

Church Of The Train Wreck Introduction

Hi, this is Chip Taylor. In a little while I'm going to tell you about an amazing thing that happened to me years ago that changed my life for the better. Over the years I have told that story upon occasion, particularly when I thought it might do somebody some good. And over time, the simple event that changed my life has helped many others as well.

Recently, after getting another testament as to the story's power, I made a decision then and there to share it with as many people as possible. And to put it into a form that could do the most good. So welcome to church. your church.. The Church Of The Train Wreck!

First let me say that this meeting place is in no way meant to replace churches or houses of other faiths. However, it is here to help those who need to get back on track toward the fulfillment of their goals in life. And along the way, we'll listen to some music that might help remind us of the beauty and depth of the human spirit.

At The Church of The Train Wreck we don't have pastors or ministers – we have challengers – these are folks who invite you to get off your ass to do something to better your existence. If you recommend this Church to someone else, you become a challenger and we certainly welcome those disciples. Let me give you a little of the background of your challenger for today.. that's me. And along the way, I'll tell you about that life-changing event that I spoke of before.

- Aside from making music, at one time in my life I was a professional gambler – a good one, a profitable one – but an addicted one.
- No one worked harder at any job than I did at that one.
- My gambling was a two-fold operation. Before being banned by all the East Coast casinos, I was a card counter at blackjack and one of the foremost horse race handicappers in the U.S.
- After I was banned, I focused almost entirely on horse race handicapping – in the mid 80s I teamed up with the man who has now become the biggest money maker and most consistent winner all time in that game. The N.Y. Times called him The Wizard Of Odds. His name is Ernie Dahlman.
- The life we led as professional gamblers was a constant battleground where victory was acknowledged by winning sums of money – often times large sums.
- One thing I noticed – and it took me by surprise – was that often my saddest moments came after winning enormous amounts of money.
- I believe the reason for this sadness is - as the wisest have always said – money simply doesn't buy happiness – if, after working so hard to accomplish something, money is your only reward – it just may not be enough.

Note: my partner Ernie had no such problem or reaction. He worked hard to attain enough money to support his family and rarely took the difficulties of

the day home with him. With me, the work was on my mind constantly – it took my time away from many important things in life. And although the winnings helped pay the bills, looking back it wasn't a good trade off.

- One day, after winning an enormous amount of money and feeling the sadness I just described, I was driving back to New York on the Long Island Expressway listening to the radio. I kept switching back and forth between two stations that had caught my attention.
- One was a religious program. The preacher was saying, among other things, that God will help you best if you first take action in his name to help yourself. The idea was that if you're going to be sitting around feeling sorry for yourself while asking for God's help, you might be sitting for a long time. God likes "souls in motion," said the preacher.
- The other program had a self help guru on giving some advice. The guest speaker, George, said, "Would you like to change your life for the better? Well, that's not a big deal – actually it's rather easy to do.
- The host said, "OK George – if it's so easy, teach us how". Now the following words changed my life forever. They may very well change yours.
- George said, "Think of how you'd like to see yourself **FIVE YEARS FROM NOW (5YFN)** . How would you like to see yourself in the following areas of your life?"
- In Your Relationships – with your mother, father,

sister, brother, boyfriend, girlfriend, daughter, son, grandkids etc. How would you like your relationships to be **5YFN?**

- In The Area of Your Job (your work) – do you like what you do? Would you rather be doing something else? Would another job fit the real you better? Be practical here – don't start dreaming about doing something that you have absolutely no aptitude for – if you can't carry a tune – don't decide to be an opera singer - Whether you are, or become a salesman, a baseball player, a painter of houses or a painter of emotions. What would you like to have accomplished **5YFN?**

- In The Area Of Your Finances – do you have a grasp on your income & your expenses? If you're the head of the household, have you protected your loved ones in case something happened to you. Do you save wisely. How would you like your financial set up to look like **5YFN?**

- In The Area Of Your Health - how do you feel? Are you taking care of yourself? Could you be doing a better job of that? Do you have addictions that are sapping your strength. Look to the future. How would you like to feel **5YFN?**

Then George said, "ARE YOU READY?! NOW DO ONE THING IN EACH OF THOSE AREAS **RIGHT NOW** – THAT WILL PUT YOU ONE STEP CLOSER TO YOUR 5-YEAR-FROM-NOW VISION OF YOURSELF.

- In the area of your relationships – start with those closest to you – pick one – do something now to make that relationships better – NOW – NOT

TOMORROW - NOT TEN MINUTES FROM NOW – NOW!!! - then pick another – do the same thing – then another – don't stop – keep taking steps toward your 5YFN vision.

- In the area of your job – do one thing NOW that will put you on the road to making your work more satisfying and closer to your 5YFN vision.
- In the area of your finances – do something right now to have it look better 5YFN.
- In the area of your health – DO ONE THING toward your 5YFN vision. NOW!!! – DON'T WAIT!!!

I was in a traffic jam on the Long Island Expressway. I picked up my phone and started dialing.

I called my ex-wife to tell her how great she was – and set something in motion so she'd know it wasn't just words – then did something similar with my kids and other close friends. I made a note to myself to meet with several of the homeless people in my neighborhood the next morning and to call a Sisters of Charity organization in Queens to share a bit of my race track winnings.

I called my lawyer to make an appointment to discuss some business deals that had been left hanging. I called my accountant and made an appointment to go over all my finances and insurance policies to make sure I knew where I stood with that stuff.

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I had made about 15 calls. I was putting away on a Marlboro Light, feeling great. The Midtown Tunnel was seconds away. I was so proud. I had done one thing toward my five year vision for all the areas discussed. Then I realized that was simply not true. I had forgotten one thing – MY HEALTH!. Since there was nothing I could do at this second, I decided I'd join a health club the next day and proceeded toward the tunnel.

Then it hit me!! There was one thing I could do . but this was far too difficult - actually impossible! I'd been smoking for thirty years – three packs a day for the last ten. I fumbled for the \$2.50 for the toll. I looked at the cigarette. I looked at the tunnel. It was only yards away. "Man or mouse?" I thought. I took a deep breath, rolled down the window – threw the cigarette away – AND NEVER SMOKED AGAIN!

Welcome to The Church Of The Train Wreck!!

At The Church Of The Train Wreck we have a simple schedule of things to do that will make you feel better.

1) We have a prayer to start your day in the right direction. It goes like this:

"Please Oh Lord, help me get off my ass and get my soul in motion."

Let's say that again.

"Please Oh Lord, help me get off my ass and get my soul in motion."

2) Day of Motion

We have a particular day of the week where you begin your Church Of The Train Wreck work. We suggest that day be Monday

3) Hour of Motion

If you work during the day on Monday then we suggest your hour of motion be in the evening after dinner. If you don't work on Monday or work at night, then your hour of motion should be in the A.M. – preferably after breakfast

5) Motion Work -

Begin your work in a desk-like atmosphere that is comfortable, with a telephone in easy reach. If you're about to get your life in order, set a good example for yourself by getting this little space in perfect order as well. So, take ten minutes of your hour to clean your space.

Note: if you're a neat freak already, take a few minutes to redesign your space to make it better for the work at hand.

When you're comfortable, begin the work. First think of how you would like to be five years from now in the following areas of your life..

- In Your Relationships – with your mother, father, sister, brother, boyfriend, girlfriend, daughter, son, grandkids etc. What would you like to have accomplished 5YFN?

- In The Area Of Your Job (your work) – do you like what you do? Would you rather be doing something else? Would another job fit the real you better? Whether you are, or become a salesman, a baseball player, a painter of houses or a painter of emotions. What would you like to have accomplished **5YFN?**

- In The Area Of Your Finances – do you have a grasp on your income & your expenses? If you're the head of the household, have you protected your loved ones in case something happened to you. Do you save wisely. How would you like your financial set up to look like **5YFN?**

- In The Area Of Your Health - how do you feel? Are you taking care of yourself? Could you be doing a better job of that? Do you have addictions that are sapping your strength. Look to the future. How would you like to feel **5YFN?**

Note: The Church Of The Train Wreck has added another area to examine – certainly as important as any other.

- In The Area Of Kindness & Generosity – how would you like to see yourself **5YFN?** - are you currently so busy with your own concerns that you forget others? A kind word & a smile can go a long way toward helping someone else have a better day. We can see that easily when we're on the receiving end. However, when you're on the giving end the rewards are even more amazing and the reason is rather simple – your self esteem is raised. And there is nothing more powerful than that!. The simple truth is - the happiest people are giving and

kind. With that in mind, how would you like to see yourself in this area **5YFN?**

Alright – now go to work! Take notes. Then do a few things in each of these areas that will bring you closer to your 5YFN vision. Do some things immediately then after about an hours worth of work, leave a to-do list that you can accomplish at your leisure during the week.

6) Day Of Reflection – Saturday

7) Hour Of Reflection – preferably after breakfast

This is not a Church Of The Train Wreck workday! You should use the hour to reflect on what you have accomplished and the spiritual rewards you have received for your effort. If you've put yourself in motion in each of the areas mentioned above in even the smallest way, you will certainly have gotten some good things back. So indulge yourself in the pleasure of your accomplishments – a relationship that is somewhat better this week than it was last – a business decision made that will have it's rewards – if not now, then in the future – a clearer look at your finances that will enable you to make better financial decisions for your family or yourself – an increased exercise plan that already has you feeling a bit better etc. find one or two or more things that you have accomplished that make you feel a bit proud. Resist saying to yourself, "I could have done so much more". We all could have done more and we will do more. Smile – that new plan will begin on Monday.

8) Now wrap up the week with a final Church Of
The Train Wreck Prayer

"Thank you Oh Lord, for helping me get off my ass
and get my soul in motion"

let's say it again.

"Thank you Oh Lord, for helping me get off my ass
and get my soul in motion"

WELCOME TO THE CHURCH OF THE TRAIN
WRECK!

Now let's hear some music.