**Breakthroughs**

**In 1953 many experts thought the four-minute mile was physiologically impossible. But Roger Bannister had internal resources that kept him from tripping over the so-called evidence; he was determined to see for himself. In 1954, with a time of 3:59.4, Bannister broke more than a world record. He broke through a self-limiting attitude. After his feat, runners throughout the world started recording sub-four-minute miles regularly. *(Charles A. Garfield, in Reader’s Digest)***

**Michael Caine, in his autobiography, What’s It All About?, tells of his deep discouragement about acting. At one time he was living in severe poverty. His roles were small bit parts and his income sporadic, never enough to cover his modest expenses. To survive, he also worked in a steelyard. During that low time he learned his father was dying. Caine returned home and spent two days at his father’s bedside before the elder Caine died. As Michael Caine was leaving the hospital room, a nurse ran after him holding out her hand saying, “This was in your father’s pajama pocket.” She handed him three shillings and eight pence, an amount less than ten dollars. Caine describes the energizing impact that moment held for him: “This was everything my father left to us. Nothing else after fifty-six years of working like a beast of burden. I thanked her and walked on slowly down the long dark corridor, my heart and mind hardening with every step until they set into an unbreakable determination that I would make a success of my life and my family would never be poor again.” *(Victor M. Parachin, in Unity magazine)***

**A man stopped at a flower shop to order some flowers to be sent to his mother some 200 miles away. As he left the shop after paying for a bouquet to be wired to her, he noticed a small girl sitting on the curb, sobbing. When he inquired what was wrong, she explained that she wanted to buy a rose for her mother, but it cost $2.00 and she only had 75 cents. He took the girl into the shop, bought the rose and then offered her a ride home. She agreed to his offer if he would take her to her mother. She directed him to a cemetery where she placed the rose on a freshly dug grave. The man returned to the flower shop and canceled the wire order. Instead, he picked up the bouquet and personally drove it 200 miles to his mother’s home. A small child taught this adult a lesson, but only because he was willing to learn. *(Dr Charles Dickson, in New Realities magazine)***

**We start with the story of Mahatma Gandhi who, at the age of 24, was a passenger on a train in South Africa. He had a first-class ticket. He was a lawyer and could afford it. The train stopped at a little whistle-stop and an Englishman got on. Gandhi was asked to get out of his seat and give it to the Englishman -- the only reason being that he was an Indian. When he protested, he was thrown off the train. Such an experience could embitter any person, especially a young person. It could change him into a rebel or it could make him an outlaw. It often has. One bad experience like that can turn somebody off to the whole human race. Indeed, the experience did change Mahatma Gandhi’s life and, as we all know, not to bitterness. In later years, he looked back and decided that that instant was the most creative experience in his entire life. That’s the experience we are after today . . . forgiveness. *(William Earle Cameron)***

**Jesus used the same dynamic power of thought to break the bonds of the atoms composing the few loaves and fishes of a little lad’s lunch – and five thousand people were fed. *(Charles Fillmore, in Atom-Smashing Power of Mind, p. 10)***

**Anne Sullivan took Helen Keller to a little cottage on the family’s property so she could teach her without the family’s interference. In just two weeks, Anne Sullivan taught her much about how to behave. However, when they returned to the family house, Helen continued to throw tantrums occasionally. One day, during one such tantrum, Anne Sullivan made Helen come out to the yard. While she pumped water into Helen’s hand, she spelled out “w-a-t-e-r” using a special hand alphabet. And then the miracle happened. Suddenly Helen understood. She understood that what her teacher was spelling stood for actual water. She realized words had meaning. From then on, everything changed. That day alone she learned about 30 words. *(Betty Debnam, in Rocky Mountain News)***

**It was the passion that Abraham Lincoln had when he saw a slave girl being sold on an auction block like a horse or a cow. She was being sold away from her family, and he saw the fright and terror in her eyes. “This thing must go,” Lincoln said. He was referring to the institution of slavery. And he dedicated his life to the destruction of that barbaric institution. *(Dynamic Preaching)***

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