

**Weekly Tip from Dr. Mark**

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A Willing Student**[\(Listen to this Tip!\)](#)**

Clients often ask me to help them choose goals and other pursuits that would seem helpful as they move forward on their path, and with the New Year typically comes a scurry to put these goals and resolutions into place. Last week I wrote about how an Elimination List can help you to see resolutions through to success by putting your focus and energy on clearing the path to what you want to bring in. This week I'd like for you to consider adopting a specific resolution that I suggest to all of my clients as the New Year gets under way.



We have all heard the saying, "*When the student is ready the teacher appears.*" True enough, I think. It seems to me that when one is ready for a lesson or for a change, a teacher will appear to show the way. The teacher can take many forms. It might be a person, an event, or even a theme that is finally recognized as important. Ideally we reach a certain level of growth, our teacher appears and is recognized as such and whose purpose it is to take us to the next level in our growth, we embrace our teacher, and on we go.

But do teachers only appear when we are ready?

When my clients ask me to help them with resolutions, whether it be at the time of the New Year or the New Moon, I encourage them to resolve to look at all people and situations, and indeed to look at all of their experiences, as teachers or guides. I believe that teachers are around us at all times and that we can step up to the plate and engage in the learning process whenever we choose to do so, without waiting or hoping for a teacher to appear.

When something happens or if someone significant comes into or goes out of your life--particularly if it is in what feels like a disruptive way--it is important to consider what has really gone on. Beneath the surface perhaps, what does this event or person really represent? Does this person or situation feel familiar on some level? Can you identify a pattern? If there is a pattern, what is it's theme? What word or issue seems descriptive? Consider how you feel as you contemplate what has happened. What are your reactions on this feeling level? And, importantly, what does your intuition tell you?

By looking at all people and situations as potential teachers, you're sending a clear message to the Universe that you are a willing student. The result? When you send a clear message that you are a willing student and desire willing teachers, Law of Attraction says that you will receive willing teachers. You'll find yourself on a much faster trajectory towards greater happiness and fulfillment than would be possible if you waited ambivalently or in fear for your teachers to appear. You will be more willing to work with your teacher if you seek the teacher than if you wait until one is imposed, and you will be more invested in the outcome.

This New Year, resolve to be every teacher's dream student. Actively engage the teachers in your daily life, and use them for all they've got!

Have a great week, and Enjoy the Journey!

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