

# Wake Up Call #5a

## *Points of View*

### "Us & Them"

You know how we're always wishing we could have looked better at the *other* person's point of view? Well, here is an easy technique to sharpen that ability - to wake that muscle up. You could use this right before a meeting or conversation with that *other* person. By the way, this what I call spiritually awakening - simply practicing what we really want to do.

My wife and I watched this video, but it doesn't work for us. I think the reason has something to do with the fact that I can usually see where her point of view is wrong. And I tell her. Then she tells me what's wrong with my point of view. It often ends with an "*Us & Them*" - where we haven't convinced each other. At that point, she says, "Well, that's your opinion."

So, this exercise is to help you be more awake than I am.

To do this exercise, you simply spend sixty seconds to access a time when you entertained a viewpoint that you thought you couldn't. Right now, I'll give you a crazy viewpoint, so you could access this one if you want. Take the idea that the earth goes around the sun. Everybody knows that! Scientists used to think that the sun went around the earth, then they learned better. Well, your test today - in order to exercise your ability to be spiritually awake and entertain an alternate point of view - is to try to accept the possibility that there is yet another view - that maybe we do not know everything, yet.

I was given this view back in the mid-seventies. I was teaching in a Waldorf school and a visiting master teacher was giving a talk.

He said that there is a way to see the sun going around the earth. He said that ancient scientists had a point of view that basically stood on the earth and thought the sun rose and set every day by going around the earth. Then he told us that modern scientists changed their viewpoint to a position as if they were standing on the sun, as it were. From there they could see that the earth went around the sun - along with the other planets. Then, he blew my mind! He suggested that there are a multitude of views - not just these two. He threw out one alternative by having us imagine that we moved our viewpoint past the earth, past the sun, out into our galaxy. He said that out there we would see our whole solar system rotating and flying through space. He said that out there, we could find a point of view that moved - a moving *path of view* - where we would see the sun going around the earth!

I was flabbergasted. Is flabbergasted really a word? If it is, I was. That happened to me fifty years ago. I access it often when I need to awaken myself to appreciate someone's weird point of view or when I want to help others to consider new alternatives.

For example, two nights ago I was speaking to a doctor who was asked to give a webinar to a group of former NFL football players. They were concerned about head injuries because there is a lot of negative press about it right now and the players wanted a medical perspective. The doctor was asked to give a balanced picture to encourage them. I love what he did because it followed exactly what we just spoke about. He gave an alternate view to what they had seen in the media. He started with the actual medical conditions of former NFL football players with head injuries. Then he showed the men the doctors' descriptions that were given to the media. Then he researched media pieces that reported on these findings. In many cases, they could see how the articles misrepresented conditions as more alarming than they really were. In the end, the players were relieved and quite grateful to see for themselves a more positive point of view than the media gave them to believe.

So, that's it. The exercise was that you took sixty seconds to remember an alternate point of view. Now you can access it the next time you want to wake up that muscle. And me? Don't worry ... in the end I think my wife and I are getting a little better. The other day, I could almost entertain her point of view (even though it was kind of wrong). I had asked her if she had any suggestions for this video, and she said, "You're doing good, just be yourself - just not too much." And I said, "Ok."

Oh well, that's our wake up call for today. See you in one of those tomorrows.

