

Recharge Your Attitude

by BOB LANCER

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The attitude that you express is an experience that you give yourself. How you feel about yourself, your job, your life, your coworkers, your students or clients, is really no one's responsibility but your own. If you cannot forgive someone, it is not that other person that needs to change.

Forgiveness is a healing, harmonizing, liberating force that you either permit to flow through you, or you resist, reject and block from your experience. To forgive another or yourself is really nothing but a choice. You are free to choose to live in the bitterness of resentment or in the delight of freedom from that painful state.

Your freedom and power to choose forgiveness begins with your acceptance of your responsibility for your attitude. Observe what goes on in your mind when you feel angry or resentful and you will see that your thoughts trigger and fuel your fury. What you are really angry at is what you mentally conceive or imagine. Whatever you feel angry about is in the past. You need to hold onto one particular view of what happened in order to continue feeling disturbed about it.

Once you recognize that how you react to a situation or person is really something that you are doing to you, you begin to release yourself from blaming people or events for what you do to yourself. As long as you continue blaming, you overlook what you are doing to produce the problem you blame on another.

One way out of anger and resentment, once you accept responsibility for those painful feelings, is to follow your path to inspiration. Inspiration is possibly the most underestimated force in existence. We tend to place far more value on perspiration than on inspiration, but without inspiration, your work is dead.

Get in touch with your feelings. Notice how your feelings are impacted by what you do, what you think about and what you speak about. Notice how rushing makes you feel unhappy, anxious and irritable. Notice how slowing

down, relaxing, taking attention out of worry and redirecting it to how you feel in the present helps you to feel better.

Often, the solution to feeling unhappy, annoyed, or emotionally hurt in any way is to give ourselves some freedom to do what inspires us. While you may think that your unpleasant feelings stem from how someone else behaves, or from how some situation beyond your control is in control of you, you will probably find that giving yourself the freedom to take a walk, play with your kids, paint, write, dance, sing, garden, bake or do whatever it is that lifts your spirits and feeds your joy and love of life is really all you need. Inspiration liberates you from resentment, launches you into love.

Do that which inspires you and notice how inspiration feels. Then, in the present moment, in your current situation, think about what you can do right here and now to help you feel inspired right here and now. Perhaps it involves smiling at someone who passes by. Perhaps it involves just slowing down and really looking around you. Perhaps it involves sharing with your students what it is that really inspires you about what you are teaching.

If you look for your opportunity to recharge your attitude with the positive power of inspiration right now, you will find it. As you seize that opportunity you will discover that your attitude toward life, your work, yourself and other people really is a choice. May you choose to rise above resentment on the wings of inspiration.