

*Easy Peasy when you know is a light-hearted look at life and its problems, patterns and possible solutions.*

# **EASY PEASY: when you know**

By L. F. Radley

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ON THE DAY YOU WERE BORN  
YOU WERE SHOWERED WITH GIFTS FROM  
THE UNIVERSE. . .

AND SOME REMAIN HIDDEN,  
WAITING FOR YOU TO FIND THEM

INITIATIVE    SENSITIVITY    EXPRESSION  
PERSISTENCE    DRIVE    TOLERANCE  
VERSATILITY    SPIRITUALITY  
HARMONY

# EASY PEASY

WHEN YOU KNOW

L. F. RADLEY

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This book details the author's personal experiences with, and opinions about, whimsy, personal power, intuition, creativity, numerology and astrology. The author is not a healthcare provider.

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## **A CHILD**

A child is a gift  
We give ourselves,  
Our gift to the child  
Is to let them be  
Themselves—  
Nurturing them  
For all to see  
The unique person  
They were meant to be

**“Be who you are and say what you feel,  
because those who mind don't matter,  
and those who matter don't mind.”**

**—words often credited to Dr. Seuss, Bernard Baruch and others.**

## **Me Being Me!**

I'm going to tell it as I see it in this book, as if you were here and I was talking to you face to face. No beating around the bush at all! Why? Because I want you to know things I didn't know when I was a kid, and much older! I don't want you to waste years of your life going around, and around and around, in circles; or perhaps even worse, going backwards! It will be up to you to take notice of what I say, though, and then to make any necessary, constructive changes, for your life to evolve. I can't do the work for you. Only you can do that. Just know that I care, and I truly hope you, and the people around you, are as concerned for your well-being as I am.

Yes, even though I probably haven't met you, you still matter to me. Why? Because you are worthwhile. EVERYONE is! You just need to know you are. And by the end of this book YOU WILL KNOW! That is a promise; if you apply the positive changes I mention, of course. If you don't, then it will be you, not me, who breaks this pledge.

There's another reason I care. Imagine if we ALL decided to become the best versions of ourselves, in this lifetime. Can you visualise the change for our families, our local communities, our countries and possibly even the world? I can!

If you already know what I am about to tell you in this first part—if someone has been kind enough to inform you—that is so good! Later I will talk to you about what you can do, with this knowledge you already have, to help others. Many years ago, my penfriend, David, informed me that if we know something and don't share this knowledge, it makes us no wiser than those who don't know. Remembering his words was what spurred me on to write this story; for it's what I have learnt and feel the need to share. Now, let's get down to the nitty gritty! First! Whenever you are upset about anything, sit quietly and focus on your breathing. I believe the experts say it is virtually impossible to be frustrated, or upset, when focusing on breathing deeply. Of course, DON'T be silly and do this if something extreme is happening around you.

Now, it's comic time!





Now you've got the picture, let's continue to focus on YOU and your breathing; while I tell you something that could benefit you for a lifetime.

Take note here, for many adults don't know what I'm about to say. Or if they do it's not obvious, as lots of them don't ACT like they're aware!

What is this important information I want you to know, and to remember forever? It is to always, yes, that's ALWAYS, for anything in life, look at YOURSELF. Always focus on YOU and YOUR actions

and reactions. For it's the only way for YOU to know what to do, to move forward to where you really want to be in life.

I don't mean you always need to have a mirror in front of you. Though sometimes that wouldn't be such a bad idea; to check to see if you are smiling or looking absolutely annoyed with others and life!

Noticing YOUR actions and reactions, is the only way you'll find what YOUR talents, or problems, are. Then you'll see what it is YOU need, for you to be productive, purposeful and happy. This is important! What are YOUR needs?

To find what these necessities for your happiness are, think about how YOU are feeling in any given situation. Are YOU excited? Uncomfortable? Angry? Happy? Amused? Comfortable? Amazed?

These are some of the many different reactions, to what is happening around us, everyone can have in a day. And when you are feeling any of these varied emotions, take notice *why* you are feeling this way. Are you excited because something you've waited ages for is about to happen? Is it anger you feel? If so, then think about *why* you are angry, to see where it's coming from. If someone said something that made you feel angry, think about *why* this happened. For example, have you always felt ignored by friends, family or teachers? Now, has what someone said, or DIDN'T say, triggered feelings of anger or frustration in you? Look to yourself to see what happened, or wasn't happening, to bring on the feeling of anger, frustration or rage in you. Only you can know what upsets you, and what it is you want changed.

Now I have you thinking about you— *hopefully!* —I want to talk about you and the P.I.C. And what is the P.I.C.? It's *POWER, INTUITION* and *CREATIVITY!* And the great thing about the P.I.C. is, we all have it! And it's free! The universe gives the P.I.C. to everyone, without discrimination. Discrimination is a learned human trait. You can see that being taught everywhere. If you listen, you can even hear murmurings of intolerance against the weather. And it is just being itself. Like the rain knows how to fall any way but down. Really?!

Just get out of the rain if it's annoying you and focus on the things you *can* change. Concentrating on WHAT you can actually change, allows you to DO something to enhance your situation.

Remember, your intuition comes first; when your mind is quiet, and you are not worried or frustrated. Then you can get a feeling of what is right or wrong, and your power to do something positive can kick in, with your reasoning ability. This gives you the capacity to go on to create the situation you'd truly like. Even though your intuition comes first, I think calling it the P.I.C. is easier to remember.

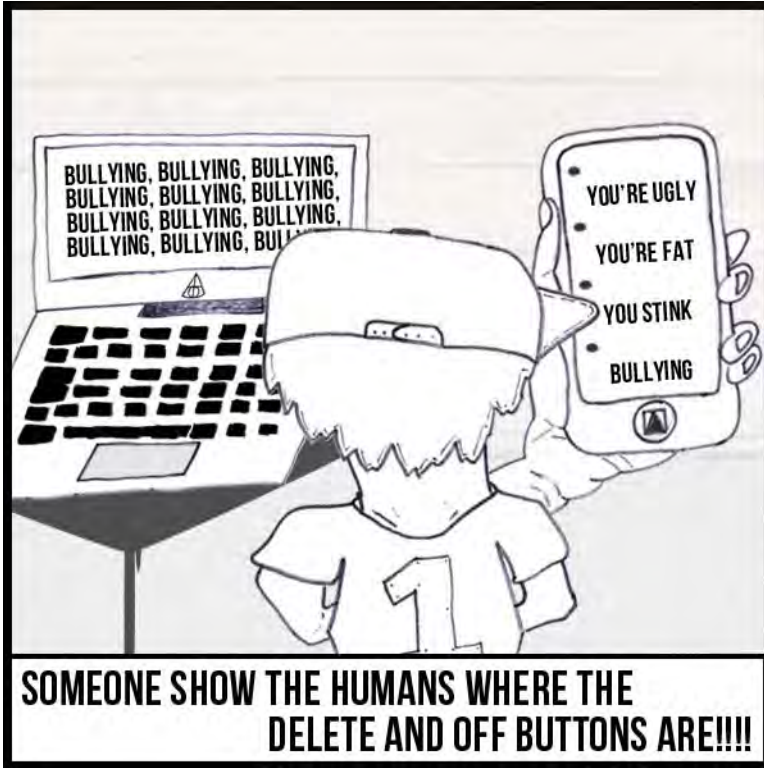
Whatever you call the combination, why not just USE these three magical gifts you have, the power, the intuition and the creativity, to move you in the direction of your best possible life. Use the P.I.C. or lose it! Well, luckily, you lose it ONLY until you stop focusing on the crap, quieten your mind, and start using again. This is one time when being a user is a good idea! It is comforting to know the P.I.C. will always be there when you need it. Remember, if you have an

unbearable situation and YOU do nothing, if YOU take no positive action, if YOU don't use YOUR power to help create a different situation, then the outcome is likely to be negative, or will not change. Think about it. If I was a bully and called you names, and made you feel uncomfortable and angry, who is the one feeling upset and annoyed? You! Not the bully. It is always you, the one who has the hurt, angry or frustrated feelings, who needs to look at how to get to a better place. Remember, the P.I.C. is your *power, intuition* and *creativity*! Listen to your intuition, which can come in strongly when you are relaxed, then use your power to create the situation you really want. I can't say it enough, if you have a concern and do nothing, if you take no positive action, if you don't use your power, then the outcome is likely to be negative, and will not change. Then you are the one who will be feeling miserable. The bully has probably moved on, to try to make someone else feel bad.

It is only because the bullies of this world do not know how to get their needs met, in a different way, a positive way, they continue to act as they do. They just probably want to be noticed. However, instead of doing something constructive with their talents to get noticed, they do the opposite. They do get attention, but it is not in a way that can lead them to their best possible lives. Yes, even the bullies need help to know their most contented, productive and creative lives can be found only by looking at themselves.

At the moment, though, they are probably too busy trying to bully someone, to know this. But if YOU all know, then they will have nobody *to* bully! It is so very important NOT to take notice of anything negative that others say to you, or about you. Maybe you could tell a parent, policeman, teacher or principal about any bullying. Getting off the internet or phone, if that is where the bully is bullying you, is a good idea. Get out of their line of fire! You need to do something positive and different, from what you are doing, so that YOUR needs can be met. That's using your P.I.C!

Always notice what emotions come up within you, then focus on where any negative feelings are coming from. Then YOU can find ways to fix the problem, so YOU can have more pleasant experiences. Remember, anyone who is looking out for you will want the best for you. To get the best from others, we need to focus on what they do well. Whenever you feel good, look at why you do, so this can lead you to have more of these satisfying feelings. I will talk more in-depth about pleasant emotions, and where they can lead, later. But next, let's discuss the basics! Before that, though, let's hear what an alien could possibly say, if they were looking down at us from outer space, in COMIC TIME!



**"Tell me and I'll forget. Show me and I may not remember.  
Involve me, and I'll understand." — Native American saying**

**Now, PLEASE DON'T PANIC!  
But I believe life is a bit like mathematics.**

True! No need to freak-out, though, as this is a good thing. You don't think so? Alright, let's see if I can bring you round to my way of thinking about this. I'm sure you'll agree everyone needs to know basic mathematics, before going on to learn higher mathematical stuff. That we need to know how to count, add, subtract, multiply and divide, first. Then, with this knowledge, we can go on to learn higher mathematics. If we want to, of course!

As you probably already know, anyone who can't read or write can be cruelly labelled as being illiterate, right? Bear with me, I'll come back to mathematics, and life, soon. I promise. Now that I have lived OVER thirty years and made many mistakes, and have learnt from most of them, I have noticed anyone who doesn't know life basics, so they can go on to live the best life possible—for themselves—is not discriminated against with an unfortunate label. Unlike the person who doesn't have basic reading and writing skills. It made me wonder why people without basic life skills aren't called 'il-lif-er-ate,' the name I made up that means, 'without basic life skills.'

I thought of this name only to show how sad it is that we label others, instead of sharing our talents to help each other. For we move forward in life only when others share their talents, to help us. And if YOU don't know that YOU need to subtract all the crappy things from YOUR life that are holding YOU back, as well as to then add the good things to your life, that can help you progress to where you really want to go, you don't have basic life skills.

When you do acquire these essential life skills, you automatically know you need to remove the things in your life that are holding you back; then add more of the positive ones, to help you to move towards where you want to be. It's a formula that works! Now do you see why I think life is a bit like mathematics?!

Reading and writing skills are the same. Try moving forward in that area, without first learning the alphabet, next how to spell, and then how to write sentences. That's what I had to do, and much more, before I could write this story. I had to learn the basics first, before I messed with them a bit!

Mastering the basics is the only way to go forward, in anything we undertake in life. So, what makes you think your actual life, and emotional stuff, is any different? It isn't. I remember being excited when I discovered the similarities between life and mathematics. I shouted out to my son, who was about twelve at the time, 'Wow! Philosophy— life— is just like mathematics!' He came into my room, smiled wryly at me, and said, 'Mum, all the great philosophers have



been mathematicians, too!’ Who knew? Not me, until then. I thought I had made a great discovery. And it all made perfect sense. If you keep on making the same mistakes, you keep getting the same destructive results. But change the formula by taking the destructive things, or people, out of your life and by adding positive, constructive ones in, well guess what? You could just get beneficial change. How cool is that? Check in with your feelings regularly, and even more often when things don’t seem right. Remember to use your P.I.C.—your *power, intuition and* creativity! If you have a sore foot or stomach, YOU go to see a health professional to get it checked out. Someone else doesn’t go for you. Someone can go with you, but they cannot get treated *for* you.

Then the healing community can help meet YOUR need to feel good again. But it is YOU who decides to take the first step to tell someone, so your requirements can be met. You use the power, when YOUR intuition tells you that getting therapeutic help will be what is necessary to get better; if *you* are the one who is sick. Then you, with the help of the health professionals, can create a well body. See how being creative is more than acting, writing, painting and singing?!

Looking at, and to, yourself for answers, is always the first step in life basics, and life in general! When you do this, and know what you need, other people can help you meet these requirements, too. Then you can move forward, to create the kind of life you really want.

Have you heard of Liz Murray, who, as a young girl, went from being homeless to Harvard University, the oldest university in the

USA? Hers is an inspirational story of what you can do, if you try. If you are feeling a bit sorry for yourself, have a read of an excerpt of her story, below, taken from Wikipedia a while back, and know that there is always help around, when YOU decide to do something different. Liz's story is of a young woman who did just that, against all odds.

*Liz Murray was born in the Bronx, New York on September 23, 1980 to poor and drug-addicted parents who would later each contract HIV. She became homeless just after she turned 15, when her mother died of AIDS, and her father moved to a homeless shelter. Murray fought through some incredibly difficult circumstances and was finally able to turn her life around when she began attending the Humanities Preparatory Academy in Chelsea, Manhattan. Though she started high school later than most students and remained without a stable home while supporting herself and her sister, Murray graduated in only two years.*

*She was awarded a New York Times scholarship for needy students and was accepted into Harvard University, matriculating in the fall semester of 2000. According to her book *Breaking Night*, her older sister Lisa graduated from Purchase College in New York State and is a school teacher for autistic children. In late 2006, her father died of AIDS. She returned to Harvard in 2006 and graduated in June 2009. As of August 2009, she began taking graduate courses at Harvard Summer School and would like to earn a doctorate in clinical*

*psychology to counsel people from all walks of life. She is the founder and director of Manifest Living, a company that provides a series of workshops that empower adults to create the extraordinary things in their lives. A made-for-TV film about Murray's life Homeless to Harvard: The Liz Murray Story, was released in 2003. Liz Murray's New York Times (USA) & Sunday Times (UK) bestselling memoir "Breaking Night" was released in September 2010.*

Liz Murray's story is a great one, of what can happen when we choose to do something different. Something positive. Here is a little poem I wrote about choices!

**IT'S ALL ABOUT CHOICES!**

Choices, choices everywhere—

Will it make me fat?

Will 'They' stop and stare

If I wear that? —

And how do I cope

If 'They'

Think I'm a dope?

Choices, choices everywhere

And do I really care

If 'They'

Think I stink?

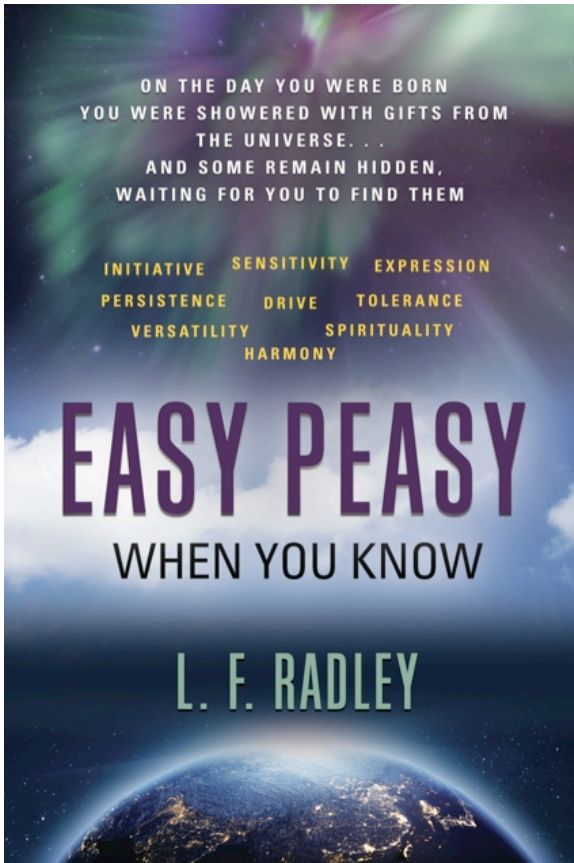
*L. F. Radley*

Guess it all boils down  
To  
Another choice—  
Will I lose myself  
Or find  
My voice? —  
And what will I lose  
If I choose  
What is best for me?  
Maybe only the  
'They' who  
Weren't even aware—  
Who didn't even care—  
'They'  
Were in the way  
And were stopping  
Me  
From becoming the best 'Me'  
I can possibly be!

So, why not use the tools the Universe gives you for free; or else you might just BECOME a 'tool,' for others to use as they see fit. By bullying you or controlling you in some way!

Now, it's comic time!





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