



Courage to be Happy

You must be the change you want to see in the world.

Mahatma Gandhi

When life is smooth sailing, it doesn't take any courage to be happy. You're too busy enjoying the good times and going with the flow! Plus you might be tempted to believe that these good times should, and will, last forever. It's also likely you'll view these calm waters as evidence that your thoughts and actions are reaping their deserved reward. So it's easy to believe you are right, take full responsibility and count your blessings.

In contrast, when you hit rough waters and things don't go so well, few people will take full responsibility. Most will be tempted to point the finger of blame in some other direction. Friends will rush to help in assigning reasons, excuses, accusations and blame elsewhere. Deflecting the blame initially makes you feel innocent and righteous, but later leaves you disempowered, helpless and adrift.

Of course there are also those who prefer to swim in a sea of guilt in order to prove how bad, inadequate, and unworthy they are. Perhaps this excuses them from showing up, or points the finger of blame indirectly at someone else.

What does it mean to take full responsibility for BEING the change you want? When experiencing difficulties, what often stops people is not knowing what to do. Nowhere is this more obvious than with health. As long as all is well, no problem. As soon as there's dis-ease, pain, or illness, suddenly the cause seems too mysterious and no one knows how to turn the situation around. Instead, people focus on short term solutions, symptomatic relief. Take a pill, have it surgically removed, drug it into submission.

Because the body is so miraculously adaptable, it can continue to function despite receiving inadequate nutrition and poisonous substances, as well as noxious emotions and toxic belief systems. Some bodies are more resilient than others and getaway with these insults for longer. This makes it hard to see the connection between input and result. Nowadays it's also common to displace the blame onto faulty genes, but that's just another way to avoid taking responsibility.

Having the courage to take responsibility for your healing, for your life, for your happiness, starts with willingness. The moment you choose to step into your power and drive your own boat, everything begins to work better. No matter how stormy the waters, you'll find it easier to stay afloat. State Management, as taught in NLP, is the key.



When you notice that anger is just one letter short of 'Danger', that's a clue. Although every negative emotion has a positive purpose, there's a danger of drowning, if you don't know how to swim. *E-motions* supply energy and power to move you forward. Your feelings do their best to guide you in the right direction. Which ones make the best fuel for your boat?

Your choice depends on what you think is most important. What do you want? What is really important? What's really, really important? What's really, really, really important?

Have you ever noticed that 'think' and 'thank' are only one letter different? Perhaps that's another clue. Thinking comes from the head, the part of you that looks for blame. Thanking comes from the heart, the part of you that appreciates with truth, joy and love. One leads to dis-ease and the other to healing. It's your choice.

A flower doesn't turn toward the sun because it needs to, but because it wants to, and so the process is effortless and joyful.

Mike Dooley