

Life's Prescription... Dream, Believe and Work

As Scott and Pratiksha continue on their Devotion to Motion tour, we arrive in South Africa for reflection on some powerful words of wisdom and their significance to the life of one of their heroes....



photos: opposite page - Scott and Pat in the courtyard on Robbin Island, outside the cell where Nelson Mandela spent 18 of his 27 years in prison. this page - Scott and Pat on Robin Island next to one of 200,000 peace poles to have been planted around the world.

completed my initial rehabilitation back in 1986 and inspire me more every day. I recall that day when I left rehab to re-enter into society by means of a wheelchair. A whole new world full of physical and mental challenges was waiting for me. New experiences which I would have never anticipated nor predicted evolved almost daily. The poem I just shared with you kept me focused and allowed me to put life into perspective and appreciate the moment even more.

That focus was even more clearly defined while recently traveling to South Africa. Pratiksha and I had the opportunity to attend a lecture by one of our heroes, Nelson Mandela. Talk about overcoming obstacles and finding meaning in life! Let's explore these most inspiring words of dream, believe, and work and see their true application on the life of one of the world's finest freedom fighters.

Dream... and the future takes form. Before anything can be created in the physical world, one must first create the idea or concept mentally. Close your eyes. Look at the black canvas that fills your view. On that black canvas, you have the potential to create any masterpiece that your heart desires. If you can't walk, you can paint a picture of yourself standing, then walking, and even running if you choose. If you want to be an astronaut, you can blast off to any galaxy you wish while you are dreaming. Do you need money, a partner in life, a new job? Simply close your eyes and begin to bring in all the colours you need, all the sights you need, all the sounds, and all the other details to your work of art. Don't hesitate because this is your dream, this is your first step to manifesting your goals and aspirations. Your mind will store this picture in its memory so don't hold out on any details. Once you have created this mental picture and move onto to something else, trust me when I tell you that some force that is greater than anything we could ever imagine is beginning to help us materialize it in the physical world. Don't go anywhere because your job is not finished just yet!!

When we talk about dreaming we could easily discuss Martin Luther King's "I Have A Dream" speech and how he took this vision and turned it into a reality before his untimely death. We could also talk about the great basketball legend, Michael Jordan, who dreamed of playing professional basketball when he was a teenager. Did you know that

Dream...and the future takes form
Believe...and you are halfway there
Work...and climb to fulfillment

Author unknown

As the first leg of The Devotion to Motion World Tour draws to a close and we enter the new millennium, I felt the need to share this short poem with you. It really appears to capture the necessary ingredients for creating whatever it is you choose to manifest in your life. Easier said than done, right? These powerful words were given to me by my first physical therapist shortly after I

he did not make the basketball team one year in high school when he was 15 years old. His dream did not die.

There are so many other magical stories which expand on the notion that dreams do come true, but I want to again focus on the vision of Nelson Mandela. Here is a man who was imprisoned for 27 years. That's 10,000 days behind bars. If there is anyone outside of the disabled community who knows what it is like to be handicapped, confined, etc., it's this man. Did you know that he did not have a bed in his prison cell for the first 14 years of his imprisonment and when he slept his head would hit one wall while his feet would hit another wall. Despite the harsh environment that he had to endure, his dream to end apartheid and free his people from unjust rule became stronger with each passing day in prison. Considering that he was not stimulated by any of his five senses while imprisoned, he opened up a world of unlimited opportunities on the inside, in his heart and in his mind.

Believe...and you are halfway there. Out of the three ingredients needed for life's prescription, I would venture to say that "believing" is the most difficult. Why? When you believe in someone or something, you are totally detaching from your five senses. The power of belief can not be found by taste, touch, eyesight, hearing, or even smelling. Even the gift of intuition, which is being considered as a possible sixth sense, cannot tap into the mystical and mysterious realm of belief. In order to arrive at the destination of belief, you must be willing to "let go" and trust that some force, which many observe as God, is guiding us in the right direction.

It's almost like an airplane pilot flicking the switch to autopilot and letting go of the controls. Hmmm. Let me repeat that last sentence because the words are so profound outside their original intent. "Letting go of control" is the direct path to believing, plain and simple. Believing is formulating your intention, which is created in the first step we discussed that focuses on dreaming, and launching it out into the field of infinite possibilities. Deepak Chopra likes to describe this process by having one picture throwing a small pebble into a large pond and watching the effect the small pebble has on the entire pond. Your intention or belief, no matter how small and insignificant you may believe it to be, lands in this pond. It will have more of a chance of surviving and materializing if your belief in it is clear and strong. Every cell in your body must focus on your plans developing just as you laid them out. Any negative feedback to your creation is only created in your mind and is the result of fear. Once you are aware of this fear, acknowledge it, understand its purpose, and send it on its way because it no longer serves you.

Nelson Mandela is the master of belief. Let me once again remind you that this gentleman was imprisoned for 10,000 straight days. He missed out on the joys of watching his children grow up. He could not physically touch his wife, not

even her hand, for the first 21 years of his imprisonment. He could only determine what day it was by observing the sunrise and sunset.

The only news he received about the outside world was usually negative. His wife was thrown into prison because of him. Given all these circumstances and hundreds more, how could anyone manage to maintain any type of sanity? **Belief.** From the moment he committed to fighting for the rights of his people, Nelson Mandela vowed never to relinquish his pursuit of freedom no matter what obstacle was thrown into the picture. His dreams of a free South Africa coupled with his indestructible belief in his mission could not be touched nor eliminated by any human being. His belief was and continues to be so contagious that even the prison guards praised him. Almost like a person who has had his or her eyesight taken away, or an individual who can no longer hear, or a person who is told he or she will never walk again, he was given a choice. Either he could have given up and said that the road is too difficult and he can't do it or he could choose to commit to moving forward and find that light at the end of the tunnel. It was his choice. He opted for the latter, of course, and thankfully so, for all of us. You see, everything in life is a choice, even whether or not we choose to live.

For some, this power of choosing is abused. For others, like Nelson Mandela, the ability to choose is complemented by the gift of belief and then anything is possible...even freedom!

Work...and climb to fulfillment! The combination of dreaming and believing can be so profound only if you choose to act on it. You can dream of making a million dollars and have the utmost belief that it will happen, but unless you go out and work on completing your task, your intention is just a tiny grain of sand on an endless beach. How are you going to turn your dream into a reality? What steps are you going to take to fulfill your destiny?

You have probably heard the line, "If you snooze, you lose!" Well folks, it's true. How many times in your life have you had a great idea, but did nothing about it. You just sat back and watched someone else with more drive and determination run away with your idea and sail down the road of success. Once again, fear enters the picture and many times prevents us from venturing forward with a specific task. "What if I fail?" is usually a common excuse for someone who has not plunged forward with a great idea.

Sometimes the idea of succeeding scares us even more than failing. Think about all the times in your life that you have failed. Unless you knew what failure was all about, you would have no clue as to what the experience of succeeding felt like. If you have ever had physical therapy, your therapist has probably told you that repetition builds endurance. This means that you have to continue to move forward and that you will experience successes and failures. But as time goes on, you will be rewarded for your efforts and begin to notice that your successes will far outweigh your failures.

Before Nelson Mandela was imprisoned, he literally abandoned his family and his career to help his people. This sacrifice still, to this day, leaves him with an emptiness on the inside. But he recognizes, as do his family and friends, that if he had not taken the torch that represented freedom for all, then apartheid would still be flourishing and creating even more injustice in the world. Nelson Mandela worked tirelessly on getting his message out to the public any way he could while he was imprisoned. Even while he was in prison, he did not allow any more injustice to be done to him or his fellow inmates. Once he was released from prison, he did not ring the victory bell because he knew that his struggle was not over. He knew that much more work had to be completed before peace and solitude could embrace all of South Africa. Today, Nelson Mandela, even in retirement at the age of 81, travels around the world, seeking to make peace and open up the doors to freedom. He has said countless times that "there is no easy walk to freedom," but as he has demonstrated so perfectly, the combination of dreaming, believing, and working will eventually guide you to your destiny.

Thanks for listening! □ *Scott*



Making Peace With The Past:

REALIZE + REWIND + RECOGNIZE + REINTERPRET + RELEASE = RELIEF!!

Are you still carrying around your past? Do most of your conversations focus on your past? Are there painful or unpleasant memories that continually invade your mind? Don't worry, you are not alone! Now, are you ready to understand your past, make peace with it, so that you can move on and enjoy the rest of your life? Good! Here is my remedy for getting rid of the weight of the world that you have chosen to carry on your shoulders for who knows how long. Yes, I said chosen! Remember, everything in life is a choice which gives you full responsibility for how you have acted and reacted in every situation since you were born. That is a lot of power, if handled properly! Before diving into my recommendations on making peace with your past, please read the following quote which I first read in Dr. Deepak Chopra's "Seven Spiritual Laws of Success.": "The past is history, the future is a mystery, and the moment is the gift, or the present."

Please re-read it because it contains such an invaluable message. In regards to the past, the quote means that the past is something that you can not change. It's history! Now that may seem frightening or disturbing to some of you, but don't worry, the past is not something you have to carry around with you for the rest of your life either!

We are a product of all the choices we have made in our past. It's that

simple, yet so complex if you allow your mind to think too much. Some of the choices we have made might have been pleasurable while others may have been painful. Where have your choices been taking you? Once you can take responsibility for "all" of your actions, not "some" of them, then, and only then, can you be free to explore your past in a productive manner. This conscious decision is the key to unlocking the door to your past, allowing you to fully appreciate the moment, and create that freedom of which you are so deserving. Once you have made this decision, I recommend that you follow this five step process to solidify the commitment you have made to yourself: realize, rewind, recognize, reinterpret, and release. Let's go!

Realize. This is part of that conscious decision that you have made to yourself to eliminate the painful or unpleasant memories you have of your past. You have come to a point in your life where your past is preventing you from appreciating your life in the present moment. Maybe you can not forget a past relationship, maybe you are still grieving over the loss of a loved one or friend, maybe you were abused as a child or as an adult, or maybe you hurt someone in the past. Everyone's past is different. Everyone's past is meaningful to the individual. No one is given the permission to judge the significance of another person's past. We all have a past, memories of our past, and some

people choose to hang onto their pasts while others choose to let go of their pasts. Again, we were not put on this Earth to judge others, rather we were put here to learn from one another. It is my belief that all of our memories outside of love, are weighing us down, inundating our thoughts, and possibly even causing illness and disease. When you reach your personal threshold where you can not endure the frustrations of your past anymore, you seek answers, you seek closure. This is the realization that your past is preventing your life from moving forward. Please give yourself a pat on the back or a big hug. You have taken a courageous first step! Oh yes, there is more and you owe it to yourself to proceed.

Rewind. One of my greatest teachers, Dr. Deepak Chopra, has said that it is very important that we, "rewind the tape of our lives." Just like a videotape, he says we can "rewind it, fast-forward it, pause it, stop it, or play it if we so choose." Close your eyes and try to take all of your senses out of this process. Now bring a painful or unpleasant memory from your past into the present. Bring all the details (colours, people, etc.) to focus so you can really get a clear picture of what happened at that time in your life. If you are beginning to feel emotional, please take a deep breath and try to proceed because deep down inside you want to resolve this issue. If it becomes too painful, just remember that you can stop

the tape of your life, open your eyes, and temporarily escape from your past. I say, "temporarily", only because your past will keep popping up into your present until you resolve the inner conflict and digest your past peacefully. Rewinding the tape of your life allows you to observe your life. You are in total control of this process. It is not an overnight rental from a video store. It is not a video that you can give to your friend and never get back. It is not a tape that everyone knows about unless you choose to share it. And best of all, the video is free and at your disposal anytime you desire it.

Recognize. Now it is actually time for you to begin reviewing the tape of your life. What do you see? What do you choose not to see? Try not to judge anything that you see. It is almost as if you are watching someone else's life story. Recognize the patterns you created. Recognize your role in each situation or event. Feel all of the emotions that you had felt once before. You are safe because you are controlling the tape, remember? This is you. Every event, at every second, of every minute, of every hour, and of every day is about you. Your life is a series of actions and reactions. Witness how you have grown; physically, mentally, spiritually, and emotionally. Observe all the smiles, all the tears of happiness or sadness, all the frowns, and all the other ways you responded... without judging!



This is a movie of your life that has led you up to this very precious moment in your life. Any changes, any deletions, any additions to this story may have taken you on an entirely different path. Still feeling a bit uncomfortable? That's quite okay and understandable. Now it's time to insert some peace into your story without changing any events.

Reinterpret. Don't we always say that it would be great if we could go back into our pasts and change this or change that? We wish it was that easy. Well, in a way, it is! By reinterpreting something, we can change the energy surrounding it. In a way, it is a change of thinking. Yes, we can change it! We can change our thought process, not the event itself.

Ultimately, our objective is to reach a place of acceptance. I like to think of acceptance as that place in between two extremes where life is peaceful and tranquil. Think of a past event that just makes you cringe every time you think about it. How would you like to remove the constant negative energy surrounding it? The sadness or anger may come back from time to time, but no longer will it consume you. Sound good? By reinterpreting your past, you can rewind the tape of your life, identify your role in it, study all the factors involved in the situation, and begin to understand how you may have needed to have that experience to teach you a lesson or help you in your personal development. Sometimes when I begin to question myself in this manner a light bulb goes off inside my head and I say to myself, "Yeah, I get it!" Think of all the negative memories from your past, examine the events leading up to that situation, then, examine some of the events that immediately followed that situation. Is the light bulb beginning to flicker? By not

having any so-called "negative" energy surrounding an event does not mean you don't care, or in this next personal example, lost hope. You see, I am in a place of acceptance with my paralysis. No longer do I have any constant anger, sadness, resentment, etc, nor do I sit around all day and smile and say, "I love being paralyzed!" Let's be serious now! I am negative at times and I am positive at times. It is a perfect balance for me and gives me even more hope to walk again some day. More so, it allows me to focus on something far greater than the use of my legs, a gratefulness of my life. When you accept a circumstance in your life, no longer are you attached or confined to an extreme. Reinterpretation is the direct path to acceptance.

Release. Once you have reinterpreted an event in your life and have moved into a place of acceptance, you are free. You have chosen to release the negative energy surrounding a past memory and have taken full responsibility for your role in each and every event in your life. This awakening will lead you to a place of euphoria and a deep appreciation for just about everything in your life, because you know that everything has happened for a reason. How many times have you heard that line and just wanted to hit someone? Well, now you will not want to because you will begin to understand that everything does happen for a reason and serves a purpose.

Please remember that this whole process is a commitment that you have made to yourself. You deserve to break free from your past. You deserve to be happy again. It's your choice! Again, where are your choices taking you?

Thanks for listening!

Scott

