

# GROW DEEP NOT JUST TALL



## KAREN KAISER CLARK

The Center for Executive Planning, Inc

13119 Heritage Way - St. Paul, Minnesota 55124

952/454-1163 - KKC@c4ep.com - [www.karenkaiserclark.com](http://www.karenkaiserclark.com)

### I. WONDER.

Aristotle said that "Wonder is the first cause of philosophy." If we cease to wonder we limit our vision. Life may then become a matter of parochial absolutes. How much more enriching to approach each day with a little awe and wonderment. "Where does the white go when the snow melts?" "Where does the wind come from before it starts to blow?" "Who am I?"

### II. EXCITEMENT FOR LIVING.

Remember when you hated to take naps, didn't like to go to bed and could hardly wait to get up in the morning? Nothing seemed impossible for us then. Life was most often exciting. The positives outweighed the negatives. Those times do not have to be in the past. Life can still be an adventure and an exciting one if we choose attitudes that make it so.

### III. FREEDOM TO CHOOSE.

Seldom are we forced to do anything. We choose our attitudes and our corresponding behaviors. Erick N. Erickson wrote, "The most deadly of all sins is the mutilation of a child's spirit." Hopefully we have not chosen to allow the spirit of Celebrating Life to dwindle within ourselves and those we touch. Honestly, have we chosen to become stumbling blocks or stepping stones? Remember, it is not what happens to us that makes or breaks us. Rather, it is how we choose to respond to what happens that marks the difference between choosing to become victims, survivors or Believers in Life.

### IV. ADMITTING WEAKNESS

These are days when we are anxious and depressed, exhausted and overwhelmed. We need reassurance and strength beyond our own. Yet at times we "let a grown-up pride hide all our needs inside and act more like children than children." It need not be so! If we demand perfection and total self-sufficiency of ourselves, we pave the way to lonely apartness and limited human development. Life is not meant to be lived in isolation. People do need people to become fully, alive human persons.

### V. LIVING WITH ME.

No matter how fast we run we can never get away from ourselves. Therefore, isn't it logical to determine to become our own best friend rather than worst enemy! Just think what life might hold if each of us would decide he is sick and tired of being sick and tired and would rededicate himself to becoming an even more creative, genuine and life-giving person.

### VI. MYSTERY IN LIFE.

Life is more than we can intellectually comprehend or emotionally experience. Human persons are more than we can define or even imagine. As with all things valuable, we must wait for life to reveal its meaning and discover our purpose. We need room for mystery in our lives. Truly, Life is not just one big problem to be solved. Rather, Life is a mystery to be experienced...A quest for balance... An effort to cope...A processing of becoming Real.

Author of The Trilogy of Growth  
Published by CEP, Inc.

Trilogy Includes:

- Life is Change – Growth is Optional
- Grow Deep – Not Just Tall
- Where Have All The Children Gone?

THE CENTER FOR EXECUTIVE PLANNING, INC.

“LIFE IS CHANGE / GROWTH IS OPTIONAL”

BY: KAREN KAISER CLARK

# KAREN KAISER CLARK



## **A Speaker for All Seasons**

Karen Kaiser Clark is a best-selling author of three books and a world-renowned consultant in the field of growing through change. She is also president of The Center For Executive Planning, a consulting and publishing corporation. Karen *engages, entertains and empowers* her audience. Blending research materials, clever multimedia and a healthy dose of humor, she presents practical, customized sessions that *make a difference*. Karen has appeared on television and radio nationwide, often returning to keynote national conventions two and three times.

With over twenty-five years experience as an inspiring speaker and corporate executive, Karen has earned her reputation as a *real* professional who models what she speaks. She works voluntarily with airlines, the media and families following plane crashes, having survived that experience herself. Her creativity, enthusiasm and wonderful sense of humor have entertained millions. Her sessions will empower you and your people to transform changes and challenges into growth-producing opportunities. Plus, she will touch your hearts in ways you will never forget!

### **Typical Audience Responses**

*“Karen is the most skillful person I have ever met at simultaneously touching the mind and heart. Her books and sessions have style, depth and substance. Her impact is profoundly positive as is her capacity to promote growth and hope.”*

— Stevan Kukic, Ph.D., Utah Office of Education

*“Karen is an extremely dynamic presenter who has the ability to be entertaining while delivering a critical message. Her sessions are always customized and outstanding.”*

— A.L. Papenfus, Personnel and Security Director, U.S. Department of Defense, The Pentagon

*“Karen never fails to win accolades and to make the meeting planner a hero. Her messages are meaningful, powerful and memorable.”*

— William J. McKinney, V. P., American Express Financial Advisors

*“Karen’s sessions are educational, inspiring and creative. She has provided hope and guidance for thousands at North Memorial Medical Center.”*

— Wendy Sharpe, RN, Women’s Center Coordinator

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# The Gift

"I can give you things to use and toss away,  
objects of finished beauty

to touch, see, put on a shelf, to admire and to dust.  
I can send you exotic flowers and fruits out of season  
that die as they arrive.

I can fashion for you responses to the  
wonders of the hand and mind, art, music, clay or paint.

...Or ...

I can give you THE GIFT of myself,  
crudely formed, never finished,  
with needs out of season,  
Ever fumbling, searching  
as though Someone, learning,  
practiced on me,  
while planning the universe...  
Then sidetracked,  
Leaving the discovery of me  
Up to You."

© Quote from *Life is Change - Growth is Optional*, by

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# LET GO

To let go does not mean to stop caring.  
It means I can't do it for someone else.

To let go is not to cut myself off.  
It's the realization I can't control another.

To let go is not to enable,  
But to allow learning from natural consequences.

To let go is to admit powerlessness,  
Which means the outcome is not in my hands.

To let go is not to care for - but to care about.  
To let go is not to fix - but to be supportive.  
To let go is not to judge - but to allow another to choose.

To let go is not to be in the middle arranging outcomes,  
But to allow others to affect their own destinies.

To let go is not to be protective -  
But to permit another to face reality.

To let go is not to nag, scold or argue,  
But instead to search out my own shortcomings and to correct them.

To let go is not to adjust everything to my desires,  
But to take each day as it comes and cherish myself in it.

To let go is not to criticize and regulate others,  
But to strive to become what I dream I can be.

To let go is not to focus on regrets in the past,  
But to grow and live for the future.

To let go is to fear less and to love more.

- Anonymous

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# ON THIS DAY

**"We need to celebrate moments -**

**Life is fragile and brief.**

**We need to love lavishly -**

**There is no greater gift.**

**We need to laugh heartily -**

**Joy seasons and soul.**

**We need to look with our hearts -**

**Truth and pain are often hidden.**

**We need to listen care-fully -**

**Voices of fear only whisper.**

**We need to cherish one another -**

**Reverence for person is rare.**

**We need to reach out to those**

**Who have not yet learned how.**

**For the measure of how well we have lived is -**

**HOW WELL WE HAVE LOVED."**

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# THE BEATITUDES

## FOR THOSE WHO COMFORT



Blessed are those who listen with their hearts  
and set aside the need to fix or heal.

Blessed are those who allow the bereaved  
their "own time" to mend.

Blessed are those who offer the healing power of touch  
and the respect-full need for distance.

Blessed are those who are comfortable with silence  
and the gift of compassionate presence.

Blessed are those who refrain from offering answers  
to questions that have no simple solutions.

Blessed are those who understand grief is hard work and that  
we do not simply "get over it"

Blessed are those who continue to call and visit long after  
the crowds dwindle and the wounded stand alone

Blessed are those who remember the bereaved's  
"anniversaries of the heart."

Blessed are those who do not pretend that a loved person  
or pet can be replaced or forgotten

Blessed are those who realize the fragility of the wounded and  
remain present with a faithful, loving heart.

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