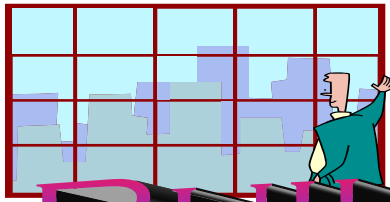


THURSDAY
TIME AIRED: 2:00 P.M.
LENGTH: 30 MINUTES



BUILDING BRIDGES



TIME: 2:00 p.m. LENGTH: 30 minutes



ISSUES INCLUDED BUT NOT LIMITED TO:

14:00:00 00:30:00 Kxla-Building Bridges

8/7/2008 14:00:00 0:30:00 Kxla-Building Bridges

The True Meaning Of Wealth?

Being wealthy is a total package of daily love, good living, giving, laughter, joy, peace of mind, serenity, and money combined with absolute contentment for life just where you are. Wealthy living is enjoying the moment and all of whatever amount of money that you may have. Some days being wealthy has everything to do with money, but you must also know that, if by chance, your "money looks funny", you are still a wealthy woman nonetheless.

Money does not cure all ills, but it does open the mind to creative solutions for healing! Focus on being wealthy and wise, of having a total wealth package for your life. What you focus on in your life magnifies. Focus on great health. Focus on those things that bring peace and serenity to your life. Focus on good loving and rid your life of toxic relationships. You must also focus on your money matters. Whether you admit it or not, money does matter. Ignoring money matters can cause stress, insomnia, irritability and other sickness that will affect your peace of mind, your health, and your sense of security.

Hope is confident expectation. It is a power within that we all possess, a power we can use. Hope is a trust in the future plus a confidence in oneself. Hope is the act of surviving, given to us by the Creator to continue life's journey in the face of all obstacles. Hope can open up your heart and let good feelings burst into your consciousness.

Building Bridges



TIME: 2:00 p.m.

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0:30:00

Kxla-Building Bridges

8/14/2008

14:00:00

0:30:00

Kxla-Building Bridges

Rev. Jesse Jackson has popularized the expression: "Keep hope alive!" Today both medicine and religion are recognizing the power of hope and the strong dynamic connection between the hopeful attitudes of individuals and their rates of recovery from illness and suffering.

We are products of our life experiences and it is easy to allow past events to effect our current thoughts and feelings. Unpleasant and unfair actions by others can remain in our mind for a lifetime. People (even those that say they love us) can be mean and hurtful at times. It is not easy for many of us to forgive others, especially if we feel that we have a good reason to be upset with the other person.

You have, however, a decision to make. Either you can let the weight of past hurts keep you down, or you can make a determined effort to change the situation. I suggest that you consider forgiveness as a powerful tool that can help. The ability, compassion and wisdom to forgive one another for past wrongs, hurts, and misunderstandings is one of the greatest attributes any of us can possess and exercise.

Building Bridges



TIME: 2:00 p.m.

LENGTH: 30 minutes



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14:00:00	00:30:00	Kxla-Building Bridges
8/21/2008	14:00:00	0:30:00 Kxla-Building Bridges

Accepting Oneself

We live in a time when accepting who we are can be difficult. Most of us compare ourselves to unrealistic standards set by advertising agencies, movie stars and the lives of the rich and famous. What we fail to realize, is that oftentimes these standards are a facade like movie sets on the lot of a studio. They represent a "front" with no real substance, constantly having to be propped up because they can't stand on their own. I've had the opportunity many times to talk to people that others would often admire or envy. What I have discovered is, the very people we put on pedestals would love to trade places with people that could be classified as ordinary. I have learned that we must be careful what we desire because many times what we think we are running to, is often what we are running from.

Historically in the African American Community, the subject or discussion of "self esteem" has carried mixed emotions. When we look up the definition of self-esteem in the dictionary, we see that it means belief in oneself. We know that if we do not believe in ourselves and what we do, neither will anyone else. However, oftentimes people confuse "belief" in oneself with "vanity." If we look at success models over time, the ones that have truly made a difference were those who not only accepted who they were, but did so with pride. Many who have left their mark on history were those who had to stand-alone or convince others to see things their way. It is important for you to know 1) who you are, 2) understand where you have come from and 3) determine where you want to go, if you are ever going to accept who you are to be.

Knowing Who You Are

When I was a little girl my grandmother would often say, never let anyone tell you who you are. I have a friend who always says, "never let anyone call you out of your name." We have all heard the saying, "if you don't stand for something, you will fall for anything." I believe that it is very important to know what you stand for in life. When I speak at various functions around the country, I often share with people that it is important for you to know your meaning in life, so that you can prepare your message, in order to carry out your mission. When you know and understand your purpose and why you are here, it is much easier for you to accept who you are

and the person that God has made you to be. We are all pieces of a puzzle that fit together to make a beautiful picture. If we are constantly trying to be someone else, we will not “fit” into the spot that has “our” name on it.

If you are currently struggling with who you are, what you look like or comparing yourself with others, I urge you to do the following three steps.

Empowerment Points:



Write down on a piece a paper, all of the positive things that have happened in your life over the past year. If you can't think of any let me give you a few suggestions. You have *your health, a roof over your head, a job, a sound mind, and people that care about you*. I heard a minister once say that if you count all your blessings, it will be hard to be depressed.



Make a list of all the positive things that people say about you. Once again, let me give you a few suggestions; *she really has a nice personality, she has really nice skin, she is so thoughtful, she's really a kind person. Maybe people comment on your discipline to work out, or your compassion for others*. Never underestimate the gifts that God has given you, to make you unique. Remember, one man's junk is another man's treasure. What you would easily throw away, others would take in a minute. I had a friend once tell me that she thought I had the gift of hospitality and encouragement. I thought to myself “what kind of gift is that?” Growing up in church, I wanted the gift of singing or playing the piano or something that the other girls had. Little did I know that the gifts of hospitality and encouragement would be the very way I would live my life and help others today.



Finally, make what I call a “wish” list. Write down the things that you would like to have or accomplish and then set a reasonable timetable to begin making them happen. The key here is to make sure you set realistic goals or expectations. Don't wish that you were 5'11 if you are 4'9. But if you've always wanted red hair and your hair is brown, dye it! If you want a better body, diet and exercise. Just make sure whatever standards you set, you are doing it for yourself and that it is what you want, not what others say you should be.

Remember that we are all little kids in adult bodies. We all get up in the morning and put our underwear on one leg at a time. We all have good days and bad days. The next time you look into the mirror, say to yourself that you are wonderfully and beautifully made just the way you are. God does not make junk!

Building Bridges



TIME: 2:00 p.m.

LENGTH: 30 minutes



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14:00:00	00:30:00	Kxla-Building Bridges
8/28/2008	14:00:00	0:30:00 Kxla-Building Bridges

“Healing Without Hate: How to Forgive to Live,” is a ten step process that will help you become free to let go of the past and live the life that is intended for you. It has always been my belief that everyone was placed on this earth for a purpose. It is important for one to find out what their meaning in life is, so they can develop their message and then ultimately carry out their mission (purpose). How can you grow as a person or a business if you don't know what your purpose is?

My life has often resembled a gift wrapped package that looks very well put together on the outside, but my “inside” was shattered and broken due to the troubles in my childhood. However, my paternal grandmother taught me to love others unconditionally and I began to put into place and practice steps to help my life become victorious and not to remain a victim. I have used the following steps to increase both my business and professional life in overcoming issues of the past.

Step 1: Prayer. I pray for those who have hurt or abused me. I have also learned it is very difficult to hate someone that you are praying for.

Step 2: Counsel. I reached out and received help when I realized I needed it.

Step 3: Confront. At the proper time, I went to both of my parents individually and confronted them and how they had effected my life. We must learn to confront the people in our lives that have hurt us.

Step 4: Release. Once I confronted my past and my pain, I then had to learn to let it go.

Step 5: Forgive. Forgiving is a big step in the healing process. We must also face whether we have “pardoned” someone with complete forgiveness or “paroled” them, where the forgiveness has conditions.

Step 6: Attitude. You must have an attitude of gratitude for the good things in your life while you are going through the healing process. Do not concentrate on just the negative. It's very difficult to be depressed when you are counting your blessings.

Step 7: Joy. It is a decision to have joy on the inside while you experience happiness on the outside (circumstances around you).

Step 8: Goals. You must write down what you want to accomplish. If you don't it will just be a dream. No one plans to fail, they just fail to plan.

Step 9: Give. No matter where you are in life, there's always someone that could use your help. Reach out and help someone with your time and or resources.

Step 10: Live Life Now. Don't wait until tomorrow because tomorrow is not promised to you.

Lawrence Peluso