



Being Alive

Evolutions in Being P.O. Box 4008 Chelmsford, MA. 01824 Eibeing.com 978-256-0438

What if?

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What if 2020 isn't cancelled?

What if 2020 is the year we've been waiting for?

A year so uncomfortable, so painful, so scary, so raw that it finally *forces* us to grow.

A year that screams so loud, finally awakening us from our ignorant slumber.

A year we finally accept the need for change.

Declare change. Work for change. Become the change

A year we finally band together, instead of pushing each other further apart.

2020 isn't cancelled, but rather the most important year of them all.

*He Promised to Die
'Broke.' \$8 Billion
Dollars Later, the
World is a Better
Place for it.*

On September 14, Charles "Chuck" Feeney signed the paperwork to shut down Atlantic Philanthropies. The ceremony was attended via Zoom by the philanthropies' board which included former California Governor Jerry Brown, Bill Gates, and Nancy Pelosi.

While most would think the shuttering of a philanthropic endeavor would be a sad event, it was just how Feeney planned. It marked the completion of four-decade mission to give away almost every penny of his \$8 billion fortune.

Feeney has saved \$2 million to live on for the remainder of his life.

"We learned a lot. We would do some things differently, but I am very satisfied. I feel very good about completing this on my watch," [Feeney told Forbes](#). "My thanks to all who joined us on this journey. And to those wondering about Giving While Living: Try it, you'll like it."

Feeney was one of the first signatories on the Giving While Living pledge that encouraged the super-wealthy to give away 50% or more of their fortunes while still living.

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His generosity was the inspiration for Bill Gates and Warren Buffet to sign their giving pledge in 2010. "Chuck was a cornerstone in terms of inspiration for the Giving Pledge," Warren Buffett told Forbes. "He's a model for us all. It's going to take me 12 years after my death to get done what he's doing within his lifetime."

Feeney co-founded retail giant Duty Free Shoppers in 1960 which now operates in 11 major airports and 20 Galleria stores. In 2017, nearly [160 million travelers](#) visited Duty Free Shoppers locations.

In 1984, he secretly transferred his entire stake in the company to Atlantic Philanthropies which he started two years earlier.

Not even his business partners knew that he no longer owned a portion of the company.

From there he began donating his massive fortune completely anonymously with the plan of giving it all away before he died. His cover was blown in 1997 when a lawsuit required him to reveal his charitable donations.

Feeney was able to amass even larger sums of cash because he was incredibly frugal.

"Until he was 75, he traveled only in coach, and carried reading materials in a plastic bag," [a New York Times feature read](#). "For many years, when in New York, he had lunch not at the city's luxury restaurants, but in the homey confines of Tommy Makem's Irish Pavilion on East 57th Street, where he ate the burgers."

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He currently lives in a modest apartment in San Francisco with his wife, doesn't own a car, and wears a \$10 Casio watch. On a table in his apartment he has a small, Lucite plaque that reads: "Congratulations to Chuck Feeney for \$8 billion of philanthropic giving."

Feeney gave nearly half of his fortune to education, including \$1 billion to his alma mater Cornell. He has given \$860 million to social change and human rights causes, \$700 million to promote global health, \$62 million to abolish the death penalty, and \$76 million on a campaign to support the passage of Obamacare.

He has personally supported Sinn Féin, a left-wing Irish nationalist party.

"I see little reason to delay giving when so much good can be achieved through supporting worthwhile causes," Feeney said. "Besides, it's a lot more fun to give while you live than give while you're dead."

The super-rich are often rightfully the target of criticism for having ungodly wealth while others struggle to get by. But Feeney is a fantastic example of the power of wealth and how industriousness and greed don't necessarily have to go hand in hand



Charles "Chuck" Feeney and Bill Gates
Photo: Chris Oechsli

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The CDC reverses heavily criticized guidance it issued last month about who should be tested for the novel coronavirus

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The Centers for Disease Control and Prevention updated its recommendation to call for testing anyone – including people without symptoms – who has been in close contact with someone diagnosed with covid-19.

The change took place after the agency was directed last month by the White House Coronavirus Task Force to shift its testing guidance. The Task Force-directed guidance said those without symptoms "do not necessarily need a test."



*10 Simple Things
You Can Do To Get
Through Hard
Times*

Life is a series of peaks and valleys. Sometimes you're up, sometimes you're down. But it's the difficult times where we need a little more support and guidance.

I'm a firm believer that it's how you respond in your moments of defeat that really defines the type of person you are.

When you can improve your ability to navigate the difficult times, you not only live a happier life, but you also grow as person. Here's how to make getting through hard times less difficult:

1. Stay Positive

"Life is not the way it's supposed to be, it's the way it is. The way you cope is what makes the difference." - Virginia Satir

Now I know this may sound cliché, but the thing about clichés is that they're typically true. Staying positive is only a small part in getting through the difficult times, but it's an important part.

When you stay positive, you're putting yourself in the best position possible to not only make it through those bad times, but become a better person in the process.

You can do one of two things when life takes a turn for the worst. You can remain positive and remind yourself that there really is a light at the end of the tunnel and that you'll make it through, or you can curl up in the fetal position and relegate yourself to being nothing more than a victim of circumstance.

I'm not saying that you can never have a bad day, or get a little discouraged, or shed a tear. But I am saying you have to eventually pick up the pieces and start moving forward.

2. Get Creative

There are times when you can't do much to change your situation. You just have to deal with it. But there are other times when you can actively work to make the situation better.

The solution won't be in plain sight, because if it was you probably wouldn't have gotten in that situation in the first place. But if you can take a step back and see the bigger picture, you may discover something that can help you.

A great example of getting creative during a difficult time is the story behind Wrigley's gum. The founder, William Wrigley Jr. was a soap and baking powder salesman in the 1890's and he always offered free gum to all of his clients. With his career as a salesman taking a turn for the worst, he noticed one thing that forever changed his life; people loved the gum he gave away more than the products he was actually selling. It was that one creative insight that got him through that difficult time and made him a monumental success.

3. Learn From the Difficult Times

"Facing difficulties is inevitable, learning from them is optional" - John Maxwell

When I find myself in middle of an ugly situation, I like to pick everything apart and see what went wrong and what I could've done differently. I always end up learning something that helps me and I eventually get a really clear picture of what I need to do to make sure I'm not in the same situation again. Or if I do find myself in a similar situation, I know what to do to minimize the difficulty of the situation.

4. Change It Up

After you identify the key takeaways from your difficult time, you just need to make a change. If it's a change you can implement immediately, do it. You don't want be in the middle of a difficult situation longer than necessary. If it's something that you can't implement right now, take note of it so you can use it when the the situation calls for it.

But it's pointless to learn from the difficult times if what you learned doesn't directly affect your actions.

I've really come to embrace the difficulties and struggles that life hands me because I know there's a silver lining in each one of them. You're a lot more resilient than you give yourself credit for.

5. Know What You're Grateful For

Gratitude means showing appreciation for all the good in your life, instead of focusing on the negative. Get clear about what it is that you're grateful for.

Write out everything in your life you can think of that you're grateful for having or experiencing. An even more powerful exercise is to think of the one person you're most grateful for, and write a note explaining why you're so grateful for having that person. Then give him or her a call and read that note to them.

The difficult time you're going through will start to seem less significant when it's compared to everything that's *going right in your life*.

6. Focus on What You Can Control, Not What You Can't

Some situations are beyond your control and no matter what you do, you can't change a thing. You're setting yourself up for frustration when you focus your time and energy on things you can't control. You're also making the situation seem even more bleak than it actually is because you're focusing on the negatives.

You should instead focus on the things that are within your control because that's the only way you can make a change that's actually going to help you. Make a list of everything you can control about the situation and divert all of your focus towards those things. Anything that's not on the list, doesn't get any attention.

7. Realize You've Come a Long Way

Sometimes we get so focused on the road ahead, that we never look back to see what we've already traveled. Give yourself credit for everything you've already done. You'll give yourself a confidence boost when you realize that you've already made so much progress and the light at the end of the tunnel will get brighter.

8. Build Up Your Community

Having the right people around you is one of the most important things you can do for yourself when the times get tough. You want to surround yourself with people who are loving, caring, honest, and available.

You need them to be loving because a little love always makes the bad days seem a little brighter. You need them to be caring because it helps to have someone who cares about your well being as much as you do.

*10 Simple Things
You Can Do To
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Times Continued*

But you also need them to be honest. You need someone who can look you in the eye tell you truth. Their honesty may be that one piece of information you need to get through the tough time.

And you need them to be available. When you pick up the phone looking for some compassion or honesty, it helps to have someone who's actually going to answer.

Community is also important because it helps to have someone who understands what it is that you're going through and can relate to your situation. If you can find a community who has been through what you're going through, you can find out how they made it and then apply that to your own life.

9. Be Kind to Yourself

You need to care for yourself to survive tough times. Take a walk through the park, lift some weights, read an amazing book. It doesn't matter what you do, just **do something** that gets your mind and body engaged at a higher level than wallowing in self pity.

10. Forgive

If someone else is at fault for the bad situation you find yourself in, the natural response is to harbor anger or resentment towards that person.

But what if instead, you forgave that person. You accepted what happened, but you no longer held it against them. You would feel better, because now instead of focusing on the negative feelings you have toward that person, you can focus on moving forward.

You can't really get through a difficult time when your every thought is about how upset you are with the person who got you into that mess. It just makes things more difficult.

Or maybe the difficult time you're going through is a direct result of something that you did. I've been there before, and I know I continually beat myself up about it. I couldn't forgive myself. I almost felt obligated to be hard on myself.

The problem with that is, it only makes things worse. You get caught in this revolving door of self hatred and feeling worse, and there's a swirl of anger and frustration and self doubt. It's ultimately a recipe for disaster.

"Thus - in that consciousness of daily living and being that which is in keeping with the ideal - life and its problems becomes not a burden, but opportunities - for the greater expressions and expansions of self in knowing that as ye sow daily the fruit of the spirit, ye need not worry nor fret thyself as to its growth."

Edgar Cayce reading 641-6

"Then, let that faith, hope and light in LOVE guide thee. And whether in song, in verse, or in what manner of means it may take, let THIS source of supply be thy energizing influence in thy days and hours of expression. And ye shall find that there will come in many ways those things necessary for this period when the souls of men are being tried, when those strained relations between brothers here and there are so prevalent."

Edgar Cayce reading 489-4

"Keep an attitude of helpfulness, cheerfulness, helpfulness. BE OPTIMISTIC! At least make three people each day laugh heartily, by something the body says! It'll not only help the body; it'll help others!"

Edgar Cayce reading 798-1

"In thy experience comes material, spiritual, MENTAL experiences. Be a thorough discerner of truth. Hold to that which IS eternal and changeth not in its purpose or in its intent with the children of men. To be sure, individuals grow in grace, in knowledge, in understanding; and as they apply that they know, the next step, the next purpose is shown to them."

Edgar Cayce reading 262-121

"But first learn self, self-analysis. What is thy ideal? Do not answer this merely in mind but write it upon paper. Make a list, and gradually - as ye meditate and pray about this - alter it day by day: What is my spiritual ideal? Have ye read THE Book or any book that presents to the body-mind an ideal life lived in the earth?"

Edgar Cayce reading 3800-1

"For the entity, as each soul, is a portion of the whole. Thus, though a soul may be as but a speck upon the earth's environs, and the earth in turn much less than a mote in the universe, if the spirit of man is so attuned to the Infinite, the music of harmony becomes as the divine love that makes for the awareness in the experience of the Creative Forces working with self for the knowledge of the associations with same."

Edgar Cayce reading 1469-1

"Reserve nothing within, - as to purpose, as to individuality or as to personality; but wholly for love, for service. For, "He that will be the greatest among you will be the servant of all."

Edgar Cayce reading 2174-3

"For it is in the practice of peace within self, of love made manifest in self, that you make same manifest in your relationships to others. Not as a goody-goody individual, but as one good FOR something; bringing peace, joy, gladness, hope."

Edgar Cayce reading 3165-1

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