

## Chapter 4. Believing In A Better Life



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# BELIEVING IN A BETTER LIFE

**WHAT DO I DESERVE OUT OF LIFE? WHAT HAVE I GOTTEN SO FAR?**

*“As a man thinketh in his heart, so is he.”*  
Proverbs 23:7

## ***Envision Your Desired Outcomes***

*“One of the advantages of being disorderly is that one is constantly making exciting discoveries.”*

*A. A. Milne*

Once you’ve tapped into the amazing power of your imagination and used it to brainstorm a number of different ideas and resources to move along in your process, it’s time to take that next step.

Envisioning takes the beautiful results of what you’ve just accomplished with your imagination and provides the framework to begin seeing yourself as you truly wish to be seen. Quantum theory states that as we begin to see ourselves doing anything, we begin creating the energy needed to draw the sub-atomic particles together to be creating this particular reality.

Therefore, it is paramount that we learn to envision things in a way that allows us to see ourselves fully integrated into our Ultimate Destiny.

Using established tools like the *Success Outcome Map*, the *Golden Bridge Exercise*, *Visioning Worksheets*, *Spiritual Mind Treatment*, and the *Power Vision* exercise will give you a comprehensive and thorough set of tools to create the most positive vision, which will lead you to your Ultimate Destiny.

Probably the biggest obstacle to overcome in this endeavor is disbelief. You may not believe you’re deserving of your desires, or that it is possible to realize them. Hogwash! On whose authority do

you have that? If your life experiences so far seem to say it isn't possible to realize your dream, know that you can (and will, if you choose to) change the factors that prevented you from getting what you desired in the past.

The good news is that the biggest single factor for most of us is merely learning to consistently nurture our heart's desires! In doing so, we enjoy the positive feelings of holding such dreams and desires right now, and we are filled with even more positive feelings when they come into full expression!

## ***A Life Developed – Charles Betterton’s Story***

Here is the story of Charles Betterton, Founder and President of Ultimate Destiny Enterprises, told in his own words.

*“When I was just 16 years old, my mother gave me a copy of ‘The Power of Positive Thinking’ by Norman Vincent Peale. She was hoping (and praying) that something would get through to me and help me make better choices. I had dropped out of high school and started drinking and smoking cigarettes (and occasionally other things). I was wasting my life.*

*“Fortunately, the gift of that book set into motion a series of ‘discoveries’ over the next few years that led me into a life-long interest in personal growth and development. Eventually, I graduated Summa Cum Laude with a Masters in Community Economic Development from Southern New Hampshire University and became the co-founder of several non-profit organizations and companies involved in personal, organizational and community development.*

*“My own Ultimate Destiny began in 1969 when I got a job through an American Friends Service Committee grant to develop a community center in Greenville, Mississippi, to support desegregation of the public schools.*

*“In 1973, I was assigned by HUD to be Director of the Disaster Field Office in Xenia, Ohio, when a tornado ripped through, leaving thousands of people homeless and many more without power. I spent*

*several months helping provide relief for the disaster victims. Those were some the most exciting and gratifying days of my life.*

*“Then I found myself working as a disaster relief specialist for HUD, the US Department of Housing and Urban Development. Six years later, I was asked to take some assignments dealing with man-made disasters—the HUD offices in Detroit, St. Louis, Chicago and East St. Louis, Illinois.*

*“In 1978, I moved with my wife and two young children to the intentional community of Stelle, Illinois. I was still working for HUD in the Chicago Loop; my daily commute was about five hours. Just imagine that drive in a Midwest blizzard in the flatlands.*

*“Someone gave me a copy of Lead the Field, the classic audio cassette tape program by Earl Nightingale. I listened to those six tapes on my commutes for many weeks. My outlook became more positive and my sense of being in control of my destiny increased. I started buying tapes by Brian Tracy, Norman Vincent Peale, Jim Rohn, Les Brown, etc.*

*“After a few months of enjoying my ‘mobile University,’ the improvements in my attitude, effectiveness and productivity were so profound that friends and family kept asking what I was doing that had so completely changed my life. After sharing my new resources on success secrets with other members of my community, I was inspired in 1980 to create a 16-week class in PST! Personal Success Techniques.*

*“I retired early from HUD to focus on personal and community development projects. But in 1998, HUD invited me to accept a position as Director of Community and Economic Development for the city of Kankakee, Illinois.*

*“Kankakee was, in fact, a disaster in many ways, which the Fantus Organization attributed to several decades of racial, political, and geographic divisiveness. I spent months helping resolve issues between HUD and the city government, then started experimenting with my vision of combining personal and community development in ways that might ‘expand the circle of success.’*

*“I had learned from my experience as a distributor of development training that most companies creating success training targeted only the top 10% to 13% of the population. The Presidents and CEOs of those companies would tell us to ignore the other 87%; but I realized that the people in that 87% were the kind of folks who lived in my community ... and that we are all only one people, with one future and one economy.*

*“I had also learned from psychologists and psychiatrists in Kankakee County that many local residents were suffering from negativity and depression. This was largely due to the massive impact on the county of losing about 8,000 union jobs in a community of only 100,000 people. I was part of a task force of community leaders who decided to produce a Community Unity Event to promote positive thinking, personal and community empowerment and appreciation of multicultural and geographic differences.*

*“We brought in Dr. Norman Vincent Peale to speak on the power of positive thinking and Les Brown to share his exciting and motivating messages on the power of a larger vision. That event was the beginning of my ‘graduate-level work.’*

*“Over the next few years, I was blessed to be able to produce major events with Les Brown, Brian Tracy, Mark Victor Hansen, Jim Rohn, Bonnie St. John and several others. Many of those who helped sponsor the first Community Unity Celebration became close friends and advisors.*

*“We developed a Community Development Corporation, which spearheaded the renovation of a 22,000-square foot National Guard Armory building into an award-winning Community Resource Center and co-founded Kankakee County organizations to promote positive thinking within and about the area.*

*“We developed several non-profit organizations and created a model for smaller communities to do what we had done. At that time, (before September 11, 2001) most large-scale development training events were produced in cities of a million or more by for-profit promoters from out of town, who ‘put on a one-day show and took home the dough.’*

*“We have developed and are now sharing with the world a template for smaller communities to be able to provide the same caliber of world-class training to benefit their residents. And in our model, the local community gets to keep most of the proceeds to use*

*for further community development. We also brought success training to HUD residents by making success training tapes available for free.*

*“In recent years, my focus has shifted to co-founding non-profit organizations and cause-oriented companies. Our shared vision is to help people awaken to Spirit, realize more of their potential and know how to co-create their ultimate destiny. Through Ultimate Destiny University, I am grateful now to be blessed with the opportunity to share what I’ve learned with the rest of the world.”*

You can see in the above story that Charles used the information he got in that first book on positive thinking to start envisioning a better life for himself. He got to KNOW himself; then he allowed himself to dream about the things he wanted to accomplish. His dream was to see others discover their own power to create a better life for themselves.

He came to believe he could have a satisfying and fulfilling life helping others, and he began to pursue the individual goals to create that kind of life. His mission was to share what he had learned with those least likely to have access to this information, by bringing in motivational speakers and motivational materials to the underprivileged and disenfranchised.

Read on to see how another man’s life was changed when he allowed himself to dream of a better life for himself and his son.

## ***A Life Transformed – The Team Hoyt Story***

Team Hoyt is the father-and-son team of Dick and Rick Hoyt of Boston, Mass. Rick is one of Dick's three sons. Rick, now almost 45, is a non-vocal quadriplegic with a tiny amount of control over his upper body. He was born with severe cerebral palsy.

When Rick, an avid sports fan, was 16, he decided he wanted to enter a 5 kilometer run – although he didn't have the ability to power even a wheelchair. His father gladly provided the power.

Dick and Rick were not welcomed in that first race, but the experience was exhilarating, especially to Rick. It was the beginning of many years of road racing together, which came to include more than 20 annual Boston Marathons and many triathlons, including the most grueling, the Ironman in Hawaii.

Dick would push Rick in a special chair during runs, lift him onto a carrier at the front of a special bicycle for rides, and pull him in a raft for swims. There were extreme challenges in these events, including meeting qualifying times based on *Rick's* age and weight, not Dick's, who is 21 years older, and who had to deal with an extra 130 lbs. as he pushed, lifted, or pulled his son along.

Perhaps the most daunting mission the father-son team has taken on was a cross-country run and bike ride from Los Angeles to Boston. They did the 3735 miles in only 47 days (straight!). The cause? To raise a million dollars for the Hoyt Fund for the disabled,

and to eventually make every building in America accessible to the handicapped.

They fell short of the million-dollar goal, but the publicity they gained was probably worth much more. They chose this trip because it had not been done before under such conditions. They wanted something truly newsworthy—and it was!

Until getting to know the Team Hoyt story in more depth you might be tempted to think, “Isn’t the story mainly about Dick? Afterall, Rick cannot contribute physically, or even by spoken word. Isn’t he just along for the ride?”

Despite Dick’s incredible athletic prowess and intense concentration, focus, and determination, he is always quick to give equal credit to Rick, who is his motivation. He knows his son feels free of all handicaps when they are out on the road or lake, and loves the thrill of competition.

An incredible bond of love drives both men, and there is a remarkable mutuality in what they do for each other. Dick is really sustained (and sometimes coached and guided through a race) by Rick’s subtle communications and especially by his powerful spirit.

Rick can use a device to slowly “type” out words. But their biographer, Sam Nall, says they communicate better than most fathers and sons, even without that technology. They do it by using their facial expressions and the few movements, like nods, that Rick is able to control.

Against all odds, young Rick graduated from a public high school and then earned a degree in special education from Boston University. He now works at Boston College developing technology that will allow disabled people to control mechanical devices by the movement of their eyes.

**What are the lessons of Team Hoyt? There are several.**

First, in discovering and manifesting your Ultimate Destiny, you will sometimes need to work closely with other people. You must work with the skills each of you has been given, and develop whatever other skills are required. Dick, while physically strong and athletic, had not been a runner and could not even swim when starting on this journey. Carefully planned and dedicated training, and the power of team, have enabled him to repeatedly do what other athletes thought impossible—even in his mid-60s!

Another lesson: the amount of money earned is not necessarily a measure of success in fulfilling one's destiny. Better measures are the joy it brings you and others, and how others are served or brought together. The driving force behind the unglamorous hours, days, months, and years of toil and preparation for events that would publicize their cause is *inclusion*. Rick has written this statement as a summary: "The message of Team Hoyt is that everybody should be included in everyday life." (Parts of the above are summarized from Sam Nall's full-length biography of Team Hoyt, *It's Only a Mountain*.)

Dick Hoyt knew he was capable of helping his son, and dreamed of accomplishments they could share. More importantly, he BELIEVED in his son and in himself. They developed a shared mission, and accomplished the goals they set, one by one. They also shared their achievements with the world by helping to raise money for other people with disabilities.

## ***Self-Assessment # 5: My Life Story***

Everyone has a story! You may not think your “story” is anything of note, but it is—certainly to you, but also to many around you. It doesn’t matter how ordinary, how painful, or how **ever** it may appear to you. The most important person to be aware of and learn from your story is you!

So we want you to write out your story in whatever manner or whatever length you’d like. Even if it’s just a few short paragraphs, it will be a helpful process and will enhance what you will get out of the other exercises in this book. Include whatever you think might be meaningful. Start at the youngest age possible. If you’d like, include some comments about the “setting” you came into—parents, grandparents, geography and culture, etc.

While we don’t suggest any limitations on what you include, it may prove most beneficial to focus particularly on things that will boost your self-respect, self-love (not self-absorption or arrogance), and your gratefulness. If you see patterns of progress, record that. (We all have them, and focusing on that may help dispel any tendency to feel we are going *backwards*.)

It may also be helpful to look at what you have done to overcome obstacles and challenges you have faced. If you feel you haven’t fully overcome them, at least give yourself credit for how you have coped until now, knowing you will use them later as building blocks in fulfilling your destiny.

As to the writing process, remember that *you* are the only audience for this...so write just as things come to mind, without concern for proper wording, grammar, or spelling. Write just as you would speak if sharing the story with a completely trusted friend or family member. Anyone who has even the most basic ability to put words on paper can write this way; so if you've thought you couldn't, try setting that assumption aside and just letting flow what comes to mind. Write as much or as little as you want; you can always add to it later.

## ***Nurturing Your Heart's Desires***

*"Follow your bliss and the Universe will open doors  
for you where there were only walls."*

*Joseph Campbell*

Much of our life is spent learning to suppress rather than nurture our heart's desires! Seldom do we allow ourselves to enjoy the specific people, activities, and outcomes that we hold so close and dear to the heart.

In adulthood, most of us get really good at it! Yes, some gratification needs to be deferred. But we often take it too far, not only deferring, but often abandoning important desires. And these are often desires that will benefit other people as well—not just "selfish" desires.

Messages coming to us from our toddler years onward scream out, "Don't touch that," "You can't do that," "You have to be practical," etc. By the time we have enough understanding and skills to actively pursue many of our dreams, most of us have learned to put them in the background, if not bury them altogether.

The exercises in this playbook are designed to help you get in touch with desires of your heart that you may have allowed to be buried. This entire book is largely about nurturing your heart's desires, expressing them, and seeing them come to fruition.

One of the ways we nurture our dreams and desires is to nurture *ourselves* so that we have the energy to pour into our dreams. We may indeed need to be "practical" in terms of staying

with a less-than-ideal job, at least for a time. Yet if we carefully manage our energy, our time, and our emotions, we can nurture the desires of our heart by giving them some of our energies as well.

To do this, we may have to shift some of our “relaxing” habits, which often prove to be *not* very rejuvenating. We may have to spend some time doing meditation or journaling, reviewing our goals, visualizing, etc. instead of watching TV or going out socially for nothing but small talk.

Through the Ultimate Destiny program you have access to incredible resources from Heart Math, The Love Center, Glen Clark’s *I Will Lift Up My Eyes*, *Meditation* by Roy Eugene Davis, *Affirmations* by Reverend Anne Marie Evers, the *Treasure Map* Worksheet, the *Power of Prayer Treatment*, and the *Success Map Exercise*. Use these resources not only to help nurture your dream but to help identify coaches and cheerleaders that can support your mission.

Heart Math is a company that has created a powerful and easy-to-use computer-based system to help you get into the “zone” of high performance. It also trains you to more quickly and effectively enter a relaxed state in which you get in touch with profound feelings of appreciation and gratitude—the very emotions needed to help you grow and reach your full potential.

You can find more about this incredible tool at [www.ultimatedestinyuniversity.com/heart\\_math.htm](http://www.ultimatedestinyuniversity.com/heart_math.htm).

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Meditation is a powerful way to keep desires alive without letting them become addictive. Meditation takes many forms but it will suffice here to say that the key is to jump in somewhere and begin practicing it. If you practice the type of meditation that has no focus of thought or attention, but is receptive, you may find that ideas come to you that represent expansion of your consciousness.

In this area of nurturing desires of the heart, let your creativity go! We are giving some suggestions here, and will do so throughout the book, but something not included here might be what will really work for you. Finding and spending time with your coaches, mentor or Mastermind group and asking what works for them is one way to get new ideas and perhaps combine techniques into something that is natural, easy and effective for you.

If you identify what you want from the deepest fibers of your being—from the bottom of your heart—those dreams will provide a strong foundation to push from when working towards fulfilling your Ultimate Destiny. Keep these deep, rich heart desires close to you and use them to keep you motivated. Know that as your Ultimate Destiny manifests itself, you'll be able to honor those relationships and events from the deepest part of yourself. This is living at its highest.

## ***Self-Assessment #6: Treasure Mapping***

For this exercise, we are asking you to make a TREASURE MAP that symbolizes your Ultimate Destiny. (This idea was excerpted from a Unity pamphlet; Unity is the publisher of *The Daily Word*.)

Treasure Maps are visual tools for building the *inner experience* of a desired result in its completed form in order to facilitate its manifestation in the outer world. These maps will help you form a sharp, clear image or mental and emotional pattern for your goal. They tend to focus energy into the matrix of your chosen goal. This highly charged seed matrix then influences the creative flow of energy by drawing whatever is needed into the pattern so that the desired result can manifest.

This process might be compared to the transmission of a television program. The transmitter radiates energy, which vibrates at certain frequencies and wavelengths with a specific pattern (the TV program). This energy is then picked up by receptive TV sets and reproduced in visible form.

Receptive and appropriate people and things resonate to the frequency that you transmit. Actually, they are doing this all the time. The Treasure Map assists you in creating and radiating a clear image of your desired result. You and the people and things necessary to actualize the image will then gravitate together like magnets, to manifest the image on the three-dimensional plane of everyday reality.

This principle is used by architects and builders to create houses, office buildings, bridges, and rockets to the moon. They create scale drawings and models of their intended result. Then all the things necessary for its manifestation, including financiers, workers, highly skilled experts, and materials can gravitate together to actualize the created image.

Here are some simple guidelines to assist you in creating the most effective Treasure Maps, in order to get the most dynamic and satisfying results:

- 1) Create your Treasure Map by drawing it or cutting pictures, photos, and drawings out of magazines, books, or newspapers, always selecting images that represent the desired choice in its most ideal and complete form. *Do not attempt to show **how** it will happen.* Do not allow your image to reflect your doubts and uncertainties.
- 2) Make your map whatever size is appropriate for you. It can cover an entire wall of your house, or it can be wallet size. Many people like to make them letter size so they can fit in a binder. Others use 30" x 36" poster board. Some people make small treasure maps to use as book markers. Make it the size that will work for you.
- 3) Put yourself in the Treasure Map! Paste a recent photo of yourself being, doing, or having the desired result.

Depending on your goal, draw a picture of yourself in your new relationship, or driving your new car, or sitting in a lotus position with a serene smile on your face. It's up to you!

- 4) Use colors to add power to your Treasure Map! Colors vividly increase the impact of the image on your consciousness and intensify the focused energy.
- 5) Make it look real as possible.
- 6) Graphically portray a connection with the Infinite Source of all things, using a symbol that is real for you. Include a symbol to indicate where your fulfilled desires will come from so that you retain a true perspective, i.e. God, Christ, Buddha, Sun, Rainbow, etc. The everyday world is not your source; you are creating afresh from the Infinite Source.
- 7) Be sure to include some money so you won't get stuck with a lot of expenses and bills when the object of your desires appears in your life. Draw dollar signs or paste pictures of money (or actual money) on your Treasure Map.
- 8) Put appropriate affirmations on the Treasure Map! It is also advisable to include the following affirmation or something similar somewhere on your map: "This or something better now manifests for me in totally satisfying and harmonious

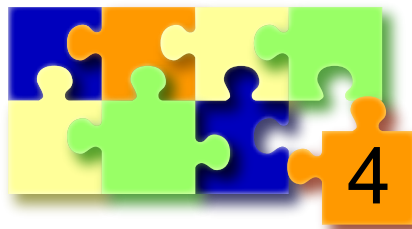
ways for the highest good of all concerned.” This enables you to remain flexible while persisting towards the complete manifestation of your goal.

Just the process of creating your Treasure Map will initiate the manifestation process dynamically. To achieve the maximum results, it is important that you spend a few quiet moments looking at your Treasure Map every day. The best times are just before you go to bed and just after you awaken in the morning. Each time that you contemplate it, you intensify the creative process.

You can accelerate the process by bringing the image of your Treasure Map to mind during the day from time to time. Simply picture it in your mind. No effort is necessary.

Treasure Maps enable you to consciously begin to create your world the way that you want it to be instead of unconsciously allowing your habitual and conditioned responses to create it some other way. These maps can also be valuable tools for dissolving barriers to a more abundant, prosperous and fulfilling life.

You may want to get started now and begin pulling together various images and thoughts as you complete the rest of this program, which will help you arrive at a clear understanding of what you want to include on your Treasure Map. ♦



# Chapter Summary

## 4 Believing in a Better Life

Ultimate Destiny Success Puzzle

"As a man thinketh in his heart, so is he."  
Proverbs 23:7

### **Tool Tips:**

Success Outcome Map  
Golden Bridge Exercise  
Visioning Worksheets  
Spiritual Mind Treatment  
Power Vision Exercise

"One of the advantages of being disorderly  
is that one is constantly making exciting  
discoveries."

A. A. Milne

"Follow your bliss and the universe will  
open doors for you where there were only  
walls."

Joseph Campbell

## GOALS



*The Most Important Goal;  
is Having One*  
Janice Rogers

Make a TREASURE MAP  
symbolizing your Ultimate Destiny.

1. Learn to envision things in a way that allows you to see yourself fully integrated into your Ultimate Destiny.
2. Nurture your heart's desires! Enjoy the positive feelings of holding such dreams and desires right now being filled with even more positive feelings when they come into full expression!
3. In discovering and manifesting your Ultimate Destiny, you will sometimes need to work closely with other people.
4. The amount of money earned is not necessarily a measure of success in fulfilling one's destiny.
5. Write out your story even if it's just a few short paragraphs, it will be a helpful process and enhance what you will get out of the other exercises in this book. Focus on things that will boost your self-respect and self-love and your gratefulness.
6. Write just as things come to mind, without concern for proper wording, grammar, or spelling. Write just as you would speak if sharing it with a completely trusted friend or family member.
7. Spend some time meditating, journaling, reviewing goals, visualizing, etc. instead of watching TV or going out socially for nothing but small talk.
8. Ultimate Destiny's program gives you access to incredible resources such as Heart Math, The Love Center, Glen Clark's I Will Lift Up My Eyes, A Meditation by Roy Eugene Davis, Affirmations by Reverend Anne Marie Evers, the Treasure Map Worksheet, the Power of Prayer Treatment, and the Success Map Exercise.

### **Suggested Reading:**

'The Power of Positive Thinking'  
Norman Vincent Peale

Realize More of Your Potential, Fulfill Your Life Purpose and Co-create Your Ultimate Destiny!