

**MIRRORS**  
*of Love*™

*In Acts of*  
**COURAGE**



# **CRITICAL ACCLAIM**

*for*

## **MIRRORS of Love – In Acts of COURAGE**

“It is an honor to be a part of this book. Cheri has a way of getting to the heart. Her writing goes much deeper than most. The description of the situations make me feel like I am right there in the moment.”

**Rachael Lampa**, Louisville, Colorado  
Top Christian Teen Vocalist

“Everyone wants more courage and by reading this book, your courage will expand instantly and dramatically.”

**Mark Victor Hansen**, Southern California  
Co-Creator, #1 *New York Times* best-selling series,  
*Chicken Soup for the Soul*®

“Cheri Lutton serves up an impressive roster of heroes who inspire by their courage and examples, making a positive difference in our world.”

**Dan O’Neill**, Bellevue, Washington  
President, Mercy Corps

“Cheri is a tremendous writer ...the words just flow beautifully from one thought to the next. An intimacy with Cheri is developed from the first page. WOW!”

**Steve Siebold**, Boynton Beach, Florida  
Former Tennis Pro & President, Gove-Siebold Group



## *Critical Acclaim*

“Cheri Lutton has written a book that you will not only enjoy reading, but it will help you to realize that courage exists in people from all backgrounds. By reading of the courage of others, it will help each of us to use courage in our life on a daily basis.”

**Don M. Green**, Wise, Virginia  
Executive Director, Napoleon Hill Foundation

“Mom, I feel very put to life by what you have written about me. Thank you so much for letting me be a part of this book. I truly appreciate it!”

**Crystal Lutton**, Lafayette, Colorado  
Cheri’s Daughter, High School Junior, Vocalist

“Although Cheri and I have all of our wonderful history locked away in our collective memories, it is a pleasurable experience reading about it in her written words. It is truly a delight to read her paragraphs of our journey together.”

**Steven H. Lutton**, Lafayette, Colorado  
Cheri’s Husband, Co-Owner, Renegade Press, Inc.

“As I read the chapter about myself, I was struck by the wonderfully descriptive and simple nature of Cheri’s writing. She was able to reveal things about myself that I often take for granted or just don’t realize. I like this guy!”

**Robert Troch**, Brooklyn, New York  
Sports Trainer & Owner, Injury Free Athletics Institute

“Mom, I thought my chapter was great. You used really juicy words. It inspires me how much time you spend making your goals happen.”

**Steven H. Lutton II**, Lafayette, Colorado  
Cheri’s Son, Fifth Grade Student, Football Player

“Cheri’s writing is truly inspirational and comes from the heart. It made me take a good look at myself, realize what I

have accomplished, and see my strengths again. Thank you, Cheri, for all your support and belief in me!”

**Liz Mostov**, New York, New York  
Entrepreneur, Volunteer, Animal Lover

“When I read my draft, I was stunned. In a few sentences, Cheri has captured my innermost being. She sees the essence of others, as well as she knows herself. The result is inspiring and energizing. Like everyone she touches, I want to follow her example and achieve my own highest and best purpose. I invite everyone who reads this book to climb on board Cheri’s celebration of humanity train. It is leaving the station and nothing is going to stop it!”

**Steve Immer**, Breckenridge, Colorado  
Music & Sports Lover, Entrepreneur, Volunteer

“I am so grateful for Cheri’s comments. When I read about myself, I wept and felt that I had been understood for whom I want to be. This portrayal in writing has lifted me closer in my own self-confidence. I am thrilled to see her work and know that others out there are trying to make a difference in uplifting people.”

**Dean Nixon**, St. George, Utah  
Emotional Growth Facilitator and Coach

“Cheri has captured the magical essence of my being and the parallel to Merlin was uncanny. I truly feel heard and seen far beyond what may appear obvious. I appreciate her for her clarity, wisdom, insight, and humor.”

**Patricia Krown**, Boulder, Colorado  
Life Coach and Therapist

“I feel honored to be mentioned in Cheri’s book. She is one of the most gifted writers and friends that I know. She has a



*Critical Acclaim*

great heart for teenagers.”

**Scot Keranen**, Portland, Oregon  
Teen Mentor, Youth Mentoring Int’l. Foundation

“What a beautiful writer ...I feel like I’m having an out of body experience and reading about someone else. I am truly blessed by being in Cheri’s life and having her in mine!”

**Steve Barnhill**, Denver, Colorado  
Former Baseball Pro, President, Bridges Int’l, Inc.

“Cheri’s writing has an almost mystical quality about it. I enjoyed her insights and feel flattered and honored to be included in such a powerful mission.”

**Renee Sisney**, Longmont, Colorado  
Director for Religious Education, St. John Catholic Church

# MIRRORS *of Love*™

*In Acts of*  
**COURAGE**

*Cheri Sutton*

Foreword by Larry Wilson,  
Founder, Wilson Learning Corporation

Afterword by Don Green,  
Executive Director, Napoleon Hill Foundation

Word Alive Press  
in collaboration with  
CCQH  
Winnipeg • Lafayette

**Mirrors of Love – In Acts of Courage**

Cheri Lutton

Word Alive Press, Inc.  
131 Cordite Road  
Winnipeg, Manitoba, Canada, R3W 1S1  
In collaboration with  
CCQH, Inc.  
Lafayette, CO 80026 USA

Copyright © 2002 by Cheri Lutton  
All rights reserved. Published 2002  
Printed in the United States of America

Mirrors of Love and CCQH are U.S. registered trademarks pending.

This book or parts thereof, may not be  
reproduced in any form without permission.  
ccqh.com and/or mirrorsoflove.com  
Published simultaneously in Canada.

Library of Congress Data

Lutton, Cheri.

Mirrors of Love – In Acts of Courage / Cheri Lutton

Foreword by Larry Wilson

Includes bibliographical references.

ISBN 0-9716449-3-4 (softcover)

1. Mirrors of Love – In Acts of Courage

Printed on acid-free paper

Edited by Stephen Immer and Amanda Okker

Cover and Graphic Design by Nikki Braun

These publishers have generously given permission to use excerpts from the following copyrighted works. Excerpts from *CROSSING THE THRESHOLD OF HOPE* by His Holiness Pope John Paul II, translated by Vittorio Messori, copyright © 1994 by Alfred A. Knopf, a division of Random House, Inc. Used by permission of Alfred A. Knopf, a division of Random House, Inc. From *GIFT AND MYSTERY* by Pope John Paul II, copyright © 1996 by Libreria Editrice Vaticana. Used by permission of Doubleday, a division of Random House, Inc. From *HIS HOLINESS* by Carl Bernstein and Marco Politi, copyright © 1996 by Carl Bernstein and Marco Politi. Used by permission of Doubleday, a division of Random House, Inc. From *DARE TO WIN* by Jack Canfield and Mark Victor Hansen, copyright © 1994 by Mark Victor Hansen & Jack Canfield. Used by permission of Berkeley Publishing Group, a division of Penguin Putnam Inc. Excerpted from *ROMEO AND JULIET* by William Shakespeare, edited by Louis B. Wright and Virginia A. LaMar, copyright © 1984 by the Folger Shakespeare Library. Reprinted by courtesy permission of Simon & Schuster. From *MY AMERICAN JOURNEY* by Colin Powell with Joseph E. Persico, copyright © 1995 by Colin L. Powell. Used by permission of Random House, Inc.

(Continued in Permissions Acknowledgment Section)



*To My Loving Husband,*

*Steve*

*&*

*My Beautiful Children,*

*Crystal and Steven*



*To Mary, Our Lady of Roses*

*And,*

*To the brave who have*

*Dared to follow their Inner Light*



# CONTENTS

<i>Lyrics</i> .....	xv
<i>Foreword by Larry Wilson</i> .....	xvii
<i>Preface</i> .....	xxi
<i>Acknowledgments</i> .....	xxiii
<i>Permissions Acknowledgments</i> .....	xxv
<i>Chapter Overview</i> .....	xxvii

## **PART ONE** *Courage in Spirit*

Courage in Spirit:

<i>Know Thy Self and Gain Strength of Character</i> .....	3
---	---

### **PROFILES**

Jesus of Nazareth .....	17
Mary, Blessed Mother of Jesus.....	25
Pope John Paul II.....	31
Steve Barnhill .....	45
Mother Teresa .....	59
Crystal E. Lutton.....	65

## **PART TWO** *Courage in Mind*

Courage in Mind:  
*All Things Are Possible to He Who Believes* . . . . .79

### **PROFILES**

President John F. Kennedy . . . . .91  
Larry Wilson . . . . .103  
Bob Proctor . . . . .119  
Mark Victor Hansen . . . . .133  
Steven H. Lutton II . . . . .145

## **PART THREE** *Courage in Body*

Courage in Body:  
*Stay the Course with the End in Mind* . . . . .155

### **PROFILES**

Steven H. Lutton . . . . .167  
Steve Siebold . . . . .179  
Rachael Lampa . . . . .193  
Robert Troch . . . . .205  
Steve Immer . . . . .211

## **PART FOUR** *Courage in Family*

Courage in Family:  
*Pray and Laugh Together, and Stay Together* . . . . .221

### **PROFILES**

First Lady Jacqueline Kennedy . . . . .231  
Yvonne Kalench . . . . .239  
Doc Moody . . . . .247  
Renee Sisney . . . . .255  
Melissa Montoya . . . . .265

## **PART FIVE** *Courage in Work*

Courage in Work:

*Live Today like There is No Tomorrow* ..... 273

### **PROFILES**

Robert F. Kennedy .....285

Dean Nixon .....299

Anita Sanders .....309

Secretary of State Colin Powell .....315

Patricia Krown .....333

## **PART SIX** *Courage in Society*

Courage in Society:

*Love Thy Neighbor as Thy Self* .....343

### **PROFILES**

Scot Keranen .....353

Grace, Princess of Monaco .....361

Elizabeth Mostov .....371

Diana, Princess of Wales .....381

America's Finest in the Wake of Tragedy .....395

*Afterword by Don Green,*

*Executive Director, Napoleon Hill Foundation* ...411

*Author's Comments* .....413

*References* .....415

*About the Author* .....423

*About CCQH, Mirrors of Love* .....424

*About MercyCorps* .....425

*About Diana, The Work Continues* .....426

*About The Princess Grace Foundations* .....427

*About The Missionaries of Charity* .....428



# **“Mirrors of Love in Acts of Courage”**

Vocals sung by Crystal Lutton /Lyrics written by Cheri Lutton/ Music by Rory Hoffman  
Final music composed by Rory Hoffman and Depot Music Productions, Inc.  
Produced & Distributed by Depot Music Productions, Inc. and CCQH, Inc.  
“Mirrors of Love” and *Mirrors of Love – In Acts of Courage* © Cheri Lutton 2002  
All publishing rights reserved. Mirrors of Love pending registered U.S. trademark.

What spurs a man to call the strength from within?  
Reaching in his soul, beyond fears and sin  
Living his passion in truth and loyalty  
To push forth and find Joy and Harmony.

What drives his woman’s heart to care ‘til she aches?  
Kissing tears away, mending tender breaks  
Holding her vision for possibilities  
To see through dark to bright realities.

Chorus:  
Mirrors of Love,  
Mirrors of Love,  
Mirrors of Love  
In Acts of Courage.

Bridge:  
Closely watch these brave, so bold and so selfless  
See reflections of the beauty they possess  
A human rose in bloom, unfolding more each day  
On God’s grand path . . . He leads the Way!

Falsetto Double Chorus

Can their youth be shown to tap this golden might?  
Seeking their best, soaring wondrous height  
Reaching that place where action leads the way  
For all to see . . . the Joy of Victory!

Mirrors of Love,  
Mirrors of Love,  
Mirrors of Love,  
In Acts of Courage,  
In Acts of Courage,  
In . . . Acts . . . of . . . Courage.





# FOREWORD

At some point in most people's lives, the two questions hit us right in the heart; Who am I? Why am I here? We could be faced with answering these tough questions very early in life, or, for some, in life's last few moments. Not that these questions were early or late; they've always been there, sitting on our shoulders, patiently waiting to be heard.

For some, the readiness to deal with life's queries occurs as an Awakening, a special time, a special place, a special happening that says, "You're ready, let the journey begin." For others, the questions seem to have always been there, hanging around like old shoes or old friends we wear or visit when the time is just right. Yet, I suspect for most, the state of denial is a favorite hiding place from the reality that these questions even exist. Or a clever way to avoid the uncomfortable possibility of our answers not being right, or fearful of our 'Being' just not being right.

Yet, whenever the student is ready, the right book seems to come along. And good news, Cheri Lutton's book has come along. As a gifted story teller, she also brings along interesting people whose stories hit us right in the heart as well as in the mind by including valuable clues, keys, insights, and wisdom to help us find our way on our own hero's journey.

I believe the purpose of a Foreword is to help the reader look forward to their experience of the book. So, with your

 *Foreword*

permission, I'd like to coach you to have the best possible experience with Cheri's diverse list of guests.

For the last few years, I've been helping organizations establish cooperative learning groups to support the personal growth of the associates of the various entities. We call these BE IT groups, the acronym standing for Being Energized and Inspired Together. The purpose of the BE IT group is to help all members support, encourage and coach each other to enjoy the greatest success and fulfillment while playing in The Great Game of Life.

We've learned some things about learning and growing. First, personal growth is not accomplished by just having the answers to life's two big questions. That's just the beginning, as in, "Let the games begin."

From there, we've got to get in the game, participate as a full-out player, step up to life's problems, challenges, and obstacles. Then, take the biggest bite out of life as possible. In Cheri's words, we've got to rediscover our inner courage and our innate capacity to love.

Now, if you're up to that picture, then picture this. Your primary life coach is Cheri herself. In this book, she's going to bring you stories of fascinating people who, in a big way, have been there and done that. They're going to share life experiences directly with you. You're going to take a look at courage from all walks of life with both famous and private individuals. You'll see firsthand how courage knows no boundaries and how we can *all* tap into its infinitesimal resource of strength and stamina. You're going to view humanity from the positive side of the world through Cheri's heart and words. You'll get a tiny glimpse of the enormous potential within humanity just waiting to be noticed and allowed to grow.

Ask and receive this book as your window of discovery. Knock and find your very own BE IT group that will support,

encourage, and coach you to find your own answers. How? Imagine yourself sitting with Cheri and her special guests in a tight circle. As each guest softly tells their story, the pain, the joy, the laughs, and the tears flow through the circle like an energy wheel spinning clockwise, then without warning, reverses polarity and goes the opposite direction. You're hearing and learning how they failed, and how they succeeded. What worked and what didn't work. How they found their courage and overcame their fears. How an ounce of love can defeat a pound of fear. How their inner beauty and capacity to love reflects upon us through their extraordinary acts of courage. As a member of the circle, an entire current of emotional energy and inspiration infects you. Their story becomes *your* story. Your story becomes *their* story. When you come to this book with an open mind and an open heart, be prepared. Be prepared to reconnect with the human race. Be prepared to wake up to a higher state of consciousness, awareness, alertness, and aliveness. Be prepared to look into this book as a mirror of love and courage. Please remember, though, that what you may have forgotten is your heroic self. Be prepared to come home. Enjoy the trip. So BE IT!

**Larry Wilson**

Founder, Wilson Learning Corporation  
Best-selling author, *Play to Win*  
Co-author, *The One Minute Sales Person*  
International speaker, consultant



# PREFACE

I hope that I can move you, as I have been moved, in the deepest sense of feelings . . . by the inner spirit that characterizes all the beautiful human beings that I have honored in the first of a multi-media series. They are honored for their touching acts of diverse bravery . . . through *Mirrors of Love*.

Nothing would delight me more in this tiny life of mine than to realize and witness a dream that I have of honoring people for their inner beauty and genius . . . and creating a positive movement toward celebrating the centered qualities of humanity.

*For what more can I offer than to honor my fellow man? What individual does not like to be valued and recognized for his or her ordinary acts of goodness and inner beauty? Who does not enjoy the inner warmth that radiates with a bright glow once a human being's spiritual light has been ignited?*

I offer to you the first flames of that igniting glow that I hope to build into a radiant illumination around the world. In *Mirrors of Love – In Acts of Courage*, I have etched a cross-section of literary portraits on various individuals—both celebrated and private—from all aspects of life who have illustrated their own unique acts of courage in their everyday lives. In surrounding our thoughts and heart in these acts, we create an experience that draws the spirit of our infinite goodness like a powerful magnet.

 *Preface*

This project is, however, based on these assumptions:

1. All men and women are created equal as human beings.
2. All men and women are created in the image and likeness of God.
3. All men and women are imperfect and may freely choose evil or good.
4. Good and evil coexist in earthly life.
5. Evil is a natural expression of hate.
6. Goodness is a natural expression of love.
7. Love nourishes and stimulates growth.
8. Growth, expansion, and fuller expression are the essence of life.
9. Life is supported by lawful principles of absolute certainty and beauty that apply to all of us equally.
10. Beauty is beyond skin deep, and needs to be expressed and nourished to thrive in life.
11. Each of us is a purposeful part of the universal miracle of life.
12. Each of us possesses infinite resources of courage.

Once these assumptions are understood and trusted, it becomes easy to realize how I might desire to spur interest in the courageous acts of love that human beings illustrate in their daily lives. In fact, I feel honored to express myself in this literary and multi-media endeavor. I consider this work as a very purposeful instrument that I have been inspired to accomplish through my devotion and faith in God.

*In our unwavering quest for excellence, we must savor the joys, which spring forth from our daily lives and admire ourselves for our blessings while being gentle with our errors. Only then, can we delight in our quest to honor the golden rule of compassion and embrace our neighbor in a sincere celebration of humanity.*

# ACKNOWLEDGMENTS

It is with heartfelt emotion that I express my gratitude to my husband, Steve, and children, Crystal and Steven, for their unwavering faith and support in me. I know that I am blessed to be surrounded by so much love and inner beauty from all three of them. My marriage only grows in love and joy as we share our visions with each other. Many a long night of writing and typing has kept me from my family, and I thank them for their patience and support.

Throughout this entire project, I have grown to rely on the good judgment of two of my close friends and business associates, Steve Immer and Robert Troch. Their belief in *Mirrors of Love* and CCQH, Inc. has kept me going during the valleys and fogs of this vision's arduous journey. As editors, Steve Immer and Amanda Okker have been instrumental in the integrity of this book. They pushed my envelope in the art of rewriting. I also thank publisher Jeremy Braun, graphic designer Nikki Braun, publicist Dan Smith, and the staff at Word Alive Press for their wisdom.

I thank the major publishers, photographers, libraries, and foundations that have either assisted or granted me permission to include their works in this book, especially Dan O'Neill – Mercy Corps, Don Green – The Napoleon Hill Foundation, Andrew Purkis – The Princess Diana Memorial Fund, Toby Boshak – The Princess Grace Foundations, the Sisters at The Missionaries of Charity, and staff at The JFK Library. Credit lines for these sources can be found on the copyright page and the Permissions Acknowledgments.



## Acknowledgments

I thank the Ulmers, especially Kim, Jackie, Eric, Kersten, and Steph for their inspiration, their belief in my vision, and in me. As the owners of Depot Music Productions, Inc., they have been instrumental in distribution and production of the “Mirrors of Love” theme song and book. Thanks to Rory Hoffman for his musical genius. Also, to Chris and Ash for their initial assistance. I am so thankful to my daughter for her beautiful voice and partnership. I thank many friends and family for all their enthusiasm as I pioneered into authorship and purpose. Thank you Lorraine, Herb, Anita, Cheryl, Harry, Shannon, Scott, and children. Thanks also to Robin, Laura, Sam, Shari, Termah, Diane, Liz, Sue, Aunt Irene, Mary Lou, Bobbi, Jeanette, Maureen, Rachel, John, Susan, Judy, Kurt, Jeff, Al, Reed, and Ed. Thanks, Catherine, Philissa, and the supportive nurses with whom I rocked preemies during many a long night. Thanks, Ms. Gilpin and the fourth graders for continued support and comments. Thank you, Betsy, my maid of honor, and bridesmaids, Lynn, Debbie, Mary, and Bev, for your support of whom I’ve become today.

I thank Larry Wilson for all of his unique words of wisdom and gentle BE IT support. The friendship and mentorship that I have enjoyed throughout this experience has proven to be one of the best gifts of the whole project.

I thank every person that I asked to be a participant in this book for their honesty in revealing their thoughts and feelings—and their belief in me. I take them very seriously and consider it an honor to be their friend. Of course, I am grateful to those individuals who have passed on for the privilege of studying their lives and their courage. Most of all, I thank the Lord for allowing me to honor his Son and Blessed Mother Mary. She has truly guided me.

Finally, I thank *you* for sharing in my journey. I hope that I have touched your heart and made a difference in your life. You have made a difference in *mine*. Dreams do come true!



# PERMISSIONS ACKNOWLEDGMENTS

The following credits are in acknowledgment of the generous support that has been received in granting permissions for valuable excerpts, lyrics, photographs, and other supportive documentation.

From WITNESS TO HOPE by George Weigel, copyright © 1999 by George Weigel. Reprinted by permission of HarperCollins Publishers Inc. on pp. 39. From THE NOBEL PEACE PRIZE 1979 – PRESENTATION SPEECH and MOTHER TERESA – NOBEL LECTURE, copyright © 1979 by The Nobel Foundation. Used with courtesy permission of The Nobel Foundation. From THINK AND GROW RICH by Napoleon Hill, copyright © 1963 by The Napoleon Hill Foundation. Used with courtesy permission of The Napoleon Hill Foundation. Submitted excerpts (pp. 1,5,6,16,237,238-9,246) from PROFILES IN COURAGE by John F. Kennedy, copyright © 1955,1956,1961 by John F. Kennedy. Copyright renewed © 1983,1984, 1989 by Jacqueline Kennedy Onassis. Foreword copyright © 1964 by Robert F. Kennedy. Reprinted by permission of HarperCollins Publishers Inc. on pp. 98-101. From WITH KENNEDY by Pierre Salinger. Used with courtesy permission of Random House, Inc. From YOU WERE BORN RICH by Bob Proctor, copyright © 1997 by LifeSuccess Productions. Used with courtesy permission of LifeSuccess Productions. From PLAY TO WIN by Larry Wilson and Hersch Wilson, copyright © 1998 Pecos River Change Management Group, a Division of Aon Consulting, Inc. Used with courtesy permission of Larry Wilson, Pecos River Change Management Group, a division of Aon Consulting, Inc. From Lyric of “The Sound of Music” by Richard Rodgers and Oscar Hammerstein II, copyright © 1959 by Richard Rodgers and Oscar Hammerstein II, copyright renewed. WILLIAMSON MUSIC owner of publication and allied



## *Permissions Acknowledgments*

rights throughout the world. International copyright secured. All rights reserved. Reprinted by permission on pp. 136-7. From THINK AND GROW RICH WITH PEACE OF MIND by Napoleon Hill, copyright © 1967, 1995 by David Hill and The Napoleon Hill Foundation. Used with courtesy permission of The Napoleon Hill Foundation. From PERFECT VILLAINS, IMPERFECT HEROES, RFK'S WAR by Ronald Goldfarb, copyright © 1995 by Ronald Goldfarb. Used with courtesy permission of Ronald Goldfarb. From JACQUELINE KENNEDY: THE WHITE HOUSE YEARS by Mary Van Rensseler Thayer. Used with courtesy permission of Little Brown and Company. From AS WE REMEMBER HER: JACQUELINE KENNEDY ONASSIS: IN THE WORDS OF HER FRIENDS AND FAMILY by Carl S. Anthony, copyright © 1997 by Carl S. Anthony. Used with courtesy permission of HarperCollins Publishers Inc. From GRACE by Robert Lacey. Used with courtesy acknowledgment of Penguin Putnam Inc. From EARL SPENCER: TRIBUTE TO DIANA, PRINCESS OF WALES, copyright © 1997 by Earl Spencer. Reproduced by kind permission of Earl Spencer for the Althorp Charitable Trust. Excerpts from personal interviews and photographs used by kind permission of Steve Barnhill, Crystal Lutton, Larry Wilson, Bob Proctor, Mark Victor Hansen, Steven H. Lutton II, Steven H. Lutton, Steve Siebold, Rachael Lampa, Robert Troch, Steve Immer, Yvonne Kalench, Dr. Richard Moody, Renee Sisney, Melissa Montoya, Dean Nixon, Anita Sanders, Patricia Krown, Scot Keranen, and Elizabeth Mostov. Makk Serigraph "Nativity" and "Resurrection Sacred Art prints reprinted with courtesy permission of Bridges International, Ltd. "Jesus" and "Mary" illustrations reprinted with courtesy permission of Crystal E. Lutton. "Jesus of Gethsemane" reprinted with kind permission of Painet, Inc. Excerpts from web sites and logos used by courtesy permission of MercyCorps; The Diana, Princess of Wales Memorial Fund; and The Princess Grace Foundations. Denny Nauman photographs reprinted with kind permission of Denny Nauman. Associated Press photographs reprinted with kind permission of Associated Press. Photographs of Jacqueline Kennedy, John Kennedy, and Robert Kennedy reprinted with kind permission of the John F. Kennedy Library.

# CHAPTER OVERVIEW

*Celebrating the Centered Qualities of Humanity*

**H**aving immersed myself in the fine thoughts of these honorable people, I can honestly say that my life has become a spectacular experience of joy, emotional reward and spiritual awe in the glory of God. Join me now and delight in the words that are set forth to celebrate their acts of courage, which deserve to be cherished by all. As we are what we think, we will receive seeds of goodness for giving our time to positive reflection. I wish you the same joy as you experience these . . . Mirrors of Love.

## **PART ONE** *Courage in Spirit*

### **CHAPTER ONE**

*Know Thy Self and Gain Strength of Character*

“Ask and Ye shall receive. Seek and Ye shall find.” These are the words of advice from Jesus according to Matthew 7:7. In our quest to find the meaning within our lives, we learn to listen to our inner voice and trust God’s boundless love for us in our human journey. Let us explore the laws of the universe and take a walk in the garden of our inner character. Thereupon, we will create a wondrous vision for an expressed life filled with peace, joy, and harmony.



## Chapter Overview

### **CHAPTER TWO**

*The Courage to Minister the Mystery of Life:  
Jesus of Nazareth*

Jesus exemplified a life of the purest integrity. He laid down a modeling path for all of us to be shown the way in our own daily lives. He did this so that we may walk with faith, courage, and serenity through our human journey of enlightenment toward eternal peace and salvation. All of us, Christians or otherwise, can take heart in the strength of character that Jesus demonstrated during his ministry. His short life on Earth has left us with much insight into how close we really are to God.

### **CHAPTER THREE**

*The Courage to Trust Her Destiny:  
Mary, Blessed Mother of Jesus*

Although Mary did not understand why or how she would be chosen to be the Mother of God's Son, she acted in harmony with her destiny. Mary's inner strength and unwavering trust in God's love reaffirms the beauty of purpose. Her life reflects the epitome of faith.

### **CHAPTER FOUR**

*The Courage to Walk His Talk of Catholicism:  
Pope John Paul II*

As I watched this little man get off the plane in his gifted hiking shoes after his visit to the Rocky Mountains of Colorado, I knew I was witnessing an historic moment. This would be a moment where love and law are woven together in this gentle hero of our time, Pope John Paul II. Any of us can benefit from the acts of spiritual grace that flow courageously from this wise Father of the Century.

## **CHAPTER FIVE**

*The Courage to Become a Player on God's Team:*  
**Steve Barnhill**

As the CEO and President of Bridges International, Steve Barnhill is one of the twenty-first century leaders who will bring about a bridge of mutual respect and understanding of the five traditional religions of the world. Steve shares with great candor his decision to move away from Corporate America and toward his mission for God.

## **CHAPTER SIX**

*The Courage to Embrace Humility in Leadership:*  
**Mother Teresa**

Mother Teresa exemplified a true, saintly life dedicated to purity. Yet, she was still a human being in modern society with all of the pressures of the world beckoning her attention. Mother Teresa, as petite as she was, moved mountains of indifference so that society would become more aware of the enormous need for compassion toward others. Mother Teresa helps us to understand that a focused thirst for God will guide us to his spiritual presence within us all.

## **CHAPTER SEVEN**

*The Courage to Trust the Inner Voice of God:*  
**Crystal E. Lutton**

My daughter, Crystal, at fifteen years of age, has shown remarkable strength and desire to push through fearful thoughts and peer pressure and find her own spiritual voice. I am honored to acknowledge her acts of bravery as the master of her own positive thoughts and actions.



## Chapter Overview

# **PART TWO** *Courage in Mind*

## **CHAPTER EIGHT**

*All Things are Possible to He Who Believes - Mark 9:23*

As in the gardens of nature, we, too, sow what we reap, especially in the recesses of our thoughts. Thoughts are things and powerful ones at that, so we must take careful observation of the precious thoughts we allow into our gardens of human life. We are the masters of our soul and the makers of our destiny. We can set our imaginations onto a wondrous journey of our own positive creation. We will examine the ways that we can assure ourselves a garden of bountiful blossoms in acts of goodness. We will tap into the precious resources of the human mind, which will strengthen our resolve even in the face of adversity.

## **CHAPTER NINE**

*The Courage to Envision and Execute:  
President John F. Kennedy*

This is the daunting story of the Cuban Missile Crisis and the wise leadership that President Kennedy displayed in the thirteen days of unprecedented suspense. John F. Kennedy inspires the world and provokes thought on the irrational and somber possibilities of fear-based thinking without regard for humanity.

## **CHAPTER TEN**

*The Courage to Play to Win:  
Larry Wilson*

Larry Wilson is a world-renowned speaker, author, and founder of two management-consulting firms. Larry will catapult his audience and readers into a vivid state of adventure.

A pioneer of growth-based leadership, Larry is a man who has used his mind to master his dreams and turn them into awesome realities.

### **CHAPTER ELEVEN**

*The Courage to Think and Grow Rich:*

***Bob Proctor***

Bob Proctor is a true gentleman, a scholar of modern times, and a mentor of mine in the Three Percent Club. I have been inspired and guided by his life, books, live programs, mentorship, personal advice, and living example of strength with style. Bob has shown enormous generosity in his willingness to help humanity in its quest for excellence. With wit and wisdom, Bob conquers mind over matter.

### **CHAPTER TWELVE**

*The Courage to Dare Beyond Belief:*

***Mark Victor Hansen***

Mark Victor Hansen has risen to the top of the best-selling charts along with his partner, Jack Canfield in their phenomenal creation of the *Chicken Soup* book and merchandising series. Mark has touched my life in his inspirational messages through tapes and live mentorship in the Three Percent Club, a prosperity-building organization. Mark is a master at thinking outside the box and actualizing extraordinary dreams.

### **CHAPTER THIRTEEN**

*The Courage to Be Honest:*

***Steven H. Lutton II***

My son, Steven, at eight years of age, has shown me his ability to step up to the task of accounting for his own daily thoughts expressed through his actions. It warms my heart to



## Chapter Overview

watch him grow and become a brave, young boy of integrity. He is learning that small daily acts of goodness begin to shape the person we will become during our life's journey.

### **PART THREE** *Courage in Body*

#### **CHAPTER FOURTEEN**

*Stay the Course with the End in Mind*

Our physical expressions are a manifestation of our spirit and thoughts in action. As we listen to our spiritual voice of God and learn to master our thoughts, we cultivate the garden of our heavenly life on earth. Our daily acts of purpose become the blossoms, leading to our achievements. Together, let us enjoy this dance of words as we observe the human spirit in its physical expression of valor.

#### **CHAPTER FIFTEEN**

*The Courage to Resolve Life's Adversity:*  
*Steven H. Lutton*

My husband, Steve, has brought to my life an entire collection of courageous experiences. He lives each day with perseverance and a hardened resolve to achieve a desired accomplishment. Steve's gallant character is reflected in his ability to put intent into action with glimpses revealed through the story of his tumultuous ski accident.

#### **CHAPTER SIXTEEN**

*The Courage to Go Pro Physically and Mentally:*  
*Steve Siebold*

A former tennis professional and championship player, Steve Siebold has coached many professionals toward achieving mental toughness in going for the gold in one's



life. Although I have never enjoyed watching Steve on the tennis court, his “eye of the tiger” approach to all of life’s victories has been a not-to-be-missed experience.

### **CHAPTER SEVENTEEN**

*The Courage to Sing for God:*

*Rachael Lampa*

As a young teen, Rachael Lampa has not only inspired me in her early success as a Christian vocal artist, she has indirectly given me encouragement in helping my own daughter in her gift of song. Rachael’s life exemplifies her lovely mission to sing and live for God.

### **CHAPTER EIGHTEEN**

*The Courage to Inspire Fitness and Fun:*

*Robert Troch*

A successful coach and entrepreneur in sports therapies, Robert Troch has become a close associate and friend of mine. He has brought lots of fun and insight into my life. Robert shares a portrayal of his focused stamina and his desire to enjoy life and touch others. As a fellow marathon runner, he knows how to stay the course and enjoy sweet success.

### **CHAPTER NINETEEN**

*The Courage to Be Real:*

*Steve Immer*

A warmhearted friend, Steve Immer delightfully portrays the motto, “to thine own self be true.” As a happy bachelor and a successful entrepreneur, Steve enjoys living and skiing in what he refers to as God’s country in Breckenridge,



## Chapter Overview

Colorado. Steve shares the joys of a lifestyle carved by a man who is driven to listen to his spirit of goodness, to think positively, and to become the person of his dreams.

# **PART FOUR** *Courage in Family*

## **CHAPTER TWENTY**

*Pray and Laugh Together, and Stay Together*

There is no stronger communal love than the bonds of unconditional love between husband and wife, parent and child. With God as our Heavenly Father, we can be guided through the pressures of life by our spiritual voice. We can learn to lean on our family values to build our thoughts and develop our inner character. We can trust in our family's love for us and model our strength of character in daily life.

## **CHAPTER TWENTY-ONE**

*The Courage to Walk through Darkness:  
First Lady Jacqueline Kennedy*

In 1963, the First Lady of America was called upon to lead her country and her family through the tragic loss of our President, her husband. I reminisce on her final walk of grace and strength during President John Kennedy's funeral, as well as her last days as our First Lady. Mrs. Kennedy's acts of bravery and her devotion to family life will continue to be a great source of inspiration throughout time.

## **CHAPTER TWENTY-TWO**

*The Courage to Love Unwaveringly:  
Yvonne Kalench*

Yvonne Kalench is a woman who honors the wedding vows "for better or worse, in sickness and in health, 'til

death do us part.” As a mother of two young boys and the widow of a genuinely great human being, Yvonne brings to my life her quiet inspiration of love and loyalty. Yvonne shares insight and poignant memories of her late husband, John Kalench, a celebrated author and founder of the successful coaching business Millionaires in Motion.

### **CHAPTER TWENTY-THREE**

*The Courage to Model Unconditional Love:*

***Doc Moody***

No family should be without Doc Moody in their lives. As Clinical Director for Sun Hawk Academy in St. George, Utah, Doc brought the light back in focus for our family during a dark period of stress. He also gave my daughter the tools to discern the path of goodness from the path of evil. His generosity and quiet, yet steadfast, example of the high road have always made me think of Saint Nicolas, Kris Kringle or Santa Claus. Doctor Richard Moody is well respected and admired for his work in the field of personal development and family counseling.

### **CHAPTER TWENTY-FOUR**

*The Courage to Model Respect and Value:*

***Renee Sisney***

Renee Sisney was the director of youth ministry at our parish, Sacred Heart of Jesus in Boulder, Colorado. Yet, in my eyes, I see her as a humble saint of the heart who values the human spirit. Renee speaks to young and old alike with a sense of joy and compassion that re-ignites the sense of community that is so needed in modern life. Renee gives families the kindling sometimes needed at home to nourish the warm fires of family life and values.



## Chapter Overview

### **CHAPTER TWENTY-FIVE**

*The Courage to Embrace a Christian Family Life:*

***Melissa Montoya***

Melissa, affectionately known by loved ones as Missy, has made a conscious decision in her youth to follow Christ and live her spiritual faith through her family as a devoted wife and mother. Missy has successfully created a home business so that she can combine her work and family life into a more balanced mission and lifestyle. Melissa's Christian model of living is inspiring through her quiet and loving acts.

## **PART FIVE** *Courage in Work*

### **CHAPTER TWENTY-SIX**

*Live Today Like There is No Tomorrow*

Earl Nightingale describes success as the progressive realization of a worthy ideal. In his gentle, yet, wise voice I can still recall Earl's message in the *Lead the Field* audio program, "Do all that you can today, giving all that you have, and take heart in the satisfaction that you have given the day your best." We can discover the fun in our work once we are certain that our work is in harmony with our true purpose. It requires just as much effort to work in disharmony as it does to work in harmony with oneself . . . if not more.

### **CHAPTER TWENTY-SEVEN**

*The Courage to Care Regardless of Consequence:*

***Senator Robert F. Kennedy***

Robert Francis Kennedy played many roles: son, brother, husband, father, uncle, friend, author, attorney general, senator, advocate, crusader, and more. In all of Kennedy's

works, I am reminded of the constant flame within him. This flame illuminated his bold spirit and actions, leaving the world a better place for all.

### **CHAPTER TWENTY-EIGHT**

*The Courage to Push the Envelope:*

*Dean Nixon*

Dean Nixon, a true family man, was the program facilitator of the behavioral growth seminars for youth and adults at Sun Hawk Academy in St. George, Utah. He has grown from his own struggles as a teen and has risen above limiting labels that would have caused many to crumble. Dean has struck our family's heartstrings and has moved me to become unstoppable in a quest for self-actualization. A delightful human being, Dean is a leader who can wear his heart on his sleeve and still get the job done.

### **CHAPTER TWENTY-NINE**

*The Courage to Honor Conviction:*

*Anita Sanders*

Anita Sanders, my husband's sister and a hero of my heart, shares her moments of triumph and trepidation while serving in the Persian Gulf War. Her humble acts of loyalty illustrate her unwavering convictions. Anita is a devoted family woman who is also willing to make tremendous sacrifices in honor of her country.

### **CHAPTER THIRTY**

*The Courage to Protect Human Dignity and Freedom:*

*Secretary of State Colin Powell*

As a family woman and an American citizen, I take pride in knowing that Colin Powell is the top diplomat in our



## Chapter Overview

country, making a significant mark in our foreign policy. It is assuring to know that there are leaders evolving in the free world that can help us discern the high road from the low road in our quest for peace and freedom. This is a man of “courage under fire” who will shape our history and our future.

### **CHAPTER THIRTY-ONE**

*The Courage to Reach Out and Touch Others:*

*Patricia Krown*

Patricia Krown, a life coach and therapist in Boulder, Colorado, has inspired me with her “live in Heaven on Earth” approach to her own daily choices. Patricia discovered her spiritual voice early in life and has a gift for helping others to find their voice. Patricia has grown firm in her spiritual nature and carries this strength in her quest to surround herself with like-minded playmates.

## **PART SIX** *Courage in Society*

### **CHAPTER THIRTY-TWO**

*Love Thy Neighbor as Thyself*

“No man is an island in of himself,” it has been said and proven true over time. The worthiest of life’s treasures are only available to us when we are willing to realize our universality and oneness with God. We can feel the emotions of joy, laughter, love, peace, and harmony only when we are humble enough to pay homage to humanity and all living creatures—great and small. With warmth and fun, let us walk together in our observation of this marvelous spectacle we call life and develop both our unity and uniqueness.

### **CHAPTER THIRTY-THREE**

*The Courage to Step Up to God's Calling:*  
*Scot Keranen*

Scot Keranen, a sixteen-year-old student from Oregon, has befriended me through our voluntary work together in the Youth Mentoring International Foundation (YMI). Scot inspired both my teen daughter and me in his warmhearted and genuine spirit. Scot shares his success in overcoming physical and social challenges and his leadership in promoting strong family life based on Christ's teachings.

### **CHAPTER THIRTY-FOUR**

*The Courage to Lead from the Heart:*  
*Grace, Princess of Monaco*

Grace Kelly was an icon in her Hollywood days and went on to become a real princess in Monaco. Throughout her life, she displayed a desire to please, be loved, and to love. With grace and style, she sought to become happy even with the pomp and protocol that she attracted in her life. Grace showed us just how much she cared through her boundless contributions to society.

### **CHAPTER THIRTY-FIVE**

*The Courage to Show Compassion for All:*  
*Elizabeth Mostov*

My dear friend, Liz, has lifted the hearts of many, including mine, with her laughter and her tears. Never afraid to show her true feelings, Liz models a life of tough love in the Big Apple. I see a determination in Liz that shows her zest and respect for life. Liz shares her love of service, especially her compassion toward animals, including her cats — Kiwi and Bonzai.



## Chapter Overview

### **CHAPTER THIRTY-SIX**

*The Courage to Find Goodness in Everything:  
Diana, Princess of Wales*

Diana truly was the people's princess, for she searched for goodness and found it in her compassion for others. Princess Diana never lost her shyness in spite of unprecedented public adoration. Still, she found the inner strength to overcome her celebrity, using her beauty and allure to captivate the world in her quest to serve humanity.

### **CHAPTER THIRTY-SEVEN**

*The Courage to Face Evil and Fight for Good:  
America's Finest in the Wake of Tragedy*

There were so many diverse acts of courage displayed when evil and good crossed paths in recent American history. Oklahoma City, Columbine, and September 11 have only served to harden the resolve of the American spirit in our pursuit for world peace, liberty, and happiness. Journey with me through these events as we pay tribute to all of the heroes who have risen above terrorism, and helped us to heal and grow.