

Mindfulness with Lucy

Week of 20 Feb 2023 *How do you make change?*

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Image by [LegioSeven](#)

When you first start off trying to solve a problem, the first solutions you come up with are very complex, and most people stop there. But if you keep going, and live with the problem and peel more layers of the onion off, you can often times arrive at some very elegant and simple solutions.

STEVE JOBS

Dearest friends

How do you make change? How do you change what you don't like about your personal life, about your community, about your world?

If I asked you to make a list of all the things you'd like to change about yourself, your life, your community, your country, the world...would it be a short list or a long one? (*I'll trust that you'll be completely honest, of course!*)

I can tell you right off the bat that my list would be a very, very long one indeed! Would you like me to tell you some of the things that would be on my list? (*I'm 'hearing' you say 'Yes'*)

Here are just a few...

I'd be...

Fitter

Richer

Freer

More youthful

More genius

A way better guitarist, singer, writer, mother, sibling, friend, teacher, mentor...

I would...

Create a world without poverty, racism and militarism (The 3 Evils of Society that Martin Luther King Jr identified)

Eradicate all national and international borders

Make all disease disappear

Okay, that'll do.

Now, what about you?

Dear Friends, I believe that there are many things you and I would like to be different about ourselves and our world. The question is, *How do we make it happen?*

You want to know the answer?

It's really very simple:

Allow it to happen.

Okay, I missed out a couple of steps:

Imagine
Intend
Allow
Act on the guidance of Love

Too simple? Prefer more complication? Complexity?

Unfortunately, that's what most people believe - that things can't be that simple. That solutions are surely way more complex because the problems are so unimaginably complex. And yet...remember a very wise guy once said...

Be like little children if you want to enter the kingdom of heaven...

Translated to everyday speak, we might say...

Be simple (in your thoughts, words and actions) if you want to experience the joys of life

Friends, last week I wrote about that dynamite word that sets the power of God, of Love, of Life, into motion... a simple 3-letter word... *Let*...

'*Let*' signals our Intention which we fuel with our Imagination. Imagination, as you know, arouses our emotions - emotions that place us in the zone of manifestation.

This is God/Love's playing field, the field of creativity and miracle-making. The last thing we want to do here is interfere with that creativity with our cleverness, our false beliefs, our stubborn demands and our attachments to particular outcomes and the way in which those outcomes are to be delivered.

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So, instead of interfering, we *allow*. We allow all that creativity to flow unimpeded, offering it no resistance. And it will! And almost always in ways we could not have imagined, in ways that will charm and delight and disarm us! Our job is to stay tuned to the guidance of Love, for as Love puts things together, it nudges and

prompts us into inspired action. But, if we are not attentive and willing to listen, we will dismiss these nudges and prompts.

Too simple, we might think.

Too literal, we might feel.

Too abstract, we might decide.

Too impractical, we might judge.

Too unrealistic, we might conclude.

But it is not our business to judge or comment on Love's guidance. It is our business to follow It and not the loud, frantic, fear-filled bleating voice of the Ego (which, when necessary, craftily disguises itself as *reason*).

Before I finish, I want to briefly return to the desire we have to change things in our personal and collective lives. When we seek change that is consistent with the nature and impulse of Love, there is no reason for us to feel guilty, ashamed or selfish about it.

However, when we seek change by vilifying or lamenting what is, or by fighting what is, or by hating what is, or with ingratitude for what is, our attention (and therefore our energy) will be trapped in the vilifying, lamenting, fighting, hating and ingratitude. We will not be free to Intend and Imagine in Love and thereby invite into our lives its infinite and creative possibilities. And we will certainly not be able or willing to listen to its guidance.

So, as St Augustine advised,

Love. Then do what you want.

And with that in mind, let us consider this:

Do we make it a daily, heartfelt priority to *Intend, Imagine, Allow and Act on the guidance of Love* with respect to peace in the world? With respect to the health and wellbeing of every being in the world? Or do we think that it's a waste of time? Do we doubt that this simple, undramatic act could actually bring about change when it is done sincerely, without judgment, and with complete faith, that is, when it is done in Love?

You know, in the realm of the All-Possible and the All-Powerful i.e. God/Love/Life, which is our ultimate reality, there is no order of

difficulty in miracles! As A Course in Miracles says, 'All expressions of Love are maximal'

So, how do you make change? What have you decided?

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Tuesdays 6pm and Thursdays 11am Brisbane AEST time

Contemplate

Complexity has and will maintain a strong fascination for many people. It is true that we live in a complex world and strive to solve inherently complex problems, which often do require complex mechanisms. However, this should not diminish our desire for elegant solutions, which convince by their clarity and effectiveness. Simple, elegant solutions are more effective, but they are harder to find than complex ones, and they require more time, which we too often believe to be unaffordable.

NIKLAUS WIRTH

If the only prayer you ever said was 'Thank you', that would be enough - Meister Eckhart

What can you be thankful for right this moment? Even if it doesn't seem to benefit you directly?

Right now...I am thankful for *perseverance*

Prayer for the World

Let me not presume to know better than the Infinite Intelligence that places galaxies in motion, enables the bar-headed goose to fly at 27,000 feet above ground and burns the food that we eat to

produce energy. Let me not insist that I alone must find solutions to what I have construed to be problems. Let me not get in the way of that which makes all things possible. Instead, let me seek change by Intending, Imagining and Allowing ever more beautiful and wondrous expressions of Love for myself and for the world. And then, let me follow the guidance of Love with my every thought, word and action so that the change I seek is the change that Love itself expresses for the good of all.

**You are loved. You matter.
Life recreates you moment by moment!**



If you'd like to find out about working with me in a Mentoring program, in Self-Awareness and Empowerment workshops, or would simply like to receive my weekly emails, please contact me [HERE](#).

This weekly message was produced by Lucy at
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