

R.U.O.K?

R.U.O.K? is another acronym.

This one asks the question –“Are you OK?” **Are** you OK? What do you think? “As a man thinketh in his heart so is he.”

Who or what is “he”? Is “he” his flesh? his circumstances? his environment? his state of mind? his character? Is “he” all of the above plus more? Or none of the above? Who or what is “he”?

Most of us have been taught that we are a combination of Mind, Body and Soul but that we do not use the full potential of our mind(s). How much do we know about “mind” and what effect, if any, “mind” plays in our every day lives?

Does “mind” play any part in the outcome of our Personal Development Plans? Our Leadership Plans? Our Organizational Plans? Does it matter how we “think” about our plans and goals? Do we know how to think outside the box? Do thoughts of hope, desire, intention, commitment, expectancy and imagination have any effect on our plans? Does it make any difference if we have a burning desire or a nonchalant attitude concerning our dreams and goals?

Is there power in the spoken word? Can we speak our plans into existence? Does the mind have creative power? Is there a difference between Spiritual Laws and Universal Laws? If so, should we be concerned with Universal Laws? Do positive and negative thoughts have power? Does repeating positive affirmations and prayers have any effect on our plans? Finally, how can we develop unlimited potential?

R.U.O.K. allows us the opportunity to examine these and other questions in an educational and prayerful environment so that we can seek out whatever wisdom, knowledge, understanding and encouragement we may find by participating in that exercise. We then take the principles we learn and apply them to our plans with the hope that we will be successful in all our endeavors.

Join us – won’t you?

About the Leadership Seminar Leader/Moderator/Presenter

The author draws from his years of involvement with voluntary membership organizations beginning in 1964 as co-founder, Secretary, and later, President of the Microbiology Department Staff Club at the University of the West Indies, Jamaica. From there he went on to serve as Vice President of the Hans Crescent International Student Council in London, England (1969-1970).

In Jamaica Eugene served as State Legal Counsel and Parliamentarian for Jaycees of Jamaica for three years. He was also a Deputy Director for Administration and Finance, and Secretary General for the 1975 Jaycees International Western Hemisphere Area Conference, held in Kingston, Jamaica.

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