

Wake Up Call #2a

The True Teacher

"Model Learning"

Today's wake up call is about a true teacher. Did you ever have a coworker, student, or friend tell you something and it completely changes you? And you have to just stop and say, "I don't know what I was just doing, but you just changed me. Thank you!"

You thank the student. That's true teaching! Right in front of your student, you have just stopped *telling*. A moment ago, you were doing the talking, now you have shifted to so some *listening*. You have become the student. And now, you have the opportunity to become *grateful*. To me, you just modeled the best thing you could ever wish for your student - to be a *grateful learner*.

So, let's do the exercise. Your assignment right now is to commit to yourself for some time in the next week, to look for a transformational moment.

I know that I'm supposed to be showing you exercises of how to have a spiritual awakening and get transformed, and I just told you, "Oh, you want to get transformed? Then transform yourself." Yeah. That's how it works. If you're not looking for a transformation - something that will change you - and you don't believe you can get there, don't even try. But, if you can look for it, you'll find it. It's there. There exists an existential orientation where you expand your perceptual field, that can be rich enough to change your very existence!

Let me ask you a question. Do you believe that there may be something in this day for you - that the world is taking care of

you - and it is ripe with opportunity? It's a state of mind. It's not a technique - it's a state of mind.

So, if you are expectant of the miracle, then you won't miss it when it comes by. And the miracle is that somebody said something to you that transformed you. And you got a chance to say, "Thank you."

Now, do you want to know a little secret? If you get ready to say, "Thank you," and do it even in situations where you're not even sure you just learned something - or even when a situation feels bad or unfortunate for you - you can turn it around. Not that the situation needed to be turned around. You are the one who got turned if you can be grateful before you know why something is good for you. The very act of thanking can cause you to reap a benefit from what looked unfortunate.

That's it. I'll see you in one of those tomorrows.

