

# JAY'S STRAIGHT TALK

UNPLUGGED AND UNCENSORED



i CAN'T IMAGINE  
MASTERING THE SKILLS  
INVOLVED HERE WITHOUT  
A CLEARER UNDERSTANDING  
OF WHO'S GOING TO BE  
IMPRESSED\*

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Empowering Excellence

## Straight Talk VII Part 1 September 16 2011

As we remember the tragedy of 9/11, here are thoughts from George Carlin not long after. From a humorist...but serious food for thought. Have a wonderful weekend! All the best. Jay

GEORGE CARLIN POST 9-11 (after his wife had recently died...)

Isn't it amazing that George Carlin - gross and mouthy comedian of the 70's and 80's - could write something so very eloquent ...and so very appropriate post 9-11.

A wonderful Message by George Carlin:

The paradox of our time in history is that we have taller buildings but shorter tempers, wider freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've

done larger things, but not better things.

We've cleaned up the air, but polluted the soul.  
We've conquered the atom, but not our prejudice. We  
write more, but learn less. We plan more, but  
accomplish less. We've learned to rush, but not to  
wait. We build more computers to hold more  
information, to produce more copies than ever, but  
we communicate less and less.

These are the times of fast foods and slow  
digestion, big men and small character, steep  
profits and shallow relationships. These are the  
days of two incomes but more divorce, fancier  
houses, but broken homes. These are days of quick  
trips, disposable diapers, throwaway morality, one  
night stands, overweight bodies, and pills that do  
everything from cheer, to quiet, to kill. It is a  
time when there is much in the showroom window and  
nothing in the stockroom. It's a time when technology can  
bring this letter to you, and a time when you can  
choose either to share this insight, or to just hit  
delete.

Remember; spend some time with your loved ones,  
because they are not going to be around forever.  
Remember, say a kind word to someone who looks up to  
you in awe, because that little person soon will  
grow up and leave your side. Remember, to give a  
warm hug to the one next to you, because that is the  
only treasure you can give with your heart and it  
doesn't cost a cent.

Remember, to say, "I love you" to your partner and  
your loved ones, but most of all mean it. A kiss and  
an embrace will mend hurt when it comes from deep  
inside of you. Remember to hold hands and cherish  
the moment for someday that person will not be there  
again. Give time to love, give time to speak, and  
give time to share the precious thoughts in your  
mind.

Life is not measured by the number of breaths we  
take, but by the moments that take our breath away.

HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height.

Let the doctor worry about them. That is why you pay him/her.

2. Keep only cheerful friends. The grouches pull you down.

3. Keep learning. Learn more about the computer, crafts, gardening, whatever.

Never let the brain idle. "An idle mind is the devil's workshop."

And the devil's name is Alzheimer's.

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath.

6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.

7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it.

If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

If you don't send this to at least 8 people....  
who cares?

-George Carlin