

Take the risk – stand up!

Lionel Fifield

How quickly we can get into blame. It can seem so logical why the other person or people have caused our problems. It seems obvious what they aren't doing – they are the ones blocking progress and they are the ones unless they get their act together, will cause nothing work – and it's certainly not worthwhile for me to do anything until they change. Is that a familiar scenario? Throughout the years I have attended hundreds of things and conferences and heard long dissertations that everybody else should be doing. One thing has always been missing. It is to see somebody stand up and say, 'This is the contribution I am going to do. This is what I am going to do whether anybody does anything or not. I have decided to take personal responsibility for something I can do, and I am going out to do it now'.

I have often wondered what would happen in a group of 100 or so people, if, without any external

manipulation and only with the wish to truly contribute, each person said, 'This is what I am committing myself to do now'. This may mean giving particular attention to a neglected corner, giving a donation of money or simply making something available for the benefit of all. Could you imagine 100 actions of pure giving that asked nothing of anybody, did not try to influence others and required nobody else to do a thing?

A few years ago there was a conference of international delegates discussing world poverty. On the fifth day a woman jumped to her feet and said, 'I have heard thousands of beautiful words at this conference costing millions of dollars, and I haven't heard one person make a commitment to personally give anything'. She said, 'I refuse to waste more words and time. I am going out to do something tangible and practical right now'.

We can so easily say we love something or we value something; but in truth, how much are we prepared to take the risk and stand up and contribute without reward and give without seeing some immediate return? I believe that inherently we human beings deeply yearn to

contribute and feel needed but somehow or other most of us have been conditioned to believe in our 'lack' and our inability to make a difference. Instead, we spend too much of our lives polishing up our images, trying to feel secure and doing our best to impress. We end up feeling empty and isolated.

This world of ours is in need of a lot of healing – that's what I believe the challenge and gift of this present time is all about. Governments can't do it, businesses generally won't do it, but the good news is, yes, you and I – we can. The power within each and every one of us to make our own unique and individual contribution is awesome and now it's needed more than ever before. And I believe we are ready to do this.

Lionel Fifield has co-ordinated the focus and programme of the Relaxation Centre of Queensland since 1974. He has presented courses in several countries and over those years has worked closely with numerous internationally esteemed presenters and authors in the areas of personal and spiritual growth.

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