

# Wake Up Call #20a

## *The Role of Belief*

Belief is the king of it all. If you can believe something and conceive of something, you can probably achieve it. You've heard that saying, maybe?

Let's look at your hands, first. What do you do when you are thinking of making a wish or a prayer? Some people put their hands together, like bringing the lobes of the brain together so your head and your heart and your wholeness is wishing for one thing. Some people put their hands open and receive and thank whatever is coming. And some people cross their fingers and cross their heart. When you cross the body, there's an integration of the left and right lobe of the brain.

I helped a student in high school (when I was a senior in high school) to come out. He was emotionally disturbed. He could not negotiate the world. And so, we played a lot of games where we crossed the body - ping pong - threw balls. I gave him a private gym class. He came out. It was the most wonderful thing to see. He got a job. He started driving around town on his bicycle. And his family was unbelievably happy. So, there is a lot to this action (crossing my hands).

So, how do you make a wish? Well, today's wake up call is to make a wish. But, there's two steps to it. First, you have to hitch your wagon to a star. What's the star you're wishing for? What is the end result you want - that you are making the wish about? Step two, do you believe it? Do you believe it can happen? You can conceive of it - but can you believe it? Because, the step three that everybody is always talking about - how to get there - how to accomplish your wish - is non-important compared to these two steps. What's the star you are hitching your wagon to

and do you believe it's possible. From that comes all of the logistics of how to get there, and the determination and the will and the energy with which you will get there.

So, your wake up call for today is hitch your wagon and believe. That's the role of belief. Belief is a cause, not a consequence.

So, thank you very much - I'll see you in one of those tomorrows.

