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MONTHLY NEWSLETTER POWERED BY MOTION CONSULTANCY & TRAINING P.L.C.

Green Fire

IGNITING YOUR POTENTIAL

"YOU HAVE BRAINS IN YOUR HEAD. YOU HAVE FEET IN YOUR SHOES. YOU CAN STEER YOURSELF ANY DIRECTION YOU CHOOSE"



SELF CONTROL

ORIGINALITY AND TIMELINESS

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Dear, Valued Readers

First and for most we would like to thank you for taking time from your precious time to read our monthly newsletter Green Fire. On behalf of the Green Fire newsletter editorial team, and the parent company Motion Consulting & Training Staff it's our pleasure to provide you this newsletter free of charge.

Our editorial team has worked hard in producing this newsletter with all the information that we believe will be a value to your life. Green Fire is produced by Motion Consulting and Training P.L.C and distributed via email, and through our Telegram channel as well as Facebook page monthly.

In this edition you will read about how to manage your self, how attractions determine fate of life, the role of AI in the contemporary world and breath taking story about a little girl.

If you have any comments, questions, or you would like to contribute to our newsletter, just send us an email.

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Thank you

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Self Control

By Abebe Legese

Self-control is meant to seek for and keep on improving the positive level of desires. Understanding and controlling or managing our traits plays central role in ensuring that constitute self desires and success and joys in life.

As presented in previous volume of Green fire, the motive for self-control and Management is for better self in multiple ways, including; social coherence and acceptance, Physical capability and fitness, Mental Peace and stability, Better Environmental awareness and resilience, Professional Enlightenment and excellence, economic reliance and propagation, Moral integrity and obedience, Parental attachment and care and etc. Self-control is meant to seek for and keep on improving the positive level of these self attributes.

So that, understanding and controlling and managing our traits plays central role in ensuring better self and positive desires and success and joys in life. If we understand our traits well, we speak not because we can but because and in the way the listener understood us, we act not because we can and have attached benefit but also because it won't hurt others. If we do so much of the deeds, we are good at without measuring its efficiency, effectiveness, outcome just because we are good at, we could exceed the limit or miss the target and efforts beyond some level may become effort in vain or may lead to disastrous end.

> "YOU HAVE BRAINS IN YOUR HEAD. YOU HAVE FEET IN YOUR SHOES. YOU CAN STEER YOURSELF ANY DIRECTION YOU CHOOSE"

For instance, if we are generous and gives out all our tangible belongings/possessions, we will remain with nothing and that is not the kind of living most of desire, if we are eager and able to receive everything, then we could receive something that can destroy us or we will gather what we cannot use/ benefit from. Both leads to suffering at the end. Similarly, if someone continuously move forward on an aspect that is considered quality, like Generosity for example, then the person will end in a trait that is pit fall. As

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Self Control

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indicated in the diagram below, flexibility can turn into Normlessness, a person with the quality decisiveness may be accused of being pushy. When this happens, the power of a person becomes their weakness.

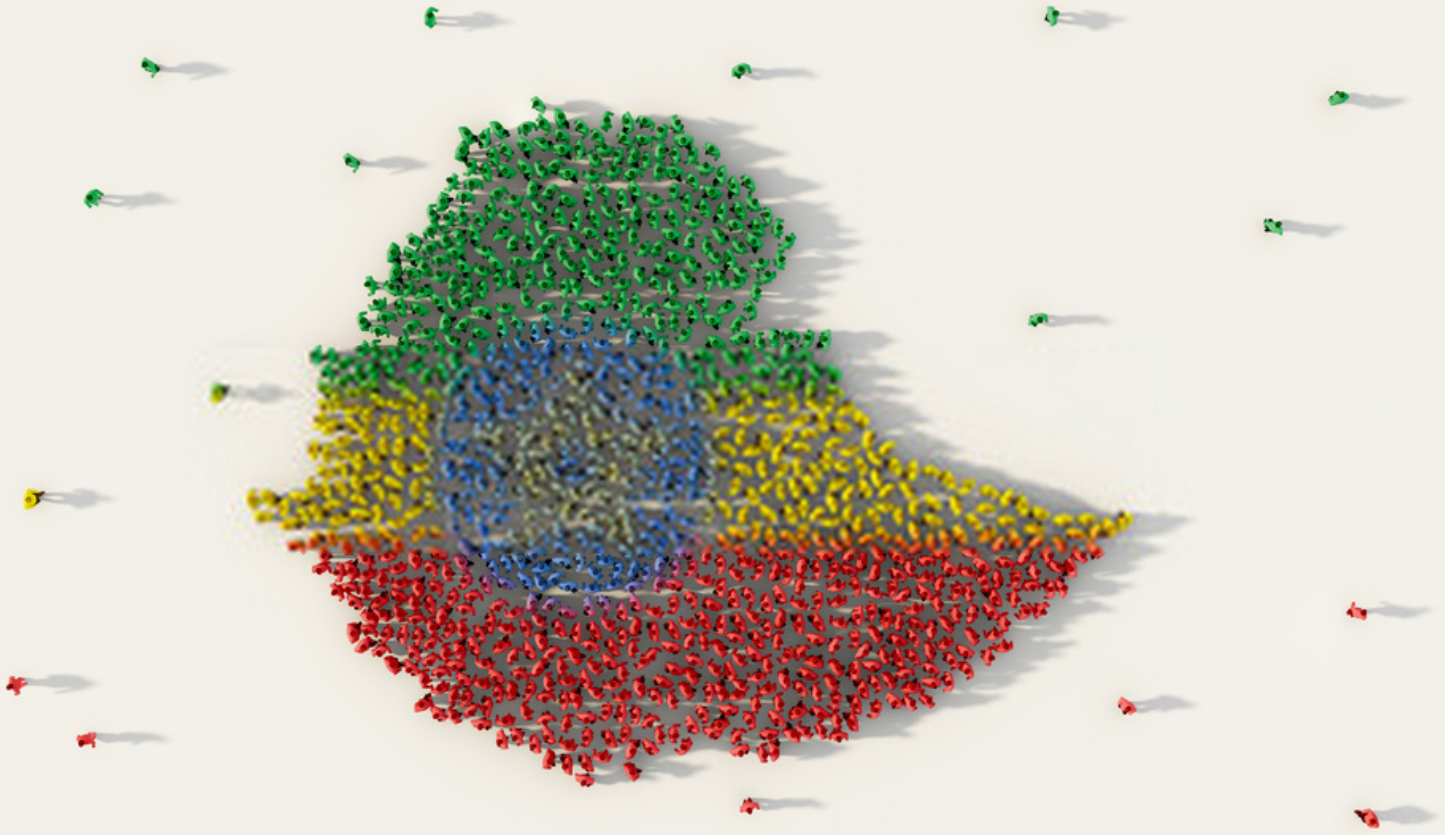
On the other hand, practicing too much of the trait considered pit fall/result of unlimited/uncontrolled and too much of quality will end in developing other trait that is a challenge to the initial trait, the trait considered a quality. If we understood this regressive trait development against the personal quality, then we have the chance to sharpen our quality as the challenge is like a confrontation to certain deed and thus, we shall strategize to overcome that, in a way we could limit our quality to certain level and avoid the pit fall. For instance, the pitfall of Normlessness necessitates the challenge of consistency. Thus, quality and the challenge are always complementary qualities. What matters is to find a balance between flexibility and consistency. When this balance tilts too far towards flexibility, there is a chance that this flexibility will turn into Normlessness. In other words, in order to avoid falling into one's pitfall, it is advisable for one to develop the challenge, Ofman, D. (2004).

Similarly, not limiting/ controlling a trait recognized as a challenge could progress in to an allergy to the initial trait, the quality. Allergies are the source of conflicts, irritations, and tensions a person has with their environment. Average person turns out to be allergic to too much of their challenge, especially if they find it in another person. Flexible person could freak out when confronted with rigid person. This is because rigidity is too much of his/her challenge, consistency. The more one is confronted with his/her own allergy in another person, the more likely it is that he/she falls into his/her pitfall Ofman, D. (2004). Person with the quality of Flexibility could be at risk of Normlessness, while he or she accuses the other person of being rigid. So, if you encounter your allergy in another person, your pitfall is lurking.

The following Diagram illustrates the process and consensuses of limited understanding of personal quality and its logical consequences.



The above is just an indicative and could be developed further by including all the common quality traits. It can guide and help to assess our-self and understand our self-better. Qualities can be fine-tuned to a more precise and inspiring level. "The clearer the image we have of our qualities, the more conscious we can let them shine through in our lives". Everyone have qualities, but there are other traits that could develop due to logical consequence if not managed/ controlled. Reader is encouraged to assess and understand his quality's using the above as an example.



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በ ብርሃኑ ራቦ

አገር ማለት እኛ ነን። እኛ ተደምረን አገርን እንሰራለን። እኛ ታታሪ፣ ስራ አክባሪ፣ ወገን አክባሪ እና አገልጋይ ከሆንን ያማረ አገር ይኖረናል። መሪም በሆን ከኛው ይወጣል እንጂ ከሰማይ እንደ በረዶ አይዘንብም። መልካም በተሰብ፣ መልካም ማህበረሰብ መልካም መሪን ያወጣል። እኛ ሰነፎች፣ ክፉዎች፣ ደካሞች፣ ሌቦች፣ ጨካኞች፣ ስስታሞች፣ ፍቅር የጎደለን ከሆንን የተሻለ መሪ እና አገር ከየት ይመጣል? መሪም፣ አገር ወዳድም፣ ስራ ወዳድም እኛው ነን። መልካም ሳትሆን መልካም ነገርን አትጠብቅ። ፍትሃዊ ሳትሆን ፍትህን አትፈልግ። አፍቃሪ ሳትሆን ፍቅርን አትሻ። እኛ የምናገኘው የራሳችንን ነውበራቅ ነው። ሌባ ሆነህ ሌባን አታውግዝ፣ ዘረኛ ሆነህ ዘረኛን አትርገም፣ ሰነፍ ሆነህ ሰነፍን አትኮንን፣ ምቀኛ ሆነህ ምቀኛን አታማር፣ ስግብግብ ሆነህ በስግብግብ አትዘን፣ ባጠቃላይ አንተ ያልቻልከውን ከሌላው አትጠብቅ። መጀመሪያ ራስህን አርትእ አውጣ። በሌላው የምትጠላውን ያንኑ አንተ ከደረክ ምን ዋጋ አለው? ራስህን ስራ አገር ትሰራለች። ራስህን ገንባ አገር ትገነባለች። ራስህን ነፃ አውጣ አገር ነፃ ትወጣለች። ራስህን ምራ አገር ትመራለች። ራስህን አሳድግ አገር ታድጋለች። ራስህን አበልፅግ አገር ትበለፅጋለች። ምድር ላይ ትልቁ ድል ራስን ማሸነፍ ነው። ራስህን አሸንፍ፣ ራስህን አብቃ፣ ለስራ ክብር እና ፍቅር ይኑርህ ያኔ ሁሉም ላንተ ክብርና ፍቅር ይኖረዋል። አንተ ማድረግ ያልቻልከውን ሌሎች እንዲያደርጉ አትሻ። ሳትሰራ ስሩ አትበል። ሳታነብ አንብቡ አትበል። ሳታመሳጥን አመሳጥሉ አትበል። ከአገር የምትሻውን ሳታደርግ ከአገር ምንም አትሻ። አሜሪካዊው ፕሬዚዳንት ጆን ኤፍ ከኬዲ እንዳለውእኔ ለአገሬ ምን አደረኩ እንጂ ፤ አገሬ ለኔ ምን አደረገች ? " እኔ ለአገሬ ምን አደረኩ እንጂ ፤ አገሬ ለኔ ምን አደረገች ?" አትበል። ራስህን፣ ባለንጀራህን፣ በተሰብህን፣ ጎረቤቶችህን፣ አገርህን፣ የተሰማራህበትን ስራ እና ሙያ ውደድ አክብርም። ይቅንን በማድረግህ ራስህ አገር ነህና ስለአገር መውጣትና መውረድ አትጨነቅ። አገር ማለት እኛ ነን። አገር የምትመስለው እኔን ነው፣ አንተን ነው፣ እኛን ነው፣ ሁላችንንም ነው። እኔ ምን አገባኝ ካልክ፣ እንደ ቅጥረኛ/ምንደኛ ስለተከፈለህ ብቻ በተከፈለህ ልክ ብቻ የምትሰራ፣ሙያህ የሚጠይቅብህን ሃላፊነት ካልተወጣህ፣ በአገልጋይነት መንፈስ ወጋንህን ካላገለገልክ አንተ አገር የለህም፣አገርም አንተን የላትም። አገር የታታሪዎች መንፈስ፣ የንፁሃኖች አካል፣ የአፍቃሪዎች ጥበብ ድምር ውጤት ናት። ይህችን አይነት አገር ለመስራት በዚህ ልክ ራስን መስራት ይጠይቃል። ካልሆነ አንተ የምትፈልጋት አገርም አትኖርም፣ያንተን አይነቱንም የምትፈልግ አገር አትኖርም። ላትገናኙ ተለያያችሁ ማለት ነው። በሰራኸው ቤት እንደምትኖር ሁሉ የምትኖረው በሰራኸው አገር ውስጥ ነው። የስራ፣ የሙያ፣ የአገር ፍቅር ሳይኖረን ቁጭ ብሎ አገርን ማማረር ራስን ማማረር እና ሌሎች የሰሩትን አገር መመኘት እጣ ፈንታህ ዕድል ተርታህ ይሆናል ማለት ነው። "ሰው የዘራውን ያንኑ ያጭዳል" ይል የለም ታላቁ የዘር ህግ?

> " እኔ ለአገሬ ምን አደረኩ እንጂ ፤ አገሬ ለኔ ምን አደረገች ?" አትበል



WHAT IS THE LAW OF ATTRACTION ?

By Yonatan Gena

For many years its been taught by many brilliant scholars that people are the result of their exact belief. In order for one to proof this thought, he/she need only to see his/her own life. Because the truth is right in front of their eyes. Both success & failure is a result of a person's belief. And this comes to reality because of a law that exists in the universe that we call the law of attraction.

> "
> IF YOU STAY POSITIVE IN A NEGATIVE SITUATIONS YOU WIN

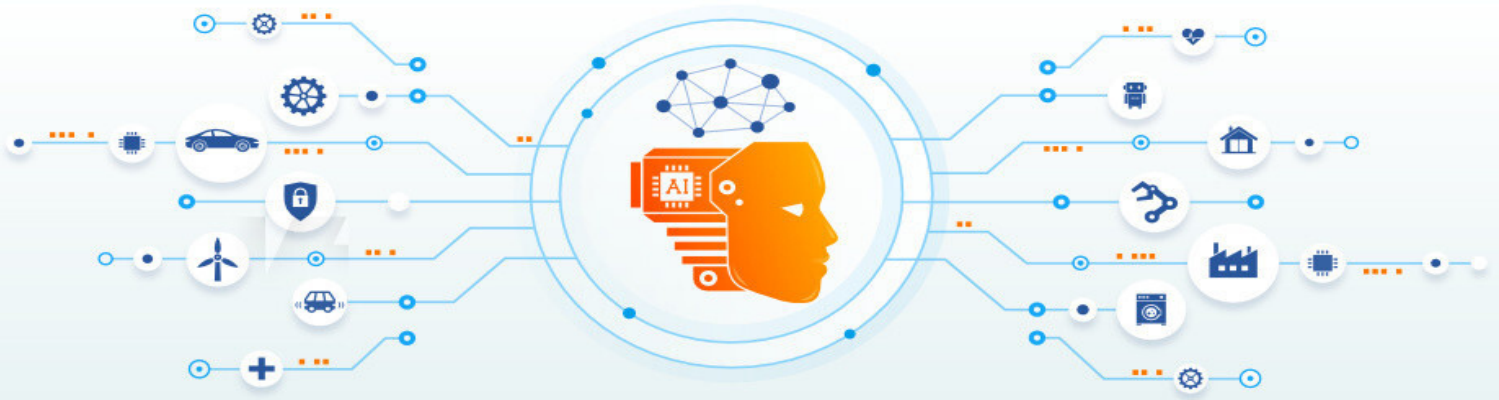
Some might also describe it as, the law of attraction being a philosophy suggesting that positive thoughts bring positive results into a person's life, while negative thoughts bring negative outcomes. It is based on the belief that thoughts are a form of energy and that positive energy attracts success in all areas of life including health, finances, and relationships. This means the Law of Attraction is the most powerful law in the universe. Just like gravity, it is always in effect, always in motion. It is working in your life at this very moment. You are always in a state of creation. You are creating your reality in every moment of every day. You are creating your future with every single thought: either consciously or subconsciously. You can't take a break from it and decide not to create because creation never stops.

Understanding just how the Law works is a fundamental key to your success. If you want to change your life, and empower yourself to create an amazing future, then you need to understand your role in the Law of Attraction.

Some things that you can do to incorporate the law of attraction into your own life include:

- Be grateful
- Visualize your goals
- Look for the positives in a situation
- Learn how to identify negative thinking
- Use positive affirmations
- Re-frame negative events in a more positive way

Motion Click



10 ARTIFICIAL INTELLIGENCE STATISTICS YOU NEED TO KNOW

By Birhanu Shimelis

GROWING USE OF ARTIFICIAL INTELLIGENCE

The number of businesses adopting Artificial Intelligence grew by **270%** in four years (Gartner, 2019)

ARTIFICIAL INTELLIGENCE GROWTH

The global Artificial Intelligence market is expected to reach **$267 BILLION** by 2027. (Fortune Business Insights, 2020

AI IN BUSINESS

More than **9 IN 10** leading businesses have ongoing investments in Artificial intelligence. (NewVantage, 2020)

AI IN BUSINESS PRODUCTIVITY

MORE THAN of businesses have reported a boost in productivity after having implemented AI. (PWC, 2018)

CUSTOMERS WILLING TO USE AI TO IMPROVE THEIR EXPERIENCES

62% of consumers are willing to submit data to AI to have better experiences with businesses. (Salesforce, 2019)

THE POWER OF AI IN CUSTOMER SERVICES

15% of all customer service interactions globally is expected to be fully powered by AI by 2021. (Gartner, 2019

ARTIFICIAL INTELLIGENCE STATISTICS IN SALES

Nearly **1 IN 4** sales teams currently use artificial intelligence in their day-to-day work. (Salesforce, 2019)

COST BENEFITS OF ADOPTING AI IN BUSINESSES

44% of organizations have reported cost savings as a result of AI implementation. (Mickinsey, 2019)

AI-POWERED VOICE ASSISTANCE USAGE GROWTH

The number of AI-powered voice assistants is forecast to reach **8 BILLION** by 2023-- a 16 percent increase from 2019's 3.25 billion. ((Statista, 2019)

TRUST IS CRITICAL FOR AI DEVELOPMENT

More then **3 IN 4** businesses say it is important for them to be able to trust AI's analysis, results, and recommendations. (IBM, 2019)



THE LITTLE WISE GIRL

By Rotsi Group

Anyone with a healthy mentality knows how precious children are. Our message for this month green fire is for every parent or future parent. Have you ever questioned how kids should be raised? Let us tell you a story from one of our old story books. In a small village located in the middle of a huge forest lived a happy couple with three daughters. The youngest daughter was the wisest of all three. One day a poor guy came and begged for a little bit of food. The oldest daughter saw him and brought him a good meal. But the man took the girl instead of the food. He took her to his enormous house hidden in the woods. The next day he gave the girl the key to all the rooms in the house and told her she can see every room in the house except for one of them. He showed her the key to the forbidden room and warned her to never open the door or else he'll kill her. He then gave her a very white egg and told her to keep it safe till he comes back. Then he locked the main door and left.

The girl saw every room holding the egg in her hand so it wouldn't be broken. When she finished wandering through the rooms she started staring at the forbidden room. She couldn't hold her curiosity together. She opened and entered the room. She saw the blood and bodies of all killed curious girls before her. Her fear grew and the egg fell off her shaking hand. It was cracked and shaded with blood. She ran out of the room, locked it and tried to wash all the blood off the egg. But she couldn't. The man came back and saw the blood on the egg. He killed the girl and went back to the village to get her sister. In a very same manner, he got her younger sister in trap. She also didn't pass the test. She got killed. So, the man went back and brought the youngest girl. This girl was very wise. He gave her the same order he gave to her earlier sisters and left. The girl first looked for a safe place to put the egg and placed it so it wouldn't be broken. Then she went on roaming around the house and finally opened the forbidden room. She was shocked by what she saw. She ran out of the room and the man came back. She waited with a pure white egg. The man thought she didn't open the forbidden room. He decided not to kill her. Let's save the rest of the story for another day/ next edition of Green Fire news letter.

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MOTION CONSULTANCY & TRAINING PLC

WHO WE ARE?

Motion, is a company founded to render Consultancy, Training and Research services both on physical and social science subjects. It has paved its way with-in the scaffold of green business in the year 2010.

WHAT WE PROVIDE?

- CONSULTANCY
- TRAINING
- RESEARCH
- COUNSELING
- COACHING
- DEVELOPMENT

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