

Are You Up To A Dare?

Are you happy?

Do you feel like you're on a roller coaster ride – up one moment and down the next with little or no control?

Do you wish that things would change?

We often think that others need to change for us to be happy, when in reality it is us that are in need of change.

Nothing will change if you are doing the same things over and over while expecting, craving or even hoping for a different outcome.



What is change?

It is laying aside, abandoning and leaving one way of doing things for another.

- Change leads to transformation.
- Transformation refers to complete change in outer form or appearance and often in character and function.
- The outer form doesn't change until the inner form (character and function) changes.

The freedom to change starts with a decision.

The decision to develop stability in our own behavior patterns leads us on an extraordinary journey of enlightenment and change.

Changes are a part of any journey or trip. A trip to another state or country involves a change in scenery, altitude, etc.

Some people fear change.

Changes in behavior patterns can be an adventure – even though you have never been there before, there is no need for anxiety or fear.

Enjoy the ride and the scenery. Explore attitudes and altitudes you may have never seen before. Because as we change the level of our own happiness and inner peace becomes elevated and actually begins to flow from us to others.

The Joy Ride

The first and foremost principle governing stable consistent behavior is the Love Principle. The Love Principle always asks, "What can I do to make this situation better?"

It's worth stating again, this kind of love is not spineless, not weak and not a doormat.

This kind of love is conquering – conquering the problem with confidence, joy and skill while reuniting the family structure in such a marvelous and undeniable way.

But it does require *you* to make a change.

Developing character traits, which we act upon day to day, whether at home or the workplace, requires us to look further into the aspects of love. Dr. Henry Drummond gives us one of the most enlightening recitations on love that has ever been written.

Are you up to a dare?

I dare you to print the following (“*The Greatest Thing in the World*”) and read at least a portion of it every day for thirty-one days.

During this time, find ways to do the things Dr. Drummond says about this magnificent love.

Then write me – tell me what changed for you and how The Spectrum of Love helped you.