

'Awaken Your Force' in the New Year!!

George Lucas' first *Star Wars* film released in 1977 was a blockbuster hit spawning a number of sequels including the latest, *The Force Awakens*.

Like me, you may have wondered about the meaning behind the often stated line... "the Force be with you". Like many I thought of it as a form of 'super-karma' or unseen power on the side of what is good and righteous. It was exciting to think about especially if able to actually align yourself with this force, beckoning it to serve and protect you at all times!

Was this simply the stuff of the Hollywood dream factory? Could this concept exist only within childish fantasy? Rather, what if I was to say that such a force actually DOES exist? Even better, what if the force I refer to is not only 'with you' but more potently ***'within you'??***

I invite you to open your minds and your hearts to this awesome force that each of us have within our beings and which I have long observed, perhaps aided by sharpened insights developed as a leadership and people skills trainer and facilitator. First I must explain that I am currently writing a book about this personal power that I call TAWAHO so that even our youngsters might understand. It is a story about a boy named Halenryde, the son of a warlord named Mokenblud. The tale starts when his mother sends him to on a quest to find Shadaman, an ancient chief and teacher, so that he might learn from him the secrets and strategies of finding peace among the warring tribes of his times.

Saving the details for the book, the gist of the story is that the old and wise fellow teaches his young apprentice that our thoughts lead us to adopt certain attitudes, which in turn lead us to use certain words when we speak; from which follow actions; the actions repeated over time become our habits and this in turn leads to the outcomes which we experience in our interactions with others.

So young Halenryde comes to the realization that to improve his outcomes, he has to change or raise the level of his thinking, perhaps making the difference of a an invitation to enter an enemy village rather than running from a volley of their poison arrows!

You've heard it before- WE ARE OUR THOUGHTS! And it's completely true. The concepts taught by the ancient chief clearly recognized the simple mechanics if you will, of the interaction process. The best part of all is this- 'TAWAHO' power actually does work and if you really think about it, and then apply the process you will see how it improves your outcomes, relationships, health...indeed your very life!

Think for example of something that has really gone well in your interaction at work or at home. Did you start with positive intent and THOUGHTS, for example, thinking of a person that you are dealing with as friend or collaborator rather than a foe? Did that cause you to have a positive ATTITUDE towards that person? Was that not followed with some inviting and supportive WORDS within your conversation? Which in turn led to positive behaviors and ACTIONS? Did this positive interaction become natural- like a HABIT you formed when dealing with them? And if so I'll bet the OUTCOME was pretty good for you and them!

Now for the other side- think of a situation where you didn't get the good outcome you had hoped for and go back through the process- what was your thinking towards that person? What attitude did this cause you to display? What negative words (and body language) might you have displayed, perhaps inadvertently? What dysfunctional actions might have followed? Did this negativity persist and in the end what was the outcome? Now consider how things might have gone quite differently for both of you had you been more keenly aware of the awesome TAWAHO power that you actually have, *within you*, that you might have accessed and applied to get better results?

So how can you use this power you have to make a better world? To get better results, for example in terms of customer reactions and your own effectiveness as a leader? How might TAWAHO be kept in your 'tool kit' to aid in turning hostility and anger into understanding and acceptance? To achieve and model better behavior and more effective performance?

A key motivator for me is reaching our young people so that they might experience less frustration and failure in their lives. If they could only realize in the earlier years, the inner workings of the human interaction process- imagine as I do how much easier and less combative their lives might be! I am inspired to think how much better they could do at school, with their parents and siblings and when the time comes for them, in workplaces. All that would be needed would be that they, like Halenryde, learn and apply the simple workings of TAWAHO that is truly, *a force within them*.

"Our life is what our thoughts make it. A man will find that as he alters his thoughts toward things and other people, things and other people will alter towards him."

James Allen
1864-1912, Author of "As A Man Thinketh"

"If you want your life to be more rewarding, you have to change the way you think."

Oprah Winfrey
Actress, Producer and Television

"Throughout all history, the great wise men and teachers, philosophers, and prophets have disagreed with one another on many different things. It is only on this one point that they are in complete and unanimous agreement. - We become what we think about."

Earl Nightingale
1921-1989, Author of "The Strangest Secret"