

Postnote Prompts

Bask

The Forthright Foundation is

Creating patterns for an exuberant life.



Living beyond fear.

Creating patterns for an exuberant life.

"Before you speak,
ask yourself:
Is it kind,
is it true,
is it necessary,
does it improve
upon the
silence?"

— SHIRDI SAI BABA

We wish you skies that seem
A little bit bluer,
Rays that have a sunnier glow,
And an aura of
Happiness about them
Wherever you go.
May you find more meaning
In "little things,"
And that the world will seem fresh and new,
Wishing you all life's best for now and always,
We're so glad it will be happening to you.
Something wonderful happens when
People care and feel loved,
Sharing a future,
Worth dreaming of.

The Seven Word Wonders of the World

- Maturing toward virtue
- Happiness
- Peace
- Love
- Truth
- Health
- Faith

Cover: While in Austria some time ago, this beautiful papercut was admired in a farmhouse hall. When offered, the lady of the house would accept no money, but freely gave it. To her generosity and the unknown artist we are deeply indebted.


You don't live in a world all alone.
Your brothers are here too.
— Albert Schweitzer
on receiving the
Nobel Prize, 1952



"Emptiness, when once experienced, can become a justification for avoiding effort, work and responsibility.

When once we select some goal worth striving for — and go after it, we experience joy and satisfaction. The need is to look forward to tomorrow and to the future with gladness and anticipation. Develop an enthusiasm for life, create a need for more life, and you will receive more life."

Psycho-Cybernetics
Maxwell Moltz, M. D.

FORTHRIGHT FOUNDATION

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The following are quotations that relate to our Goals:

Priorities

1. The best things are the nearest: Breath in your nostrils, Light in your eyes, Flowers at your feet, Duties at hand, the Path of Right before you. Then do not grasp at the stars, but do life's plain, common work as it comes, certain that daily duties and daily bread are the sweetest things in life. — Robert Louis Stevenson
2. I have four things to learn in life: To think clearly without hurry or confusion; To love everybody sincerely; To act in everything with the highest motives. To trust in God unhesitatingly. — Albert Schweitzer
3. The question is not what we can scorn, or disparage, of find fault with, but what we can love, and value, and appreciate. — John Ruskin
4. No act of kindness, no matter how small, is ever wasted. — Aesop
5. All that is essential for evil to triumph is for good men to do nothing. — Edmund Burke

The importance of motives

6. The measure of a man's real character is what he would do if he knew he would never be found out. — Thomas McCaulay
7. Do something for somebody every day for which you do not get paid. — Albert Schweitzer
8. A man has made at least a start on discovering the meaning of human life when he plants shade trees under which he knows full well he will never sit. — Eldon Trueblood
9. Most of the trouble in the world is caused by people wanting to be important. — T.S. Eliot

Stumbling blocks

10. The weak can never forgive. Forgiveness is the attribute of the strong. Hatred can be overcome only by love. — Gandhi
    I don't carry grudges; you know why? While you're home nursing a grudge, they're out dancing. — Buddy Hackett
11. I am only one, but still I am one. I cannot do everything, but still I can do something. And because I cannot do everything, I will not refuse to do that something I can do. And what I can do I ought to do. And what I ought to do, with God's help I will do.
12. We cannot live without knowing fear, but there is no purpose served in fearing to live. — Scott Simon

Power of Personhood
Passion into Completion
Creative Purpose
Sahome

Our Motto:

Honesty is the Best Policy!

It's not looks that make one great — it's character that seals one's fate.

It's what's inside the heart, you can't see, that makes or mars our destiny and that really matters.



I hope I shall always possess firmness and virtue enough to maintain what I consider to be the most enviable of all titles, ***"The character of an honest man."***

— George Washington

Our deepest fear is not that we are inadequate; our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. There is nothing enlightened about shrinking, so that the rest of the world won't feel insecure around you. We were all meant to shine as children do… and as we let our own light shine we unconsciously give other people permission to do the same.

— Winston Churchill

ADDED WISDOM FROM

The Forthright Foundation



Sponsor of Sahome

Plan Your Future

"It was never meant in life, that we're to be self-satisfied; but always upward-reaching and striving — only in 'love' are we to have a moments peace."

"Each successive creative approach or attainment builds upon a previous one used in many variations."

Our plan should reflect :

a. A firm commitment to a passionate desire.
b. What wants and. needs are targeted for attention.
c. What purpose is to be achieved and how. Specifics.
d. Any good plan should give everyone a just, return on their investment; what will it be? Desire and define the benefits, advantages and compensation from achieving the plan.

A Plan Layout:

1. **Have a burning desire. Desire gives focus.**

   "By anihilating the desires you anihilate the mind." Firmly establish your desire in your mind. Decide which desire to act upon. Understand that your destiny can and should be your best hope.

   "If you have the desire — YOU have the capability potentially to achieve it."

2. **Reach out with faith. Faith affirms. Faith gives harmony of purpose.**

   "Nature, through the enabling power of faith, wraps up in the mental chemistry of each of us, those desires of our heart and our subconscious recognizes no such word as impossible and accepts no such reality as failure."

   "Every man with passion and faith has within him the principle of action or motive to act."

   "Men can only conceive what they believe."

   Extend our faith that its going to happen and that we are going to find the means to make it happen.

3. **Make up our mind by setting long range goals and short term objectives. Goals are riches waiting for us. Diagram and organize each step in the latter of action.**

   Fix in our mind the definite exact goals and what we will give in return to achieve them. Fix a time table: how much will we strive to accomplish in 5 days, 1 month, 6 months. Fix in our mind the starting date and the completion date of each action. Use tenacious discipline.

   Putting the date, time, place to the results we strive for is called time training and self management.

   "A goal is a dream with a deadline."

4. **Bring to bear the delight of our imagination, heart, and goodness. Open ourself to hunches and flashes of inspiration.**

   "Imagination is much stronger than will-power. It does not have to do just with policy or principle. It has to do with satisfaction and creativity. As we form a mental image, perceiving ourself as already successful with all its benefits, the end result is that we confrount and deal with problems and obsticles as though they had already been overcome."

   "Ideals take shape and gain character in our imagination. Ideals withstand the test of time."

   "What ever the mind of man can conceive and believe, it can achieve."

5. **Acquire knowledge. Study and prepare the most effective way to accomplish the task. Make an analysis: who, why, what to expect, themes, the up-side and the down side of any eventuality so we know our plan is sound. Learn about each specialty in the whole.**

   Knowledge empowers us and releases us from inertia, indecision, confusion, expediency, boredom, anxiety's torment, blame, being defeated, turned aside, discouragement and being frightened . . . in short: inaction.

6. **Choose existing conditions well. Have full-participation through factual reinforcement, choosing what principles will prevail, and what concrete proven methods would best serve our purpose.**

   "Amiable conditions ease the price of success."

7. **Make contact with our inner genius. We have many traits for success. Reach out through expressing our skills, our pationate determination, and the wizardry of our intellect to initiate new wonder. God is part of the growth of our reality as 'Bestower of Goodness.'**

   "People who feel good about themselves produce good results."

8. **Take charge as one being responsible. Being willingly responsible frees us to be commited to our commitment, persistant and daring while being socially and civicly caring, resolute and vital. Assume responsibility for every thing around us that has to do with our goal . . . this will inspire others to loyalty, love, integrity, and trust in us.**

9. **Ally ourself to a master-mind group to stimulate one another with ideas and outlooks and responses. This strengthening and loving association can help foster and further implement the individual goals of its members by helping each member to see things from many different angles and aspects. It acts as a well-head for achievement because through logic, appreciation, and 'gifts of the spirit,' sharred in comfidence; the talk causes ideas to scatter and vision to enlarge.**

   "People love to listen to conviction." Be a part of an enobeling support group.

   Wisdom and conviction stimulates our own thinking with new related information.

10. **Be specific: the work of the world is accomplished in specifics. Breach the energy gap by portraying . . . enthusiasm, fullness, vitality, hope, jubilation, and found endurance. These responses draw upon the resources of infinite intelligence found in our sub-conscious mind to help us reach and realize our purpose, ideals, and plans. Thereby we will energize others and more importantly ourself.**

11. Complete your desires with confidence. Confidence is feeling, confidence is contageous!

"You've got to feel what you say or you can't transfer feelings."

As we gain and share confidence we will move forward more resolutely, more sure footedly, more invincibly; yes, and there will be the amazement of all this brilliance comming out of us. Infinite intelligence communicates voluntarily through the sixth sense called 'confidence' and there-in lies vibrance and humor.

12. Recombine our fitness to establish our next set of goals.

"Today is my own special miracle;

Only I can decide how it will be lived.

Only I can make it meaningful in the pattern of my life."

A VITAL STATEMENT FROM DAVID SPANGLER

Give Yourself the Challenge

Our Universe has its needs to fulfill; its need to be, and to unfold. Creation itself is the primal need, the need for emergence. And the soul is a doorway of that emergence. This is what human history has largely been about, the search for and the creation of personal identity. We are involved in a process of individualization, learning to be an individual, a unique point of creative focus and activity.

Our personality does have the requirement of providing a field within which we can reach up, or reach into what is the true expression of our individuality. Much of what we experience as lack and need is really a need for identity, for something that will tell us who and what we are. We think "well, maybe if I own this, or have that, or if I am with this person, or if I do this thing, somehow I will know who and what I am." This may not always be a conscious motivation. The quest for identity becomes masked in a number of different ways: the quest for status, the quest for power, the quest for wealth, the quest for that which clearly differentiates me from my world and says: this is my territory, that is your territory, this is how I prove what I am. All these are divergent processes of accumulating in order to fill this empty space which we want to fill with identity. We are involved in

an irreconcilable tension, in which we are always seeking for just that little bit more, that next experience, something else that will really click us into our wholeness, or snap us into our knowing who we are, or illumine us, or give us security, or involve us in our place in the planetary process.

Our personality is reflected identity. We are in dialogue with our world. We do not form our personality out of nothingness, it is formed in relationship. We are equally created on the personality level by other people who surround us and by the events that surround us as well as by the energies that surround us and come from other places...known as the 'group consciousness' of the human species. We are influenced, in other words, by levels of energy of thought and feeling that do not originate within ourselves. We are participants in a group mind.

There is another level which is not an effect, as we understand effect. It is a cause. It is energy. It is a source. It is our spiritual identity, our divine identity, which will somehow give us the structure to facilitate the emergence of divine potential. It is not inbreath but outbreath. It turns our personalities to our souls and says, "give me wisdom, give me direction, give me light, give me healing." It becomes our need. A need is that which allows our individuality to grow in self-realization or self-conviction and to express its divinity on all levels of consciousness and form and allows our true individuality to unfold.

Because we are not pure personality or pure spiritual entities, we have become mixtures; we are a complex dynamic system of life and livingness. We are a marriage. The first and primary marriage which a person experiences is the marriage of his own being, his own identity. Man, in his unillumined state, his unintegrated state, is really four beings in one: (is the original group marriage) a physical entity, an emotional entity, a mental entity of energy, interest and direction, and the soul.

Each of these levels, and the vehicles or bodies that are created upon them, and the elemental intelligences that represent these vehicles, must find a way of working together. They must be attracted together. They must unify. They must undergo some form of synthesis, harmonious interworking, before there can take place the manifestation of human rationality.

Man is an exercise in the integration of different rates of vibration and energy, all of which come together to form a multilevel expression for the use of the soul. Now is the time for our pursuit of morality.

The challenge of the individual is to learn how to integrate his body, his emotions, his mind and his spirit — in other words how to achieve purity, how to achieve wholeness. Man must learn how to exercise 'will' and intelligence, throughout his nature. But he can best learn this by learning how to express love and balance and wisdom, expressing his 'will' and intelligence, lovingly to others.

Let us back up a bit. Not having a very clear idea of who we are most of us do not send out clear messages to our universe. We may crave wealth, and some part of us sends out messages of "I need wealth," because that will somehow satisfy and define me. Another part of us may send out messages of poverty, because maybe we have this image that it's good to be spiritual, it's good to be simplified, and somehow that is equated with poverty. So the great bank manager in the sky, that great warehouseman in our Universe gets two order blanks from us: one says "give me money, etc," and the other says "give me poverty." Obviously distribution gets fouled up! We contradict ourselves. Contradiction causes inertia. We need to transmute inertia by learning how to think clearly, to feel creatively, how to become enthusiastic, how to become filled with the kind of emotion which energizes our activity and gives us interest, love, excitement, and joy through purity while we intereact with our environment honestly for what we can contribute. We need to embody the wholeness of our soul to fulfill our destiny.

When we talk about a person learning how to be whole, how to blend the physical and emotional and mental and spiritual natures together, we are discussing purity. Purity means the same thing as clarity. Purity is synonymous with integration in consciousness. It is the same thing as is expressed in the New Testament: 'If your eye be single your whole being is filled with light.' Purity means the ability and consciousness to sound a clear and distinct note of expression, to manifest a clear and distinct characteristic and quality, to be centred and to know where one is centred, to be clear about one's relationships and about our destiny. Even though the future may not be terribly distinct, our confidence and attunement to the rhythms of that future can be.

With purity we see things from a more total point of view, the embracing point of view of the soul, the rhythm of the inner divinity, and we begin to move in such a way that our needs that are met are true needs and they satisfy all levels. That is to say that if a need is truly and rightly met with purity on one level of consciousness, it will enhance all of them by lifting the behaviour pattern towards a new awareness, greater light, greater wisdom, greater love.

Within a family structure we have a state where two people or more are attempting to become pure, integrated within himself or herself, and devotedly are attempting to create a focus of that purity together by helping each other to do it individually by realizing greater morality.

Purity is life. It is love. It is self-intimacy by upliftment. That is why man seeks it so much. That is why man is agitated and unsatisfied until he finds it. He will remain unsatisfied until he learns where to look or what to use within himself to manifest that purity.

Knowing and being centred within one's true identity with this purity is the first stage. This gives us the power to move ahead into the next stage which embodies right attunement. Through right attunement we align ourselves with all right doing, thinking, and being. Any kind of emotion or thinking that isolates us into greed, envy, malace, bitterness, hate, dishonesty, does us disservice.

Through the efficacy of purity we can savor the world to its fullness. Our prize is attaining to our superb self-manifested in our delight for life, with all its miriad of wonders, and being a part of that wonder to be fulfilled.

How

First: To develope purity we must acknowledge our needs and decide through them what abundance we will project towards.

Secondly: Once we have decided for our fullness and abundance we should take hold of it and make it real through visualization and make it happen through effort. This is using our 'will' to become empowered.

Third: We acknowledge our needs. As we live our needs, in context of the larger needs of our world, we release our strength to achieve them through 'right doing', which will teach us our strength of character and our 'superb self.'



By Living our Faith and Through Our Devotion to Generosity, the Forthright Foundation's Desire is That We Channel Virtue Into All We Do.

With faith in ourselves and in others and helping others to have faith in us and in themselves we fulfill our need to be meaningful being of promise. Life's cares and 'churn of concerns,' that perplex us, misdirect us, can not hinder us if our faith fits our future happiness. Our faith comes form living true to virtue, to fulfill our birthright, as free moral agents, and by doing the best we can do at all times and places. *Our faith in kindness opens wide our concern for one another*. Our concern for each and everyone means that we elevate the quality of our intentions so that they will reflect well upon all of our kindred kind. The saga of generous intensions, that our life reflects and delights in, will elevate the quality of our self-invention to include the promise of our self-fulfillment. Then using our moral imagination, no matter how the panorama of this marvelous world plays out, we end up achieving our zenith of potential together. Thereby life can move us forward, with one another, having much joy yet in store. All the virtues become the generosity we give to live together towards this goal.

Unequivocal love, honor, compassion, sweetness and beauty become the needed sustenance to sustain our souls. It is our human right to move into a higher self and to give ourself permission to lay the lesser self to rest fully and finally as we reinvent our lives with love, honor and compassion. As we strive to embody virtue and bring all things to beauty, worth and wellbeing, life's fullest meaning can be realized. May we love what virtue can do!

We thank one another for all the good that everyone is doing!



Sahome

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Bringing Everyone to Sahome!

The spirit of Sahome unfolds within each of us as we appreciate each life to be of infinite value. Sahome is that idiom we use, which speaks of love and compassion for one another.

Sahome is sanctity of heart, goodness of heart, and mutual gentle ***helpfulness*** within the heart. Sahome is character building because it directs us toward mutual love, mutual honor and mutual mercy. Sahome increases our humanity with a healthy socialization that works for everyone's best good and benefit. Sahome becomes a practice in fulfilling life's fullness for all. By creating a social climate that gives everyone a way forward, Sahome honors everyone no matter one's race, ethnicity, religion or creed. Sahome unites us all together as a ***common denominator*** towards the common good through the pursuit ***of*** the greater good ***for*** all. Sahome is our collective pursuit towards moral maturity. Sahome celebrates the Devine Nature within every person and undergirds it.

The object of our hope is the fullest realization of human potential. We wish everyone to fulfill the measure of their creation and have joy therein. Therein lies all best tomorrows on the radiant-level of life. Mastering this radiance-level of life is what Sahome is all about. As we improve together, we prosper and flourish in a commiseration which buoys us up for each new challenge and leads us ever closer to expressing our fullest potential to receive happiness. Building upon that combined virtue of nurturing kindness and love, found potentially within every human heart, we can ride into the sunset together forever.

We invite everyone everywhere to join with us ***all*** in Sahome ~
Coming together to move forward together!

Forthright Foundation

Also sponsored by the Forthright Foundation
"Assuring Life's Abundance"

The Forthright Foundation Supports
Best Remedies

Self worth comes from being of worth! Our greatest asset is having faith in each and every fellow being. The world is made better by the good we are doing. ***A life well spent is on the assent, by being descent.***

- To bestow the glow – lets gain a leg up, by making better, better. Reform should be the norm. Turn harm or alarm into warm hugs.
  Turn sensual into sensitive. Turn predicaments into self betterment.
  Gain from stain and pain. Don't cower, be spry, head held high.
  Mess up, fess up. Speak up, defend and amend.
  When fallen, rebound, don't just hang around. Do so, so we all can gain ground.
  Salute solutions; they are not intrusions, but revisions.
  Foster peace and prosper increase.

- To hold our own – be beholden to fidelity, chastity and generosity.
  Tame the blame game. Stand tall. Don't fall. Give it your all!
  Agree to disagree – dialog is free; ennoble the loyal opposition.
  Cooperation is the best precaution.
  A positive frame of mind makes for having our best game.
  Discerning is learning by listening to our deepest genius.

- To bask in love is what life asks.
  Inclusiveness is our path to togetherness.
  Political will is to instill a higher purpose, in us, to strive for and adore.
  Know no bounds, go the rounds, so dreams come true, and goals accrue.
  Make a choice to rejoice in all that virtue and goodness can do.
  Adaptation requires innovation, in which resourcefulness becomes the admonition.
  Failure is never final as long as we keep on trying and don't annul our best effort.
  Rejoice in everyone's choice of goodness to confirm a virtuous life.

Thank you for all the good you do!

Power of Personhood
Passion into Completion
Creative Purpose
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Sahome's Essay Contest

Built around creating the Soundest Economy and Economy Development

This is a contest to help people, by giving them time to write and express their side of the story, so we can celebrate, collaborate, and cooperate with everyone's interest and willingness to make life better for all of us. We want to share what each person knows and deeply cares about.

Please write an essay covering any subject that you find significant, inspiring and informative which was prompted by Sahome's internet entry entitled:

Creating the Soundest Economy and Fostering Economic Development

Please mail your essay or tribute to Sahome at our Eden address or send via email at info.sahome.gmail.org

Sahome
P.O. Box 777
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Honoring Your Essays

How will they be evaluated? By their insightfulness, usefulness, and creativity. Prizes will be offered and the three top entries will be posted permanently on the Sahome internet site: Sahome.org for all to enjoy. We want all to benefit from them. Subject and length is of your own choosing.

Due Dates: Round One – August 24, 2016 • Round Two – November 24, 2016

Suggested topics may include:

- Your sense of victory
- Your job and its meaning to you
- Fiscal good management
- The productive use of hand held devices and the media
- Entrepreneurship: some how to's and how not to's
- Honorable business practices
- The impact of our personal choices
- What a healthy society consists of
- The meaning of integrity in business
- The meaning of initiative in business
- The meaning of compound interest and wealth
- The meaning of ingenuity
- Where propserity comes from and takes us
- What business prudence is all about
- What quality assurance provides to us
- Virtues and values – how they benefit us
- Your Victory!

Thank you for participating. We very much look forward to your entries in this meaningful and urgently needed 2016 Sahome contest!

Together with Sahome.org
The Forthright Foundation fosters

Benevolent thinking For a Fortunate Future

This is our job:

The whole world is in need of the saving graces and wants to advance and find deliverance, to be rescued and preserved from harm, to be set at liberty from vice and corruption and to receive leniency through one another's patience.

This requires that we accept that we are all related, needing one another's goodwill and honorable efforts to set us free, to provide us safety and to prosper us with the optimal opportunity to enjoy the ampleness of our lives. This requires a shared overall commitment to optimize and benefit each living soul. Our point of reference is this: *The good in all of us belongs to all of us*. This goal is related to and communicated by fostering benevolent thinking. We will bring joy as we promote and devote ourselves to good character. This is the path to greater self integration, self discovery, and self development which helps us to integrate and show compassion to the wider human family. With this increase in personal efficiency, hope, self mastery, inner strength and harmony we can help turn our world's sorrows and setbacks to our betterment and come to peace.

Our job is to:

"End harm, mend hearts, and lend a helping hand."
May we be positive role models and mutual helpful mentors.
May we refine, reform and renew our efforts to sustain order and peace.
May we help the world to go from obscene to serene to pristine as majesty makers, and may we cause durable equitable treaties, laws and policies to flourish and prevail, so that we savor and relish our life on earth as a blessed gift.

This is our moral mission to expand the purpose of peace and goodwill worldwide.

"May we look for the helpers."
– Fred Rogers

Love turns into prosperity for all posterity.
Love is self actualizing on a higher level of self organization, validation and mental health. Love is our fundamental truth as a human family.
Love is a dear grace that only enlarges by the giving.
Love gives us the wonder of awareness and full presence of heart and the mind to be redeemed, and continually renewed.
Love is at the root of hospitality, peace and goodwill.

All that one is and all that one does is enlarged by hospitality, because it reflects a nobleness and generosity of heart. Let us say: beauty, bravery and benevolence have many faces, and exists in all creeds and races.

The first point of hospitality is making peace with our own soul.

- We all need input and positive validation. Nurture is the need of our life.
- What we supplicate to becomes our sufficiency.
- Honor and mercy have one genesis and that is humility and humility is ultimately about having concern for the gracious wellbeing of our fellow beings. Love is about the fulfillment of everyone's potential for self betterment.
- Where we find common ground is on the level of mutual love, mutual honor and mutual mercy. This creates life expansion!
- Kindness, tenderness, bounty and benevolent thinking, show us at our best!

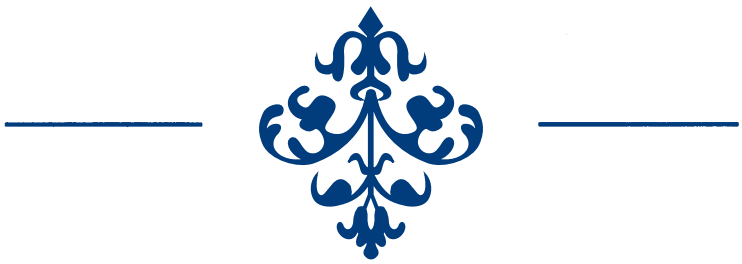
We don't have to wait for the world to be perfect in order to have a glorious life! This is "value centered living".

The Forthright Foundation with Sahome wishes each of us health, happiness, prosperity, and joy always in all our noble endeavors.



Each life
is of immeasurable
infinite value!

And they all said:
Sahome!




Power of Personhood
Passion with Compassion
Motivation
Purpose
Sahome