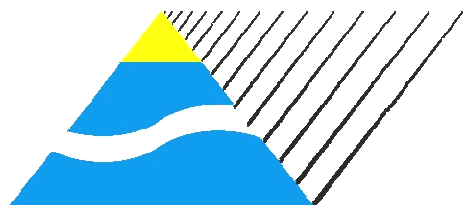


Daily Shoes....for President Obama●●●by Mike Koper

**Strategies and techniques to using
affirmations to master the perils.**



While a great deal of care has been taken to provide accurate and current information, the ideas, suggestions, general principles and conclusions presented in this book are of the authors views .

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Daily Shoes....A Nation without restraint... A Nation to Heal Barrack Obama's Healing & Pledge

Dedication

I have a long standing belief and global perspective: that the United States is the greatest country on earth. Now that a new day has dawned upon the country and the new President Barrack H. Obama has taken his position in the White House. All of the historical and quantitative references are grand and euphoric, but most important, is what will be the playbook for the president. What is long overdue?.... and possibly the most important is the job is to *Heal the Nation*.

In first a few words of mental and physical enrichment knowledge to set the premise, ... that is, " Everything that I need to know is revealed to me." And, "Everything I need comes to me." Followed with, "all is well in my life." Knowledge is known and is within me to attain the answers. All is ancient and infinite. It is my joy and pleasure to gather together wisdom and knowledge for the benefit of those on the healing pathway. I dedicate this offering to all of you who have taught me what I know: to my clients, to my friends in the field, to my teachers, and to the Divine Infinite Intelligence for channeling through me that which others need to hear.

Acknowledgement

I wish to acknowledge all Oakland University professors, who all share their ideas and wisdom with me. To those who in their unique way who have inspired me to research and investigate the power of and application of affirmations in conjunction with the energy multiplier and the extraordinary results that can be experienced. Whether in this book or in my other writings I look to relate and enjoin the mental, metaphysical and motivational aspects of living and connect those to our physical, mechanical and tangible world.

Preface

This little green book will become an indispensable item of guidance to many, especially those congressional seats and in the White House. The intent of this book is to channel the healing energies of those who command such power and to each and every individual in this nation. The book will awaken within you the ability to contribute to your own healing and emphasize the nation's healing process. On another caveat I would like to make note.... that based on current scenarios, the nation must heal as best it can, within the next few years, it's critical and must be immediately invoked with passion. Steady inclining confidence must swell through out the land in order to usurp the continuity of negative vibes so prevalent in today's American psyche.

For us to become whole and healthy, we must balance the body, mind, and spirit. We need to take care of our bodies. So to... that must be done on a national scale escalating to a global scale. We need to have a positive mental attitude about ourselves and about life. Not just the quasi-expectations of ... would that be nice... but a physical hope... in its rawest form and the anticipation of better times. Currently that is exhausted from the landscape due to the growth of some very incompetent legislation that has weakened the strong all in the name of help or safety. Those who repetitively made the fiber of America strong cannot see any movement on any front that reins in mistakes and releases generations from current or future oppressive notions. The patient is flat on its back... now more than ever we need to have a strong spiritual connection. It's a concise molecular wave that places actual hope, inspiration and guidance at each person's doorstep. When these three personal essential elements;...body, mind, & spirit... are balanced, we rejoice in living. No professional counselor, doctor or health practitioner can give us this unless

we choose to take part in our national healing process. Yet sentiment and confidence are a top down event that emulates from those with influence. Similarly it's like a magazine article that can endorse or break the introduction of a new automobile in the marketplace. So too is the influence projected by those with the microphone, a concerted effort must be made to mold the mindset of the audience. Expanding on that point is the power of silence is more encouraging than negative hype swarming headlines of today.

Who can do this?...

You will find that not only can the young and mid-aged can contribute with their ease of dissemination of data, but most importantly, a mental and physical connection must resonate from the retirees. The retiree genre represents the largest sector of the population with true first-hand knowledge, plus positioned to most easily activate and radiate the affirmations necessary to help the *Nation Heal*.

The design of this little green book is to be cross-referenced to provide more precision input. I suggest you make a list of national ailments that reflect the issues you have first hand knowledge of and look to the root causes. You'll discover a pattern that will show you a lot about your mental makeup. Select a few of the affirmations and do them for months and months. Those affirmations should help you eliminate old patterns that you've been carrying for a long time.

Mk

Introduction

I want to share with you one of the reasons why I *know* disease can be reversed by simply reversing mental patterns. You must eliminate the convoluted thinking plaguing America and to focus on a more North Compass setting. A place where love, prosperity, and growth is abound. Hope is central to the national effort and is only activated by profound thinking with the right affirmations in sight.

A little about me, is I grow up in a rural area, where I developed a sense of how the cycle of life is fulfilled. It also exposed times of hardship and times of harvest, it built a platform of how to carry oneself and to use character in the face of adversity. Alternative revelations are that the consumption of possessions generally ends in emptiness, where organic and self-made creations tend to deliver more substance in my life.

Minimize the negative, maximize the positive and accentuate the mobility.

The Point of Power is in the present moment

One truth to life is that we live now. Now can be defined as one day, one month or five years, its all predicated on the individual, yet what we do today shapes out tomorrows.

Urgency is also a treasured possession that seems to have escaped into the horizons. The sense of urgency is what defines the chemical world, similarly when two hydrogen atoms are added to oxygen atoms the new chemical reaction does not take

hours or days to formulate, its immediate, its water. The same sense of urgency is experienced in most every aspect of chemistry. The molecular structure is immediate, reaction is not staved off to a later date. Therefore, in order for our country to gel and be cohesive it must happen with the essence of urgency.

Noting most realities... power is an ever-changing degree of character. To many limited amounts of power come and go, for others power is always present just to varying degrees. Those with power must cultivate and use it in the most productive endeavors, if left to stalemate then the power will evaporate through the energy multiplier, which I discuss in *Daily Shoes: Motivation & Mechanics*.

Mental Equivalents

Both the good in our lives and the cancers (negatives) are the results of mental thought patterns that form our experiences. We all have many thought patterns that produce good, positive experiences, and these we enjoy. It's the negative thought patterns that produce comfortable, unrewarding experiences with which we're concerned. It's our desire to change our cancers in life into perfect health.

We've learned that for every effect in our lives, there's a thought pattern that precedes and maintains it. Our consistent thinking patterns create our experiences. Therefore, by changing our thinking patterns coupled with physical actuation, we can change our experiences.

What a pleasure it was when I first discovered the laws of energy and the metaphysical causations. This describes the power in the words and thoughts that create experiences along with what energies are promulgating things to happen. This new awareness brought me an understanding of the connection between thoughts, energy use and the different parts of the body and physical problems. I learned how I had unknowingly created disease in my own thinking, and this made a great difference in my life. Foremost, I could stop blaming life and other people for what was wrong in my life and my body. Coincidentally, I could now take full responsibility for my own thoughts and health. Without either reproaching myself or feeling guilty, I began to see how to avoid creating thought patterns of disease in the future.

For example, I couldn't understand why I repeatedly had problems with a stiff neck. Then I discovered that the neck represented being flexible on issues, being willing to see different sides of the question. I had been a very inflexible person, often refusing to listen to another side of a question out of fear or stubbornness. But, as I became more flexible in my thinking and able, with a loving understanding, to see another person's viewpoint, my neck ceased to bother me. Now, if my neck becomes a bit stiff, I look to see where my thinking is stiff and rigid.

Replacing Old patterns

In order to permanently eliminate a condition, we must first work to dissolve the mental cause or the negative energy. But most often, since we don't know what the cause is, we find it difficult to know where to begin. So, if you're saying, "If I only knew what's causing this pain," similarly in the manufacturing world, the common question asked to get to the root cause on malfunctions or slow production is... what's your pain?" it really forces precise accuracy in identifying an answer. I hope that this booklet will provide both a clue to find the causes and a helpful guide for building new thought patterns that will produce health in mind and body.

I've learned that for every condition in our lives, there's a *need for it*. Otherwise, we wouldn't have it. The symptom is only an outer effect. We must go within to dissolve the mental cause, similarly in manufacturing is called the 5 why's.. it drills down to the root level of cause. This is why willpower and random discipline

sometimes fall short. They tend to battle the outer effect, not so much of the inner effect. It's like cutting down the weed instead of getting the root out. Take a dandelion for example, if you leave any part of the root, rest assured that next spring the dandelion will reappear. So before you begin to project new internal energies and thought pattern through affirmations, work on the *willingness to release the need* to distractions, sins, the headache, the excess weight or whatever the drain in your life is. When the need is gone, the outer effect must die. No plant can live if the root is pulled out.

The mental thought patterns that cause the disease in the body are *criticism, anger, resentment and guilt*. For instance, criticism indulged in long enough will often lead to diseases such as arthritis. Anger turns into things that boil, burn and infect the body. Resentment long held festers and eats away at the self and ultimately leads to tumors and cancer. Guilt always leads to punishment and leads to pain. It's so much easier to release these negative thinking patterns from our minds when we're healthy than to try to dig them out when we're in the state of panic both in the market and in ourselves or under the threat of loss.

The following list of mental equivalents has been compiled from many years of study, my own work with clients, and my lectures and workshops. It's helpful as a quick-reference guide to the probable mental patterns behind the disease in your body. I offer these with love and a desire to share this simple method of helping to *Heal Your Body*.

Healing Affirmations

Barrack's #1 Affirmation, - I will get involved and understand and discern the most pending, difficult and controversial issues facing America today. I will make the best decisions available today.

Problem	Probable "Root" Cause	New Thought Pattern
Contracting of The financial system	overextending-leverage governing policies	I encourage confidence and trust the system to minimize risks & provide liquidity
Collapse of the value Of the Dollar	governing policy	I am entrusting and holding the federal reserve and treasury accountable for developing a secure powerful system that appreciates the value of American's assets
Evaporation of the Manufacturing base In America	Governing policy and market shift	I resolve and expect concise, accurate and strong congressional policies designed to promote and strengthen the US manufacturing sector
Education and training of Citizens	Lack of strong math and technical policy	I am a picture of the next American generation's hope as an intelligent and strong-willed nation. I wish all

		who want knowledge and joy to attain them.
Terrorism	Perception of a crisis	I wish joy for all humans. I will to eliminate conceptual war mongering.
Foreign intrusion	Aging artillery and goofy treaties	I pray for safety and seek advice from trusted counsel whom have America's secure life as a main mission
Contraction of the Middle Class	Lack of employment opportunities that support and average family	I rely on creating promising conditions for employers that are designed to maximize the US workforce
Redistribution of the Wealth	Improper government intrusion to one's work efforts	I trust that each individual will seek their own level of fiscal happiness.
Health Care	Lack of proper basic needs policy.	I will not allow any graft or corruption while providing very basic health care needs.
Social Security	Mis-management of funds, governmental theft and lack of importance of promise	I respect the monies of the contributors of the system and will provide them with security of the promise, so the safety net is available when the contributors required their benefit
Environment	Mis-directed application of policy versus the conditions at hand	I recognize that all laws are applicable during certain conditions as long as the total economy is first addressed.
Economy	Lack of social fiscal educating	I understand all greatness comes and goes and has its time on this earth.
Industry	Not scene as perceptually important to the Government	I will end oppressive conditions on industrial pursuits and allow them to grow.
Finance	Convolutd laws mis-applied	I will right the injustices of "burden shift" to the shoulders of the fiscally responsible
Drugs & Addictions	Improper application to	I will trust agencies to

	the crime and its punishment	properly eradicate bad characters
Regulations	Spiraling one on top of another	I work to cease oppression
Security & Safety	Lack of grass root policy	I encourage self-protection of one's persons, possession and effects.
Libations	Pleasure social policing policies have usurped human nature	I recognized that all humans need and will participate in a vise, without it distraught intentions will surface.
Promotion & Image	Loss of meaning and patriotic holidays	I will use every service available to show the importance of patriotic works
Media	Lack of "emergency" constraints	I will encourage media to promote positives especially in a crisis.
Rights	Mis-use of governing policy	I will seek to cease oppression
Infrastructure	Lack of proper support for its use	I will work to fund projects through use of its benefactors
Social justice	Mis-construed public policy	I watchfully gage governmental powers on people's rights
Oppression	Congressional/house rules	I will cease oppression
Future Vision	No stated US vision or directional policy and character	I believe America is and can be the greatest nation in mankind
Humanisms	Lack of policy set on common sense mis-directed by lobbyists	I recognize humans basic elements & believe they will act in a proper manner if given a vision.
National Harmony	Constraining policies	I disseminate love to all and believe in others.
Immigration	Misdirected enforcement	I will make immigration decisions that bring joy to the US citizen and won't harm or oppress the lifestyle of existing US citizens
Markets	Lack of applying history to decisions	I understand and allow free markets to operate as I know they will work, while at the time I understand manipulated markets

		do not.
AMERICAN SPIRIT	Unoccupied time	I will relentlessly protect the American Spirit which is fundamental of risk, striving for better and rewards perseverance.
REPUBLIC	Knowing Government's Role – a safekeeper vs. caretaker	I ultimately answer to and respect the American Taxpayer
COMMERCE	Destructive legislation, anti-capital policies and criticisms	I will make decisions in commerce through joy and love while understanding that under no circumstances can discourage thrift in order to bring prosperity, nor can I weaken the strong survivors by strengthening the weak, nor can I pull up the wage earner by pulling down the wage payer.
CLASS WARFARE	Force segregation propels tensions	I am seeing a growing and prosperous nation for all, while discouraged class hatred and furthering brotherly love.
Victimization	Each responsible for oneself.	I will make concise decisions knowing that government must not be a permanent crutch for citizens would could and should do for themselves.
American Spirit	Lack of promotion of calculated risk. Remove jealousy and envy from governmental factions	I will watchfully monitor my decisions to not take away a person's initiative, innovation and independence.
Citizens Finance	All need access to financial mechanisms	I will bring love and joy to the decision table but will not give a hoot to those spending more than they earn for that is the beginning of trouble.
CHILDREN	Weighted assistance for	I will make decisions

	those most likely to those least, based on countries history	that bring love, joy, encouragement and hope to children and promote examples of initiative, self- confidence, innovation and independence.
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FURTHER COMMENTS

I've learned that children- and animals, too, because they're so open- may be largely influenced by the consciousness of the adults around them. Therefore, when working for children or pets, use the affirmations both for them and for also clearing the consciousness of the parent, teacher, relative, and so on. Who may be surrounding and influencing them.

Remember, the word metaphysical means to go beyond the physical to the mental cause behind it. When coupled with energy, mental becomes physical and action is the result. As an example, if you told me that you had a problem with writer block or lack of energy, I'd know that you had some sort of belief in limitation and lack and, therefore, were frightened to let go of anything out of fear of not being able to replace it. It could also mean that you were holding on to an old, painful memory of the past and wouldn't let go. You might have a fear of letting go of relationships that no longer nourish you, a job that's unfulfilling, or some possessions that are unusable. You might even be stinging about a money decision. Your disease would give me many clues to your mental attitude.

I'd try to make you understand that a closed fist and a tight attitude cannot take in anything new. I'd help you develop more trust in the Universe (the power that supplies your breath) to provide for you so that you could flow with the rhythms of life. I'd help you release your patterns of fear and teach you how to create a new cycle of good experiences by using your mind in a different way. I might ask you to go home and clean out your closets, giving away all the useless stuff to make room for new things. And as you were doing this, I'd ask you to say aloud, "I am releasing the old and making room for the new." Simple, but effective. And as you began to understand the principle release and letting go, the stifling symptom, which is a form of gripping and holding on, would take care of itself. The body would freely release that which was no longer useful in a normal way.

Perhaps you've noticed how often I've used the concepts of *energy, love, peace, joy, and self-approval*. When we can truly live from the loving space of the heart, approving of ourselves and trusting the Divine Power to provide for us, then peace and joy will fill our lives, and illness and uncomfortable experiences will cease to be in our experience. Our goal is to live happy, healthy lives, enjoying our own company. Love dissolves anger, love releases resentment, love dissipates fear, and love creates safety. When you can come from a space of totally loving yourself, then everything in your life must flow with ease, harmony, health, prosperity, and joy.

A good way to use this book when you have a physical problem is to:

1. Look up the mental cause. See if this could be true for you. If not, sit quietly and ask yourself: "What could be the thoughts in me that create this.?"
2. Repeat to yourself (aloud, if you can): "I am willing to release the pattern in my consciousness that has created this condition."
3. Repeat the new energies and thought pattern to yourself several times.

Whenever you think of the condition, repeat the steps.