikes,
follow the instructions
inside and be amazed
by the transformation!**