

**RELEASING THE
CAN'T**

JAIME

CAN'T THROUGH ME

By Jaime Cooper

Table of Contents

Prayer time for everyone 1

Why I wrote the book? 2

Poem time

My story of the word CAN'T 3

Poems in line

How to overcome the can't in your vocabulary 9

GOALS 2 be driven 17

Poem

CAN'T SPEAKS LOUD 22

The

Stranger.....23

Ending my story

Prayer time

It's time to put this book in the front of your mind and let nothing stop you if you sit where I sat and been where I been you would understand. So there is a difference between you and I because I have gone through it and you are reading this so I am praying you will never have to go through with this like I did.

Put your shoes on put your best prayer time on and read this cause this will help you through.

Right now I pray for you that things will get better and not worse. When we reconsider each other the devil can't make us loose our minds and our focus. No matter how messed up you are you can press through it even if you have to cry though the tough times God your daddy knows the outcome of your life.

Prayer is when God sees your tears and you hold Gods hand so I pray that you reach his hand today and know that he has his hand on you. God is a big God so don't let anything stop you from moving forward from this point on.

Why I wrote this book?

I felt like a bottle that needed to get out. My testimony is I am still alive and not dead. I was abused. I was called that I have a disability. I was called that I can't do anything. I was mistreated. I was always put down and the middle child. I never could look at nobody because of the place where I was at most of my life. Low self-esteem issues and couldn't get free.

Through this book I wrote some poems that I have shared that was and still is in me through my life. I walk through a process just like you. But I kept on hearing I CAN'T!

Can't poem

I woke up one day and started saying I can't
I walked through life hearing this word and tears began to roll down my face
I walked through depression and anxiety
I walked through hard times when people have slammed the door in my face
But that I thought was the end of me
I was fat and I thought I was never beautiful
My dad was never there and my mother never listened
But as I look up again in the mist of all this pain I have to remember that it's a process and nobody can make a good decision except me today
What is your decision make it a can't life or an opportunity for the can to be fulfilled today in and through my life with great possibilities

My
Story

Of CAN'T!

When I was growing up it was always a struggle I grew up in a Christian home. My family seemed nice at the times. I loved my uncle the best for some reason and still do today and my family too. I remember fussing and fighting with family and friends. I remember getting whipped because there was nothing wrong with me and I felt horrible after I was just there to get hit every time something happened. It felt like the worse night mare of my life! So let me take you through some phases where I felt bad that leads up to a greater motivation side for everybody.

Like I have mentioned growing up was not easy but it was the way it should have been because now I am better. When I was in my teens I was going to and from school and I just didn't feel like I didn't have a life. Which what teen has a life in school? But we all have out moments when we feel that way in our teen life.

So as I grown I started to join my grand mom and papa for church and we used to have a great time. Going to church then going out to eat which I thought was fun well it was because it was better

than sitting at home being beat because you are around the wrong family. Sometime after going to church with my grandparents and those were the best times of my life when I could have some freedom and still make it in life. After things started to grow I kept on hearing can't in my life when things started to occur and this was in my teenage years. I started to become mature well I thought and go to church and volunteer on the ministries but yet CAN'T! Was yelling out at me because as I began to go to church I remember hearing from my mother you can only go to church once a week and I was heartbroken because I could never do the things I wanted to do anymore in my teenage life. So as I shifted through life I got better and I joined more ministries but still the void was there and the struggle never stopped and CAN'T is all I can ever hear!

Well you know how things go when you know you have an agenda and your parents tell you NO! you can never do that or just like they rub a sponge on you saying you can't do anything then your mind and heart change and gets weary because you want to change but you can't cause that word keeps on coming.

So I make my way through high school and I get into working and things are really better but I am still hearing that word can't! I go and I work hard at what I do and things just ain't adding up the way I want it to be which I can't anyway cause I am a kid but still at least you could give it a little consideration because I am trying but again

sometimes trying isn't good enough.

As my heart breaks apart I keep on hearing it and I am grown I go to high school and I try for better grades and I keep on hearing CAN'T get good grades. By this time I hear you have a disability and you can't do anything you want to do right now! So just sit in the corner and suck your thumb because you know you can't do anything you really think you should be doing.

Philippians 4:13 says I can do all things through Christ that strengthens me.

Even though scripture says this can't is still looking at you saying you CAN'T do anything gets good grades and grows up strong. So I go through a technical school to help me with college and I end up at low ended jobs. Now I know what the word says but I am still struggling with this word Can't like it's on my forehead and it won't get off. Pushing through trying to make things happen get better grades and move on but still walking around with my head hung down looking crazy because I know I CAN'T.

God says we are never defeated but the word is still reading in my ears while I am working and taking care of customers for years through secretary and through babysitting it just gets worse down that dark road. Well the road is dark but I can't go anything because this word is hanging over my head CAN'T!

Vocabulary

Time

{CAN" T}

How to move this word. .

Repetition is great for the soul

Philippians 4:13 says I can do all things through Christ and can't so nowhere in this word!

I am you and me and the world that is what I am. The next word is familiar it says can and most people have a problem with this word can even in dysfunctional families. Can is a positive word that can be used in anything but if you are a Christian like me honestly you struggle with the can in life today. Do all things through Christ is just as hard as can't I believe because if you can get through the can then everything else comes easy but in most cases it's not so. Do all things are not always easy like the word can is but we push through life just to make things happen and to make sure we succeed through the can. Being positive

is a great thing but really can I really do this and most people say yes you can but going through the can is harder than just a saying that you can go through without any errors in life today.

So to sum up the scripture that I have written above I think this scripture is not for just a baby Christian but it's for all of us to keep on saying this word in repetition and keep on moving forward in the process of time. I believe we all go through certain situations and circumstances but yet getting through this scripture can be hard to do because we think we know the scripture but it's always easier said than done. The can in Philippians 4:13 is a doozy when it comes to saying it I can say anything but when you have to believe in something stuff changes the situation and you realize you have to face the can and not the can't.

The try in Philippians 4:13

Everybody has tried in one way or another in life to make things better for them in life today. Ok so in the world you go around in circles and hoops just to try and get that promotion. Or you try to get the money together for vacation or you just keep on trying to try and well it's not easy.

Example

The word James 1:3

Knowing this, that the **trying** of your faith worketh patience [James 1:2-4](#)

-
This scripture I had to put in here it's the trying of your faith scripture where well like it says you try your faith out first to see if you can pass in life today. Some people in the world make it so hard for you and they see that you are trying but

they continue to make it difficult and think that things are going to get easier and there really not because we are always trying in our faith. Trying to get through temptation, trying to move past our flesh and trying to get through this brick wall and it's all in patience but it has to be tried through our faith with Jesus Christ our Lord and savior.

We can keep on trying because our faith will get stronger as we keep on trying to work out everything that we are going through in the kingdom of God! Putting the trust in God is hard enough but trying our faith daily is like repetition until we get the structure to move forward and accomplish the test of what is going on in our life today.

So as we keep on hitting the brick wall of our trying times we have to remember to stay in our word daily. A lot of people say don't say try just do it! But if I don't try to work my faith it won't work James 1:3 we have to learn how to try things out again and again until we go forth and conquer them.

I recently tried school for a while. And I know I have loans but I tried school. Trying to pass the classes and trying to get the grades that I needed for class. You know how it is trying to talk to the teachers every semester and pushing through in my trying times and it was hard. But the bible says in spring time there is supposed to be warfare! We are supposed to be warring in the spirit in the book of 2 Samuel 11:1-5 OMG! When I found that out I wanted to shout because that is what we are going through and we as a people or Christians are always warring against something in our flesh or something that isn't good for us in the body of Christ today.

I was talking about trying of our faith!

Faith is a great word and you know that Hebrews 11:1 says NOW FAITH! So we are trying now in our faith for the substance and the things that are unseen . . . wow SELAH!

So in our trying I believe we are supposed to try because scripture has said it clearly in the word. We can try a thing because that is how we get our faith up to push through and want to move forward and possess the land for the Kingdom of God.

I love the word try because I say it all the time because we have to work the trying of our faith every day night and weekend. So I tried school and it didn't work so I pushed through to the next dimension and I am here writing a book on CAN'T.

How to move this word?

Well everything has a seed and that is sometimes a hard thing to swallow in life today. We as a people don't realize the verbal abuse we get from family until we are older and remember the times when our family or friends spoke like crazy to us then we would realize what they told us won't break us and realize that you are still alive today.

Trust me there were times when we don't think we are verbally abusing our family but we are and things don't get easier if we keep on pushing our family members to the limit. Again if you are a controlling person stop pushing everybody in your family to the limit to where they just simply walk out and never do anything for them. Why do I speak of this because I was one of them where I just couldn't do it any more I had to get out of the box of CAN'T and move to where I can speak about it and not just sit and watch everyone else but grab it for

myself.

I can tell you a lot of things today. How my life never really added up and how things were always worse and I thought how am I going to get out of this? I was abused on jobs and I will never forget the first time in church touched and I felt like a piece of dirt that sat there and took it then ran to a important person and it hurt like I got shot that day on. I could sit here and tell you things hurt in my life. I was always the middle child and people looking over me constantly but kept going even though I felt like dirt most of my life.

I know everybody has a story to tell but if you could just take a moment and really think of how frustrating it is to live in a family where you are over looked until everybody else is gone but still your parents want to see you sit in the corner. Nobody knows my situation until you have been there in my steps wondering where I should go next in life. You really don't know my story until you can walk through my life and understand the tears that I have cried working on moving can't out of my life and it's still a working progress at this time.

So how can you move this word can't when most of my life I was put down and called disabled to the point where I had to do something bigger than the disability in my life. You know how it is when you keep on hitting a brick wall and things just don't add up. I did that for years where I said God I need your strength to put my through this hard life.

There was a time in my life and everyone has been through where Satan would talk in your ear and tell you to do certain things and you would sit there and do it. OR you would do something that wasn't good but later you would ask God to forgive you even though the bible says sin NOT. The trying of your faith in the book of James is still available to you today because we shouldn't be sinning but nobody is perfect today.

Poem of How?

How can I say this?

How can I make this alive for you and others?

How can I write when I am so messed up?

How can I realize things can change?

How is the question when I know I should have been six feet under but yet God has kept me alive to tell my testimony today in the midst of little me a daddy's girl from the heart?

Satan whispering in my ear to get a knife and kill me almost every morning

Me a girl who always just wanted to be a princess but felt like dirt 24/7

Me wanted to be a bride at a early age but wasn't

So how can I say this without crying?

The first things you or all us have to do is take the first step of faith and keep on trusting in him only. You know the first love your daddy that made you in his image and likeness and died for your sins today. And this is the how pushing pass and making another step today.

So moving on as you can tell is hard it's not easy. I sit here and blame me because (tears) I feel like I am in a box sitting there and never getting out of the mix of life. Always getting talked down to or pushed into but never being able to carry my own weight and live like a Queen like my daddy has made me.

A QUEEN {poem}

I know I am a queen even when I think I am not

I know I am a queen even when things turn me around

I know I am a queen even though I scrub and clean things I don't want to clean day to day

A queen really me oh how can this be when I never feel the love

Love is just another word and not really used to have love

Even though the bible says love thy neighbor as yourself where is my love

I AM TRYING TO FIND LOVE AND CAN'T FIND IT

Oh well there is that word can't again!

A queen really me

A Queen how can I be sitting here in the corner wondering when is my time going to shine through like a rainbow and grow into what God my daddy has called me to be.

A queen HUH! Can I really be one and be free?

So in case you're wondering how to move forward you have to take the next step of faith and can't leave any part of you behind. The word says NOW FAITH! HEBREWS 11:1 as I speak into your life right now I know it seems dark and weary. And at times it looks like you can't break free but you can you just have to make a goal and keep on going until you move out of what you are in.

For instance if you are in a dark place where I was in sin and want to die begin to simply get up one day and be determined to help others move you forward. Sometimes it takes courage to encourage somebody else and move from where you are to where you are going. I speak that you will have to move out of yourself to move into somebody else and put a smile on somebodies face today. You can't go out every day and make people feel evil every day. It's your duty to speak a blessing or release an answer to a problem in their life today.

POEM (DIE 2 LIVE)

Yet I die and I want to die I can live

I lived in the dirt and God one day made me brand new from dirt to life

I can live because my father lives in and through me

Yet I have frustration from time to time and things get worse I make it better by the shift

I praise God for the shift and I move from the darkness to the light because he is my every thing

My everything God my DADDY you are my everything in the midst of my abuse and my down times and times when I just want to sit in the corner and die

Lawd give me strength and pull me through because in the end YOU WIN OVER AND AROUND ME!

Praise you repeatedly until I die and come home to heaven where I belong

Can't

Speaks

Loud

The word can't is always speaking louder than I thought. I wake up and can't is staring down my throat literally. I walk through the day and the only thing that is on my mind is can't and I try to get it out of my mind but It just won't go away!

Negativity

We don't realize that as we grown in the world and not of the world Satan comes and steals from us daily or every minute of our life and we just don't know It until we end up complaining more than we are speaking life into our situation.

In 2011 I remember saying I wanted to lose weight and the word can't was ringing negativity so I wouldn't hear anything else but YOU TOO FAT! The voices we hear every day are not of God. I am being real as I was growing up to be real I heard and saw something's that you would think I was crazy for seeing. And it was very scary!

My weight loss problem was always a problem to me until I one day in 2011 got up and went to a nutritionist where my mother said she would help me out too. And we both went and we loved the people that were there and I worked real hard and lost at least 15-20 pounds so in the summer time I was less than 200 pounds and I felt great. Why because I followed the plan and took can't out of my vocabulary mind set. Can't should come in a lot of things today and is in the same

boat as negativity and we let it swim around our minds all day instead of speaking the word.

Negativity is one of the hardest things to overcome because it's so natural to us every day we don't realize that we have what we say and it will come to pass or haunt us at times. So we will wonder where it came from and try and rebuke it and you don't realize you have been like that all day.

The same thing with sin if we keep on sinning and not doing right before the Lord he will ask you when you get to heaven why didn't you do the right thing and you will have to answer to God because he is the only one that can judge you even though people judge you from time to time.

Negativity is what we specialize in did you really know that? If our family is negative than our whole house is negative then we walk outside being the same way and sometimes it just doesn't make sense to the spiritual eye until we get corrected then it starts making more sense to us.

Negativity is a big thing today and we often miss it because we are so busy gossiping we don't realize that there is stuff in our eye we need to fix but we don't do that. We keep on talking about people until we should realize that enough is going on in this circle so I don't need to talk about who said what to who? Because negativity is all over the world but we never look with in us and fix us in the midst of rough times.

I can sit here and talk all day about negativity but I want to say that it's not easy being positive but we can build a bridge of positivity and keep on moving until we accomplish something good in the spirit of the Lord. Meaning from move the darkness where you feel confused and crowded keep on moving up instead of down. You have the choice but you have to make a decision not me.

Negativity poem

Negativity can cloud my mind

When I get up my mind is cloudy

When I sleep my mind is cloudy

Moving through the day the negativity stays with me but when will it move

Negativity is no place for more but it keeps on coming back and haunting me in the middle of the night

OMG! I see the demons coming towards me but I don't know how to speak his word

But one day I will speak his word and it will be the most powerful thing in my life then I can move from cloudiness and confusion to a bright and sunny day and smile when I come in the door

Negativity is so much in the way I can't stop gossiping

Negativity is not how I should live or maybe I should just kill me and die

Maybe with taking all these medications I could just die instead of living from day to day

This negative mind has me going crazy instead of focusing on God

But maybe if I go to church or I speak to a counselor maybe he can help me breath freely again and move from danger to life

GOD I NEED YOUR HELP TODAY

Negativity one day will be release so today I need your help

JESUS wrap your arms around me and move the negativity today right now!

So the poem above is not for your neighbor it maybe for you and your friends. It maybe for you and you're so called boyfriend who knows better but is still in the same cloud as you today and still need to break free of the bondage that is around you.

Negativity is the enemy and we all need to be released from can't of our lives and move into I can and have the success of freedom in our life today.

The
STRANGER
Who
Never
Dies

The stranger lives in me but he dies from an unsaved life. The stranger helps you through trying to find your purpose and design for life but you can never really find it until you realize the stranger has you bound and looking down all the time. It's sad to say you never see the light because the stranger in you thinks you're strange and I will just stay in this little cubby whole and not move. There are times when the stranger we have to trust in and rely on and at times we can't see the way out until we see the sun one day and how its shining so bright and beautiful.

The stranger grows up and becomes a man or a woman but you still really don't know who they are because they have their struggles and their drug times. Well I guess I may have well just sit here because I don't know where else to go I am a stranger who is walking around trying to get in certain doors but never really can get it. I tried church people have made fun of me. They said I was a lie and I smelled bad. Church people who don't know themselves but want to talk about me where I was created and made just like them but could never find that this stranger came out of me. This stranger can only go so far because church people don't know what they are talking about (crying) looking and sitting there hurt.

This stranger is so anointed he or she doesn't really know who they are because nobody loves them. Every church they go to something is wrong and they can never get it right. Yet I am strange I am real but church people can't get with this even though they tried to

run me out of the church for years I still got my groove. Some days I felt like a stranger other days I know who I am so I have to decide who I want to be (I guess).

Stranger who (me) well who am I

I want to be free but who am I

I want to be noticed but I sit all the way in the back knowing that one

day ill be the best

Who am I the stranger or the person who is stepping out?

Stepping out with the faith and the promises of God but yet I feel still like a stranger

The stranger in me is designed for more and this is what it takes because I know I was created and designed for something greater than this

I have been living a stranger for some time now it's time to ask God to help me design me and develop me.

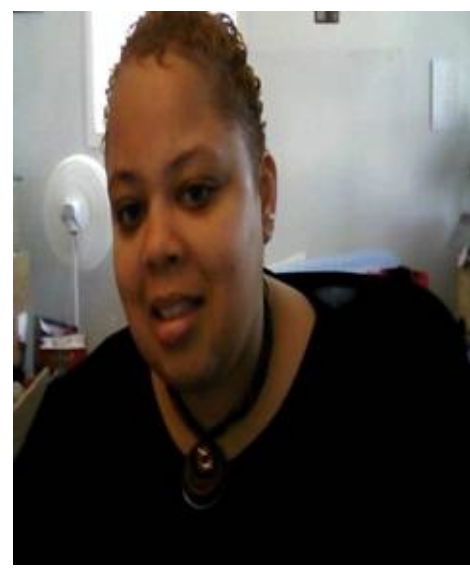
Me a stranger who is struggling from day to day

Struggling stranger is who I am but I have to step out some how

So one day I this stranger will step out and make things happen

I was a stranger but now I am found through the living God because I am saved and trust him and no longer on drugs or sin

Stranger one day but the next days I will know the king because I not only know who I am but can walk living like a king.



this is me! {Jaime Cooper}

Little exercise

So how can you release that can't today?

Goals
2
Be Driven

As I grow I rethink my story and my life daily. There are reasons why my life is real and every time I have fresh tears because the scars are still there. The reason I wrote about goals is because you can look at life two ways either as a whole and say I can't do it or as a opportunity to take small steps until you grow and know you have more steps to take in your opportunity.

As I swallow I say goals because every day I work towards something and its better than staring at a wall looking for things to happen. Honestly it's not easy but its real it's not crazy because you are still here ready to take the next step which is planning your goal.

The list I will make for you below is a goal sheet of things you can do to guarantee life today. I don't know if you have health conditions or do you know of anybody that just needs help in there walk with weight or just wants better energy in life. I got the secret for you today. It's called Orango gold and it's very healthy for you but let's stay on track with our goals.

Goals #1 look up ganoderma and whatever your sickness or condition is

Goal #2 Go to my website and look at jaimecooper.organogold.com for prices

Goal # 3 is powerful because this will help you have the energy you need to make it every day without hesitation should I do it today.

I love Organo Gold because it has given me energy and more. Again I can't make health claims but it helps every one individually feel like they are a diamond 4 life!

Organo Gold Poem

I sit and I think while I am in this packet

I am in this box what should I do and where should I go

Well I am sitting here being coffee or tea ingredients for a reason and sometimes I wonder why

I know I help others but I know I need to be drunk because it helps others feel great and I help the body in all kinds of ways

Well today I wonder what flavor I am

Green tea, mocha, hot choc. Café latte, black coffee, or even Jamaican blue or even red tea but most of all king of coffee

And what taste does the system have today?

In the midst of everything one minute I am sitting here waiting to be placed in a cup and then next thing I know I am in the system helping the body feel better about them self every time

Oh what a great feeling!

And this is the taste of O. G. STYLE going down smoothly every time

So to end this book I would like to end it with saying can't is always a familiar spirit but you have to work hard to get the can in your life. The can is an opportunity not the word can't meaning you can still keep saying can't or you can make up in your mind to keep saying I can and will do whatever it takes too keep on moving forward! . . .

Philippians 4:13 I CAN DO ALL THINGS THROUGH CHRIST

There are times when they can't tries to fit it into the dark times. Telling you that you can't to something or a person is telling you it may not happen for you but you have to believe in you. That is one thing about the world today you can't let others poor into you because they could be shedding darkness into you instead of light.

Light is about the sunshine that helps motivate you into positive things not negative things and areas. I love positive horizons but the negative can't stay the same as the positive can.

The negative is always around but do you realize you can shift the negative world into a positive

light? Shift is here for you to shift some people places and things around today.

This healthy coffee can help you in all kinds of ways so if you really want to know the taste of this healthy coffee come and email me today and I will send it right over to you today.

Email is shawtytoday@gmail.com

Facebook.com/organome - facebook page is www.facebook.com/becominghealthy

<http://www.10incomes.com/page/mlm-500-momentum-ranks>

MLM TOP 100 MOMENTUM RANK WORLDWIDE

Rank	Company	Origin	Corporate Website	Momentum Indicator
1	Organo Gold	USA	www.organogold.com	8.4 +
2	Talk Fusion	USA	www.talkfusion.com	8.3 +
3	Nu Skin	USA	www.nuskin.com	8.2 =
4	Global Wealth Trade	Canada	www.globalwealthtrade.com	8.1 +
5	Vemma	USA	www.vemma.com	8.0 =
6	ACN	USA	www.acninc.com	8.0 +
7	Evolv Health	USA	www.evolvhealth.com	7.9 =
8	My Shopping Genie	USA	www.myshoppinggenie.com	7.9 =
9	Gano Excel	Malaysia	www.ganoexcel.com	7.9 =
10	WorldVentures	USA	www.worldventures.com	7.9 -
11	Rain Nutrition	USA	www.rainnutrition.com	7.8 +
12	5Linx	USA	www.5linx.com	7.7 +
13	Unicity	USA	www.makelifebetter.com	7.7 =
14	Tahitian Noni Int.	USA	www.tahitiannoni.com	7.6 =
15	USANA	USA	www.usana.com	7.6 +
16	Euphony	Belgium	ww.euphony.be	7.5 +
17	Herbalife	USA	www.herbalife.com	7.5 =
18	Lightyear Wireless	USA	www.lightyearwireless.com	7.5 +
19	PM International	GER	www.pm-international.com	7.5 +
20	Neways	USA	www.neways.com	7.2 =
21	Qivana	USA	www.qivana.com	7.2 =
22	Send Out Cards	USA	www.sendoutcards.com	7.2 =
23	Sitetalk	Sweden	www.sitetalk.com	7.2 +
24	Synaura	USA	www.synaura.com	7.2 +
25	Wellstar Int.	GER	www.wellstar-international.de	7.2 +
26	Drink ACT - Youngevity	USA	www.drinkact.com	7.1 =
27	Free Life International	USA	www.corporate.freelife.com	7.1 +
28	Keller Williams Realty	USA	www.kw.com	7.1 =
29	Xocai-MXI	USA	www.mxicorp.com	7.1 =
30	Monavie	USA	www.monavie.com	7.0 =
31	Natura Cosméticos SA	Bra	www.2natura.net	7.0 =



