



# Rotary Club of Centennial Colorado



Centennial, Colorado

September 18, 2018



Scott Aksamit, today's speaker, is making a point in his talk on *The Competitive Edge: Healing Power of Deep Practice*.

Scott's story started when he was 13. His brother was killed by a driver that fell asleep at the wheel of his car, crossed over into the other lane killing his brother. Scott started doing martial arts so he could get revenge on the individual that killed his brother. As he got more and more into the martial arts he began to learn positive thinking.

Scott's talk was about positive thought.

If proper awareness of technique can allow a person to move with more power, could the awareness of thought allow a person to be more powerful? Yes, getting the thought in alignment empowers an individual.

We had no idea of the laws of electricity until they were cultivated into understanding. The laws of power work in the same way. Power is not accidental. Power is not a birth right. Power is something anybody can learn. Power is something you have right now if you accept it.

The foundation of power is positive (affirmative) thought. Think of putting your boat in the right direction.

There is a principle of light, no principle of darkness. There is a principle of power but is not a principle for weakness. There is a principle for life, but there is not a principle for

death. Think of Edison who had 10,000 failures to get a light bulb. Concentrate on power and you will not have weakness. Focus on having an affirmative thought.

Positive thinking follows the laws of the farm. Think of the laws of the farm versus the laws of the school. Laws of the farm says there is a process for things. There is a stepping stones process in things. One thing has to happen and then the next, and the next, and the next. Positive thinking works in the same way. As an example, when you plant a seed do you check it out in an hour? No, you have to allow it a time to grow. You have to have a little bit of faith and that also goes with a positive thought. You do not have to dig up the seed, just know it is coming. The same with positive thoughts.

Positive thoughts feel good. Pay attention to how you feel. How do I currently feel? How do I want to feel? Identify how you feel. Write down how you feel and if possible condense the feeling into one word. Then you ask yourself how you want to feel? When you do this, you are shifting your boat in the right direction. This is how momentum of thought can be created.

Positive thoughts are within your control. You can always feel good in any situation, regardless of the circumstance or the people around you.

Positive thoughts require no sacrifice. People often think they are in a position where they have to give something up to have a positive thought.

Positive thoughts are focused on what you want.

Positive thoughts are filled with faith. How do I make faith grow? It is developed by focusing on faith. If you are saying how do I get faith, you don't have faith.

Scott's contact information is [scott.aksamit@gmail.com](mailto:scott.aksamit@gmail.com).

# 2018-2019 Club Officers

President—Tim Eunice  
President Elect-Samantha Johnston  
Past President –John Berry  
Secretary—Karen Berry  
Treasurer—Barbara Medina  
Sergeant at Arms—Allen Jackson

## Directors

Technology—John Peterson  
Membership Growth & Enrichment—Samantha Roe  
Rotary Foundation—John McCarty  
Communication-Jessica Sidener  
Millennial Satellite Club-Andrea Tagtow & Katie Guyon

## UPCOMING EVENTS

Sept 25-Kimberly Konczak, Controller PREMA Corp, Increasing Local Government Revenue

Sept 29-CASA Red Wagon Ball

Oct 2-Caitlin Weber, Her experiences in Spain during her Rotary Youth Exchange

Oct 5-Food Collection for IFS, King Soopers @ Parker and Arapahoe Rds

Oct 9-Greta's Story, Marc Garfinkel

Oct 10-Board Meeting

Oct 16-Jessica Sidener, Night Out with Girls 501(c)(3)

Dec 7-Holiday Party

## CLUB BUSINESS

- Tim Eunice stated the Chalk Art will be this weekend at Centennial Park. The Millennials will be selling cans of beer.
- Ann West announced the October invitation for Meals On Wheels have been sent out.
- Diane Zing said the Santa Clothes will be December 12. 3 Kohls and 5 Rotary clubs are participating, so far.

## TRAVEL GIFTS

- Diane Whye brought back from Italy some wines, a wine bottle openers and some extra virgin olive oil.
- John McCarty from his trip to Scotland brought back a scarf with argyle plaid and some coasters from the Old Course at St. Andrews.

## BLUE MARBLE



Randy Earnest had his number drawn for the Blue Marble. He could not pick the blue marble. The pot rolls over to next week.

## THIS WEEK IN HISTORY

1793-Capitol Cornerstone is Laid

On this day in 1793, George Washington lays the cornerstone to the United States Capitol building, the home of the legislative branch of American government. The building would take nearly a century to complete, as architects came and went, the British set fire to it and it was called into use during the Civil War.