

Wake Up Call #6a

Vulnerability

"Falling"

This wake up call is about vulnerability. Do you go to the school of hard knocks? I do. Everything goes wrong and I fall and fail continually. I love those people who seek the vulnerability of falling and failing. They look at it - not like, "Something bad happened to me, oh, poor me - I'm miserable because of it - Why is this happening to me? - I'm a victim of life!" Instead, they look at it as an opportunity. Why? Because, when something bad happens, you can learn something. In fact, isn't that how we learn? Do you ever learn by doing something right the first time? You basically do it wrong, then do it right. It's the school of hard knocks.

The best person I know who can do this is my son Kevin. When he was six, he was in the hospital for a short time, and then got a staph infection, so he was there for a long time. He ended up five weeks in the hospital - and he had to go into quarantine. Here's a six-year-old kid, not allowed to see anybody except the nurses and doctors ... and me. They let me in.

So, he and I made a chart on the wall that had a square for every day that he would be in quarantine. Then, we invented a new game - that had never been done on the earth before - for each day. He was so excited about it. He has the greatest attitude of anybody I know. He is this vulnerable person! He liked the food. He liked the nurses and doctors. He asked them a thousand questions. He wanted to learn all about it. (He has now become a doctor - a neurologist and a psychiatrist!) He loved the whole experience. When his brother got cancer, he said, "Oh yay, let's

go to the hospital! Those are great places!" He thought hospitals are these places where you have lots and lots of fun.

So, his attitude was to use the experience to go forward. To fall, in order to go forward. That is the lesson for today - the wake up call for today. But, to cement the idea, let's do an actual physical exercise, because it will put the image into us.

Are you ready? We're going to fall. I'll show you how to fall 2,000 times a day. Ready? Stand up. Lean forward, farther, farther, farther, until you fall. What did you just do? You took a step, didn't you. If you take a step forward, it's the way to recover from falling. It's called walking. And you do it all day long. How many steps do you take a day? Well, that's how many times you fell and got back up and THAT is how to move forward! So, it's like a reminder - if you wish it to be - that you're not falling - you're proceeding - you're going forward - you're waking up - you're making progress.

That's my wake up call for today. I'll see you in one of those tomorrows.

