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**SUBJECT: Who Can Help You The Most, <firstname>? Your Father? Your Mother? No!**

This world holds many challenges for all of us; constantly, it seems. When we finally figure out how to make the best of one challenge, another, or several more arise almost instantaneously. And so the cycle of life continues and always will…

Sometimes we all need help. We run short of money. We need emotional support. We find ourselves devastated by sadness. We need someone to help; right?

Sure: we need help. But listen, there’s nobody better to help us than ourselves. We have to love ourselves enough first to be able to love others afterward. If you think you can love others without first loving yourself, you are off track.

Here’s the deal: your uncontrolled thoughts are your worst enemy - and they are trying to wipe you from this life, in misery. Don’t let them do it, <firstname>!

The Buddha reminds us that our own uncontrolled thoughts can harm us more than anything else. But our thoughts, when directed with positive intentions, are the most beneficial things we can ever experience. They help us even more than our beloved Fathers and Mothers can. Namaste.