



Stop Tolerating!

The faucet in the kitchen drips; the light in the garage needs replacing; your desk drawer is a mess; your inbox is overwhelmingly full, your co-worker talks on the phone at the top of her lungs; your boss is never on time to meetings; your best friend constantly calls you in the middle of your work day; the million dollar idea folder in the desk drawer is overflowing; traffic is always horrible...and we still don't have World Peace.

What are you tolerating, putting up with, in your life??

There's something underlying where we are, in the midst of tolerating. Consider that there is a deep seated resignation; we are resigned that the world operates this way, that it always has, and always will, forevermore. It's true: people can't be counted on to be on time, and traffic is horrible, and World Peace is just a pipe dream. Underlying that is an insidious little voice inside your head saying "I can't make a difference." We believe it, and we tolerate letting it go on the way it's been going.

Consider Margaret Meade's statement, "Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has." Albert Einstein said, "Most people see what is, and never see what can be."

Tolerating : it can be very valuable to look at all that we are tolerating; - the small things as well as big things - from World Peace all the way to the dripping faucet in the kitchen.

There is a power available in making a list of your Tolerations - then see what you can move off of the list! It's like moving through molasses when there are so many daily tolerations. How much time and energy go into noticing what we're tolerating, thinking we should do something about it, deciding not to do anything now, and all the reasons why not to do something now.... Eliminate all of that and you've freed up a tremendous amount time and energy for yourself. You've also cleared the way for the miraculous to show up.

One of our clients reported that when she created her Tolerations list - just putting it on the list caused miraculous. She had an overgrown tree in her yard, and every time saw it she said to herself, "oh, that just doesn't work - it blocks the view, and just doesn't make my yard attractive." -She put it on her tolerations list and the next day her landlady called to let her know the tree was being trimmed the next day! Just the identification of what she was tolerating, and what could be done about it, allowed the result to happen, and she didn't even have to take an action to cause it. And she was freed up to put her attention on her business.

Now, were not saying World Peace will happen just from you writing it down on your Tolerations list. But then again, if everyone in the world realized that they were resigned about having World Peace, and tolerating not having it, and then took just one action to cause it - wouldn't it then become possible? The world would certainly be a different place! And certainly the inbox could be managed, the dripping faucet fixed, and your time and energy freed up to look at what else you want, rather than focusing on what you don't want. Give it try today!