

Wake Up Call #1a

First, Change Yourself

"Problem People"

Today's wake up call is for any of us who are wishing to help the world change. How to do it? *First, change yourself!* You can't do any good if you are not ok. Ok? Therefore, the question is, "What is a great - but simple - exercise I can do any time I want to remind myself about changing myself?" Here's one that simply reminds me what I already know. It takes less than sixty seconds and has been quite effective for me for over half a century. It's simply moving from head to heart.

Picture someone with whom you have a problem. (Don't have any? - I want to come to live in your house!) Now picture the problem itself. Now ... and here is the whole exercise - picture that somehow, some way, this problem can get better. Maybe you can even believe that it is already getting better.

"How are you going to do it?"

Don't answer that question.

"Why?"

Don't answer that question.

"What, exactly will I do for the solution?"

Don't even think about it.

If you can move your heart toward, "I think this can work." You are doing the exercise. While you are holding a new possibility of your problem disappearing or at least improving - do not try to

picture *how* you got there! Do not think of the logistics of the specific changes that healed this problem. Just picture moving toward this new possibility.

You probably have an opportunity to do this every day with somebody. Start to believe in your heart that things can work. Now you are in your heart. And this is where awakening occurs. Next, ask your head, "How are we going to do that? What's a good path?" As long as you first went to belief, it is a good move to now, ask your head about the logistics.

You have just led from your heart.

Don't we usually go the other way a lot of times in our life and say, "Well, how am I going to fix that?" - asking our head about the logistics or how something will get solved. It's not a good question! The way to ask the question is, "I think I can do it, now, how can we do it?"

In other words, always lead from the heart. "You have the permission to Awaken. You may begin to move toward a new possibility before you see how to get there" (bickart.org - The Teacher's Bill of Rights). Almost every training in education since the 1800s would have asked a student, "How are you going to get there?", first. The question should be, "Do you believe you can?" That's the question! And then, "How are you going to get there?" comes from that question.

I have a friend who is staying in a single room in a motel with his wife and four children. They have been there for more than a year since I have known him. He works very hard to make it out and bring his family to an apartment or a house. His wife is infirmed and works a part time job toward the same end. I see him every week and he always says the same thing when I ask him how things are going. He says, "Well, you have to be

positive. I think things will be alright." When I grow up, I want to be like him.

This act of beginning to move toward a change without analyzing how you will get to that change is the exercise itself. And you can take sixty seconds whenever you want - even several times today - to do it. This is an opportunity to transform yourself by spiritually awakening.

Well, that's my wake up call for today. Have fun and I'll see you in one of those tomorrows.

