

January 2007

**Mack Newton on ....**

Volume 8, Issue 1

**What My Great Grandma Taught Me About Life**

A lot of people believe in life after death, but I believe in life before death as well. My Great Grandma got me thinking that way. She told me "as long as you are alive, *live*." Don't die while you are still alive. You are here for a reason. Bring your life, your voice, your music into the great orchestra of life. Imagine four billion voices singing together, four billion lives living in harmony, creating and merging their own unique music into this great orchestra of life.

We were not born to be in bondage to life, but to celebrate it. We can experience heaven on earth if we can come out of our shells long enough to realize it. So many people's spirits have been worn down to a frazzle, just trying to survive, just trying to get through today. Well, okay, I guess sometimes life can be like that, just having to hang on through lots of challenges, refusing to give in to defeat. Sometimes life is a struggle, but we just can't struggle all the time. Some days we have to sing, to openly express our joy to others. We weren't born to just exist or serve as fodder for life's ups and downs. Consider the size of your brain and your intellect and your feelings and your emotions and your insight...how could you have been born without a purpose? Well, you weren't. We were born to manifest that glory of God that lives inside of us; we were born to create that orchestra of sound, of life, that is my belief. This is true no matter what your nationality, your culture, your religion, your beliefs, anything.

If you can't understand what I am saying then we need to get you out more often. We need to broaden your life. Your life is just too narrow. I would like to share with you some of the steps that I have been working on this last year. To me, life is a journey; we never, ever finish learning. Successful people see themselves as a road always under construction. And I see myself as a stairway leading someplace. As a child of the Creator, I know that my God didn't create a stairway leading nowhere. So that means I am going someplace, somewhere important. So I study and

things come to me sometimes by magic. But it's not really magic, it is actually attracted to me by the content and focus of my thought. The law of attraction is a real and powerful universal principle that says that you attract to you the people and circumstances, the actual events that are in harmony with your dominant thoughts. Here are some of the things that I habitually think about. They sound simple, but the difference they can make in your life is profound. These are my hopes for you in the New Year:

**1** Stop associating with negative people. Stop being with complainers, whiners and especially people who gossip and tell negative jokes. Instead surround yourself with positive optimistic people who will leave you uplifted, full of hope.

**2** Stop complaining yourself. What you focus on expands, and what you think about all day long becomes your reality. Why draw your attention to what is not working in your life? Focus your mind, instead, on what is working in your life. What is going right. Express an attitude of gratitude rather than an attitude of entitlement. Great Grandma taught me that lesson with dinner. She said you are only going to get more food when you finish what's on your plate. Practice gratitude and you will see results that you couldn't otherwise imagine. It will seem like magic.

**3** Turn off your television, and please don't give your kids carte blanche to TV. Much of the stuff that is pushed at us on television news promotes fear and focuses on what is not working. Television commercials and many popular programs can do tremendous damage to your self esteem by trying to show you what is not right about yourself or what you are lacking in your life. Young people can be especially affected by this. I am not saying that there aren't any good programs on television, but it has to be sought out, and TV has to be used judiciously. Don't just thoughtlessly turn on the TV and leave it on to baby-sit your children. A very dangerous habit.

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**"We were not born to be in bondage to life, but to celebrate it. "**

**—Mack Newton**

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# December Exams at Newton Taekwon-Do



A rigorous workout, stretching, and a Taekwon-Do class preceded the exams.



Kent McClelland, shown here breaking a board, was promoted to Blue Belt, 4th Gup.



Joe Bond (far left) was promoted to Blue Belt, 4th Gup.



Nick Kapande arrived from Denver with one of his students and gave a demonstration of technique with Master Newton.

Serving as judge with Master Newton and Nick Kapande was Nick Boodris, a former martial arts instructor, who has been friends with Master Newton for over 30 years. "After meeting Mack, it only took about 5 minutes for us to become best friends," says Nick. "We just clicked. We had the martial arts in common and the way we were taught. We've always kept in touch and no matter how busy our lives become, we always manage to contact each other." This is the third time Nick Boodris has served as judge for Newton Taekwon-Do examinations.



## Mack Newton on.... What My Great Grandma Taught Me About Life

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**4** Become a life-long learner. Don't see yourself as being finished, you are always a work of art in progress. Find out things that interest you, and read books about them. Did you know that fewer than 10% of the world are active readers, and those are the most successful 10%? A great majority of people haven't read a book since they graduated from high school. You don't have to believe everything you read in a book, or agree with everything you read. I certainly don't. But by reading you become a more independent thinker. It helps you realize how much power you have, and helps you make better decisions. Read from an inspirational book everyday. You will learn to rise above what previously seemed insurmountable.

**5** You know I don't like the word *negative* and I really don't like the word *critical*, but I'm going to give you an exception to think about. It's important to become a critical thinker. You may have already limited your exposure to negative, harmful people and the messages from television, the media and even some of your own negative self-talk. Yet some things will seep through. Many of our beliefs are unconscious beliefs based on fear and habits that have been part of our "programming" for decades. It will take serious work to counteract this program, so we want to look at ourselves critically; we want to critique ourselves on a regular basis. We want to say, *what's next? I'm doing well, but what is next? What can I change about myself, what is my next step?* Remember the road to success is always under construction, so we need to be critical of ourselves in a positive way because we are seeking positive results.

Great Grandma used one sentence to tell me how powerful I was. It took me a long time to learn this, but what she told me was this: "Mack, when you say the word 'I' what you are really doing is bringing together all the forces of your father in heaven and you as his son, in just one word, 'I.'"

*Imagine that power.* So when you say *I can do it*, you are evoking the power of the heavens to bear in your life right now. You can do it. You are not alone. You never are and you never have been. So in this new year, I hope you join the orchestra of life. Join four billion other voices and sing loudly, sing with gusto, *live* your life with all the passion and power you've got in you.

-MN



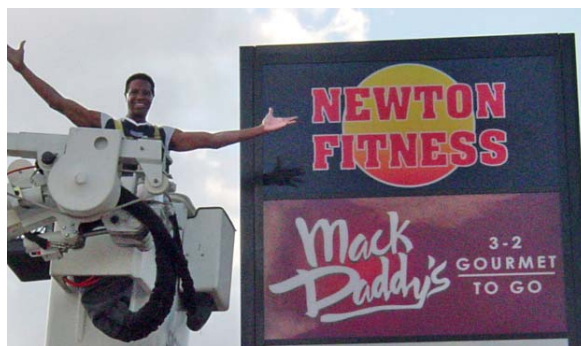
**Nikki Wooldridge**, who has been with Newton Fitness for over six years, will begin her new job as General Manager of Newton Enterprises when Mack Daddy's opens. She will oversee all the employees for Newton Fitness and Mack Daddy's as well as the day-to-day operations. "I'm looking forward to the new variety of work I will have," says Nikki. "I've always enjoyed everything that I've done here as well as adding different aspects to my job."

"Nikki's role in this cannot be overstated," says Mack. "Without her, I wouldn't have even considered the remodeling and building of Mack Daddy's that we're undertaking now. She treats this business as if it were her own, and truly understands and appreciates the goals that we're working for. Her consistency, her loyalty, her dependability, are invaluable to me."

**Jannie Schaller** started work at Newton Fitness in October to train as Mack's assistant at Newton Fitness. "I came to work for Mack because I wanted to work in a fitness-oriented atmosphere and I had heard really good things about him," says Jannie. "It's very motivational working here. I enjoy meeting different people and everyone is so nice. I'm learning new things every day. There's never a dull moment!"



"Jannie has the heart and spirit that I'm looking for in this position," says Mack. "Her drive and her spirit were the things that made me feel that she is a perfect addition to Newton Fitness."



**Mack Daddy's Nears Completion**

Mack Daddy's is scheduled to open during the month of February. "We're finishing up the interior and we're in the process of hiring people," says Mack. "With all the research we've done and the decisions that had to be made as we went along, the concept has still stayed very true to my original vision. With the consultants and advisors I have had, I have been privy to a combined total of nearly 300 years of restaurant experience. This is an idea whose time has come."



# Health Hero of the Month : Carrie Canizales

"I was ready for a change in my life," says Carrie Canizales about her decision to join Newton Fitness. "I had bad arthritis in my knees and knew I needed to lose weight. I had gotten sober about 2 years before that, and this was the next thing I needed to work on."

Carrie first heard of Mack Newton when he served as a guest DJ in early 2005 for a charity auction on KJZZ 91.5 FM radio. Carrie works at KJZZ radio and was introduced to Mack by Blaze Lantana. "I listened to what Mack was saying and read some of the newsletters he had brought. I looked him up on-line before he even left the station. Joining Newton Fitness sounded a little scary and like a huge challenge but I called him up the next morning and made an appointment."

Her first workout left her unsure that she could do what was needed. "It was very hard but there is something contagious about Mack's enthusiasm and his ability to inspire and motivate. I knew instantly it was something I needed on a lot of levels, not just physical, but on a spiritual and emotional level also."

Carrie says she soon realized that it was about more than losing weight or getting healthy. "It's about learning to follow through with things and stay disciplined. And how to

pick myself back up and continue forward when I fall back into old behaviors.

"Mack has impacted every aspect of my life," she continues. "The discipline and the learning that it takes to be in that class, I can now apply to every area of my life. I'm going to school now and I can use that discipline and focus and goal setting to achieve other things."

Starting January 20, 2005, at 268 pounds, Carrie has lost 55 pounds and reduced her body fat from 50% to 43%..

"I still feel bad that I couldn't

lose more weight in this time than I have," she says. "But although my pounds go down slowly, my clothes' sizes have gone down really fast." With her increase in muscle tone and decrease in body fat, she has dropped from a women's size 26-28 to size 14.

"I feel like a Phoenix that has risen from the ashes," says Carrie. "I've been sober for 3 1/2 years now, and this

is like the next phase of my life. My goal is to keep going and get as healthy as I can. I'm not there yet and I've got more to achieve."



**"I have put so many limitations on myself in the past. Now I know that I am capable of doing far more than I thought I could do."**

Carrie feels very fortunate that she has received a lot of support in her goals through her friends as well as the positive encouragement and support she gained from the people and clients at Newton Fitness. "What this has given me is huge, because I never had that learned discipline and focus. I have put so many limitations on myself in the past. Now I know that I am capable of doing far more than I thought I could do. I have no clue what I'm capable of in the future, so it's exciting to see what I'll end up like in the end."



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