



Shop Talk Beauty News



IN 2010 - IS YOUR ABILITY? (WORTH DEVELOPING)

Ability according to Webster is the condition of being able to act, mentally, physically or legally; our capacity to accomplish things, a natural gifts or talents.

The Bible states in Genesis 1 versus 26: Then GOD said "Let us make man in our image, according to our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth (Taken from the inspirational study Bible)."

Man is not the largest physical creature in the world, yet he has dominion over the earth, and all things in it. God gave this dominion to man through mind and the conscious ability to form ideas. The capacity to form ideas gave man the ability to reason. The activity of reason gave man the power to control. Through control man became the master. Since he is the master and has this control, he should exercise his intelligence to establish dominion over himself, and not act as an accident in this world.

On the wings of his imagination, man is able to fly around and make an investigation of things both material and immaterial. He flies among the planets in the solar systems, stars in the different stellar systems, and even makes a speculative investigation of the Universe, and his relationship to it.

His intellect is capable of reviewing himself and his own achievements, and also of contemplating the cause and source of his own creation. Man, through his imagination and acquired knowledge, discovers and explores the physical laws, and harnesses these laws and put them in service for his comfort and convenience. With his vast capacity to know and to understand, man fails to turn the spotlight on him. He gets acquainted with everything but himself. This he leaves to the "Isms" and permit ignorance and superstition to control them. -S.B. FULLER

The question becomes, is your ability worth developing? Scientists and professors have proclaimed that the average person use only 10% of their real abilities, while the other 90% is latent. Latent ability is potential power, and can be released by the proper encouragement and the proper treatment. Latent ability, when properly inspired will permeate the whole consciousness, thus making the individual more effective. Each of us was born with a wide variety of talents and abilities to learn. Through a repetitive process, abilities can be developed as in building a



by Johnny Robinson

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house, laying one brick at a time. You must build a little each and every day. Suppose you were to allow 15 minutes each day, on self improvement, on improving your profession, or improving your business. At the end of one year, you would have dedicated more than 90 hours, towards developing and improving your ability. Ability enlightens and enlarges itself through its own use.

SEVEN STEPS TO DEVELOPING YOUR ABILITY:

1. **Application:** The application of what you know reveals many things you do not know. "Let down your buckets where you are." Use what you have or lose the ability to use it. Do a thing and you shall have the power. But they, who do not the thing, have not the power.

2. **Challenge:** Lay down a challenge to self. What are the secrets behind phenomenal successes? In most cases the individuals have one quality in common — the daring ability to start something. They challenge their own abilities; they dared to work for themselves. Lewis pastor, who gave more knowledge for the preservation of health than any man, was not a physician. Whitney the man, who invented the cotton gin, was a schoolteacher in Connecticut, far away from the fields of cotton. John D. Rockefeller was a clerk in a produce house. Andrew Carnegie was a Bobbin boy. Thomas A. Edison was a news boy. Henry Ford was an electrical mechanic. Eastman, the Kodak king, was a bank clerk. Men who blaze new trails, charter new routes, pioneer new methods, and invent new things are men who dare to do things that others believe impossible.

3. **Organization:** Ability is personal and only you can release a part of that latent 90%. Make a list of all of your present qualities and attributes. Be fair, but very strict. Answer the following questions: what

is my attitude towards myself, toward others, towards God, towards my neighbor, towards my job? Do I think and act positively? Do I practice the Golden rule? Am I arrogant? Honest with myself? Am I envious? Am I jealous?

4. **Freedom:** Seeking self expressions and functions more effectively when the mind is not loaded down with a lot of false and spacious importations. Being unmixed with anything.

5. **Vision:** most people believe only in the things they see. Appearance is everything. To attribute power to appearance is Superstitious. Appearance is only a manifestation and has no power in itself. All Power is invisible. Mind is invisible. Wind is invisible. Sound is invisible. Life is invisible. Electricity is invisible. Spirit is invisible. Vision is something seen otherwise than by ordinary sight. When vision fails, men perish. Vision develops foresight and turns hindsight into profit.

6. **Co-ordination:** Ideas have a kinship and form excellent partnerships to produce harmony. A host of ideas is seeking a partnership to improve and perfect your occupation, your dreams or your life changing experiences. To be co-operative, effective, and beneficial, these ideas must be regulated and expressed through co-ordination. Therefore, let harmonious ideas co-ordinate and feed your ability and your ability will feed you.

7. **Conviction:** Every day Parson Jones visited his church to preach. Someone asked him why he preached six days each week to himself, and only one day each week to his congregation. His answer was: "it takes six days of preaching to convince myself, and only one to convince my congregation." One of the most difficult jobs is to convince ourselves, but once this is accomplished it is fairly easy to convince others.

Your ability is the product of your thoughts. Be satisfied with nothing less than always doing your best Remember; half baked dough is not Bread. This has been a journey not only in Developing Abilities, but also in Understanding Patience and Self Confidence. It has been nothing less than an exploration of your inner self, driving you to develop qualities such as persistence and willpower, and how not to give in to impulses you no longer want. Look closely and you'll see precious resources of more compassion and the ability to forgive self.

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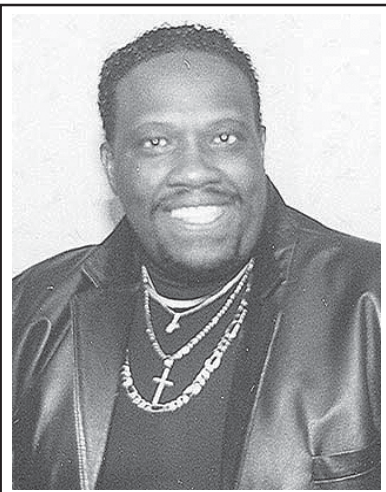
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(NAPSI)-If you think your hair takes a beating, consider the football player who spends most of his time wearing a helmet.

That's one reason many football players keep their hair short-but not Pittsburgh Steelers Troy Polamalu. He considers his hair his trademark and a tribute to his Samoan roots. Even so, he realizes that playing football and having long hair may require some extra work.

"Between my intense practices and rigorous workout routine, my hair takes a good beating," said Polamalu. "I need to keep my hair in great shape, and I know that starts with a shampoo that takes care of your scalp, such as Head & Shoulders. A healthy scalp means great-looking hair."

Serving as the official spokesperson for Head & Shoulders has made it easier for Polamalu to keep his hair in great shape during football season. Well known for its dandruff-fighting properties, the shampoo offers distinct scalp and hair benefits, including relief from itchiness, dryness and irritation, to produce healthy-looking hair.