

## The Human Experience Pt 6: Choose Life

Good friends Andrew and Frank were having lunch together when Rose arrived. Frank beckoned her to join them and after a warm hug she sat. Introductions over, he asked "Well Rose, how was your month's leave?"

"It was great" she replied, "I had some time with the kids during school holidays and then after they went back, I spent time doing things around the house. It doesn't sound exciting; but it was great."

Suddenly, their conversation was broken by a commotion at the counter between the barista and a customer. "I said no sugar you stupid idiot!" he yelled, upturning his to-go coffee on the floor and stomping out, shouting that he'll never return.

After a few minutes, the shocked silence passed and the cafe returned to its usual chatty atmosphere.

"I just can't understand how a guy can lose it over a cup of coffee," said Andrew, "he must be nut-case."

"Well I can," said Frank, "not over a cuppa maybe, but I've been there. About three weeks ago I was at my desk and Lorraine placed a file in my in-tray. Suddenly I exploded. I was in a rage about me being the only one who works, while everyone else sits back and has a good time at my expense. I picked up the file, threw it into the air and stormed out; nearly taking the door off its hinges."

"Yes Andrew, me!" said Frank, seeing his mate's look of surprise. "What's more," he continued, "I went down to the courtyard garden, you know the one just off the main entrance? I roared like a wounded lion.. thank god no one was there to witness my outburst. So, yes, I understand, and know it well."

For a while, Andrew was speechless. "What happened when you returned?"

"I sat in the garden for about ten minutes or so, my face flushed and my heart beating. Unexpectedly, Lorraine arrived. She asked me if I was OK. I was dumfounded by her concern... I stared at her, speechless; my eyes flooding."

It was clear that for Frank there was still some raw emotion.

"Long story short, it struck me that I'm a good man, just acting like a nut-case. More to the point, I could see something had to change and the change wasn't about the things outside of me but what was inside of me... From that moment on I've focused on calming down more often, and this gives me the space to notice where I am - emotionally I mean. Strange as it might seem, I've been feeling much more relaxed. I do still get angry; but not to the extent that I lose it."

"Rose, you'll appreciate this," said Frank with a half smile on his face "since that day; each morning and evening on the train I just sit and notice my breathing. I just know I have an opportunity to settle down and I want to take it."

"You're not going all new-Agey on us are you?" said Andrew.

"No, just less a nut-case and better for it," retorted Frank as he stood up "sorry guys; I have to go. See you at the office Rose... Andrew, I'll give you a call about next weekend."

Franks walked away from the table.

### Our innate good

"... at that moment it struck me that I'm a good man, just acting like a nut-case." This powerful acknowledgement is a critical realisation for all of us. We can do so many 'nutty things' and lose the truth that we are 'good'. Not in the sense of good or bad; moral or immoral; but at our core essence. The critical question is: are we, or can we be, defective? It is a BIG IDEA. It is a BIG thought. In our world of 'evidence-based' proof, can this statement stand up to rigorous scrutiny?

The only evidence I can see is that when we have a BIG thought (or a little one for that matter); it determines our personal reality in that moment. If I think a customer is a 'nutter' then he or she is. The term 'self-fulfilling prophesy' has been well established in the study of psychology and this notion is well appreciated by the ordinary person on the street.

The philosophical idea of 'I think therefore I am' introduced by Descartes brings a philosophical argument to the same point of the power of human thought.

However, what is important is YOUR explanation to this basic question; not mine, nor psychologists, philosophers, your family and friends nor any other person (or written argument). Only yours.

Some years ago I chose 'In my essence I am good.' It was a conscious choice for me. However, for others it wasn't. For them it was an intuitive truth, and yet for others there is an internal war being waged with the outcome yet to be determined. Again, some think without a shadow of a doubt that they are fundamentally flawed or at least others can be.

"This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life ..."

These words from Yahweh (God) found in the Bible (Deuteronomy 30:19) were directed towards the chosen people who were about to enter the Promised Land. They had been released from slavery in Egypt, guided by Moses, given the fundamental law for life and invited to make a choice; a choice for LIFE.

Although one could place this last paragraph within a biblical and religious framework; I don't. For me, it merely highlights the stark reality of the power of a thought. The capacity to manifest thoughts in one's own mind is a gift to us human beings and they are also the fruit of our life; manifesting our life as blessing or curse. ■ ■

"The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvellous structure of reality. It is enough if one tries merely to comprehend a little of this mystery every day. Never lose a holy curiosity."

Albert Einstein (1879 - 1955). German born Physicist, 1921 Nobel Prize winner and author.

© PIB. PERMISSION TO COPY FOR PERSONAL USE IS GRANTED.  
FOR OTHER PUBLICATION RIGHTS EMAIL DAVID AT:  
director@principlesinbusiness.com