



NextGen Trainings (NGT) is a transformational personal development program created to **inspire today's youth to discover** purpose and passion in their lives.

NextGen Trainings is a project of the NextGen Academy (NGA) - a registered 501(c) 3 non-profit organization based out of Valley Springs, CA.

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NextGen Academy
*Change the World Through
Personal Transformation*

Welcome to Another Year of NextGen Trainings'

Jeff Adshead
July 21, 2015

NGT Juice will be appearing in your inbox twice a month. It is a series meant to inspire and educate you with stories, quotes, testimonies, videos, articles, and the musings of this writer. Juice does not always or necessarily represent the views of NGT's diverse staff. It is influenced by Ignite curricula, and the range of its content is broad: sports, social sciences, art, spirituality and self-help, science and health are only some of the categories dealt with in this series. I encourage you to click on any links that are posted in Juice. They are chosen for a reason, and a reading of Juice is incomplete without doing so. If you have questions or comments about NGT or Juice, please email nextgen Trainings@gmail.com.

To the graduates of Ignite 2016,

The best is yet to come. This is what Uncle Jeff said on your final night and day of Ignite. Another breakthrough activity wasn't coming. The rest of your life was. And that, if you make it so, is the best that is yet to come.

Granted, nothing will automatically change about the world you dwell in. Even within yourself, you will likely find the same old voices creeping back—if they didn't immediately. Declaring that you have let your self-doubt go, for example, will not eliminate your doubts. You have gained a new perspective about your belief systems, but your problems did not dissipate at the sound of your declarations. Already you have begun to realize this. You have returned to your standard environments and Ignite is now fading into memory. Those things that you wish to let go of are too deep-seated in your internal workings, or too embedded in a social environment you do not totally control. More realistically, your declarations served a notice to your obstacles: "I'm coming for you." They were a commitment to yourself, a commitment to simply step onto the path of self-improvement, self-healing, and self-empowerment.

But even as Ignite becomes a product of nostalgia, remember that it was as real as it gets. Just this year, many of you gave glowing reviews of your experience. Some said that Ignite felt like a taste of heaven, or that it was one of the best experiences of their life, or that they felt freer at Ignite than at any other time in their life. Deep connections were made quickly, love was showered indiscriminately,

and people felt valued at their core, and for their core. We took the time to listen intently to each other and to share what has been molding in the recesses of our hearts. Everyday life isn't often like this. It's not normal.

Or is it. I want to challenge your conception of what is normal human behavior and what normal human relations should look like. Juxtapose the feelings you felt at Ignite with your typical experience. Take a look at the intensity and heightened awareness wrought by Ignite, and compare that to the standard tepidity or disappointment you may be undergoing in your life. Which is real? Which is normal? What do you *want* to be real and normal for you?

The next 26 weeks are an incredible opportunity for you. You've confronted your inner obstacles, which isn't easy. It can be nerve wracking to talk about your problems, and acknowledging the existence of those problems demands your action. You could have ignored them, denied them, or buried them deeper within yourself. But you've brought them to the light. And now, the momentous now, is the first day, week, and month of the rest of your life. Use the Ignite follow-up packet as one of your guides over the next 26 weeks. The more you engage with Ignite content the more you will feel empowered and skilled to improve yourself. Our hope is that as you reflect on your week of Ignite, and as you continue to engage with NGT, some truths will become clearer to you.

You can create true community. You can make a world of difference in someone else's life. You can be a courageous leader who lives a life of adventure. Now go on, get started!

Until next time, go forth and be happy.

Take a moment to digest the message above and identify key points or ideas that resonate with you.

Thank You,

From your friends at [NextGen Trainings](#)

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