

Change Your Focus: Change your world
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There is much talk these days about the need for change. We fight discrimination. We fight for rights. We fight *for* things, and we fight *against* things. We spend a lot of our time fighting, it seems. What is a fight but a war? We want to end war, yet we continually create new ones. "But *this* war is a *right* war." Or is it?

Jeannette Rankin, the first American woman elected to Congress, said, "There are no winners, only survivors. You can no more win a war than you can win an earthquake." She's got a point.

There are many reasons to want to see change. Whether global or personal though, the fighting has to stop if there is going to be change. But how do we end hate if we don't fight against it? How do we assure equal rights if we don't fight for them? How do we wipe out our debt? How do we move toward greater health?

Mahatma Gandhi said, "Be the change you want to see in the world." He's got a point too.

So, what do we do to realize the personal and global changes that we want to see? The short answer is: *change the focus*. Let me explain.

It is always up to us to decide how we will approach any problem. We can focus on getting rid of something that we do not want, and in essence we will be starting a war against it. Or, we can focus on getting something that we want instead, and choose to put our energy on what we wish to create. Law of Attraction says that we get more of that which we put our attention to. So, if we put our attention to getting rid of hate, we are focused on hate and we will experience more hate. The "getting rid of" is irrelevant and is not heard. If instead we put our attention to creating that which we would have more of if hate were eradicated (love, perhaps?), then we will have more of that. Law of Attraction still applies. We get more of that which we put our attention to.

Mother Theresa once said that she would never attend an Anti-War Rally. A Peace Rally, on the other hand, would get her full support.

So, which strategy will move you along toward your goals and beliefs?

I invite you to try an experiment over the next week. Make a conscious effort to always *move toward* things that you want instead of focusing on moving away from things that you no longer want. Or, perhaps you will want to try a different experiment. You might try putting your attention on one thing that you want, while also putting your attention on getting rid of something that you do not want. At the end of a week see what you have. Chances are good that you will have more of what you focus on either way.

Dr. Mark Arcuri is a nationally recognized transformational coach based in Santa Fe, NM. Office sessions, phone consultations, and workshops may be arranged by calling 505-216-7635 or by email at drmark@arcuri.org. Further information and free resources are also available at www.arcuri.org. Feng

Shui and Law of Attraction: Rearrange Your Stuff, Shift Your Thoughts, Improve Your Life! An interactive full day workshop in Santa Fe – June 23, 2007.