

What Would You Do If You Were President of the United States?

As I am writing this, the election is still in the future so I don't know who is going to be the next president. The world economy is in a mess and many people are scared and don't know what to do. I have watched the debates between the candidates. Of interest is that each has been asked: "Specifically, what will you do about (the economy/health care/the wars)?"

This morning I asked myself what would I do about the economy if I were the next president? Here's what I thought to myself.

I would call a meeting. Not just any meeting. I would find the 10 most highly successful business people in the world. These would be people who have demonstrated that they know how to manage large sums of money successfully. I would want them to be business people who had failed in the past and who know

how to rise from the ashes of a failed business; people who had lost a lot of money, had faced huge debt loads, and managed to get it all under control and move forward once again.

Additionally, these people would have to demonstrate that they are selfless, that they have shared their wealth, that they are leaders from the heart. They would have to be willing to come together with others similar to themselves and be willing to work as a team.

Living The Good Life

by Krysta Gibson



The meeting would also have some of the leaders of the house and the senate as well as members from my cabinet. This would be a select group of people who really want to solve the problems we are facing and people who would be willing to put personal gain aside in all decision-making.

We would gather, look at the facts, and together come up with a plan to get us out of this mess. The plan would have to be based on generosity and the long-term best interests of everyone without those involved gaining in any particular way. We would meet as many times as necessary to come up with a plan that would work and then we would set about making it happen.

Naturally, this is a very complex issue and there would be many details to work out. It would be necessary to work across party lines, religious affiliations, racial divides, etc. In other words, we would have to come together and be committed to the healing of the issues.

I am not thinking of running for president or any other office so you can relax. I am too outspoken to be able to

survive in the political arena and too action-oriented to wait for two-month issues to face two-year solutions. No, after I got to thinking about this, I realized that this plan of mine is not unlike the sort of thing any of us has to do when we are trying to fix something – financial, relationships, health, work – this is a good idea for healing any sort of issue.

First, we have to clearly state what the issue is that we need to fix. It might mean sitting down with pen and paper and writing or drawing exactly what we think is wrong and what needs to be changed.

Then, we need to decide where we need help and who would most likely be able to help. This step might involve reading some books, going to some classes, or doing some internet searching.

Once we find out what sort of help we need, we reach out for the help. It could be a financial advisor, yoga teacher, counselor, naturopath, or bodyworker. It might be some sort of combination of people we need. We choose people who have no self-interest and who are qualified to help us deal with our issues.

Then, together with our advisors, we come up with a plan of action, one that is based on the truth of what we want to accomplish as well as the input of professionals who can help.

The last step, of course, is always the most difficult: putting the plan into action. That is where commitment, courage, and investment of ourselves is required. It is easy to talk solutions. It is relatively easy to come up with some sort of plan. What requires the most from us is actually doing the work required to make the changes we want to make.

Consistency is one of the most important factors in making any sort of change. Once we decide on a course of action, we must do the same thing long enough for results to emerge. Way too often we begin a course of action and after a few weeks we abandon one plan for a new one without giving the first one a fair chance to succeed.

It is like drilling a hole to find water (or oil, I guess). You don't dig in one spot for a few feet and then move to another, drill a bit, and then move to a third spot. To have results in drilling, one must drill long enough in the same spot to have results. We have to do the same thing if we want to see the results of our efforts.

Another way of saying this is to quote Burt from the movie, *The Fastest Indian*. Burt said: "If you don't follow through on your dreams, you might as well be a vegetable."

November is a great time to start looking at the areas of our lives where we would like to see some changes made while also accepting ourselves just as we are and being grateful for everything that is working for us. I wish you the best of results as you walk through the adventure of your life!

Krysta is publisher and editor of *New Spirit Journal* and is the author of two books and a CD. Information about these and her blog can be found at www.krystagibson.com.

Dream Work

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"Who do I have to be in order to stay happy and effective in this situation?" and make these empowering changes through active visualization and rehearsal.

These crucial questions apply to daily waking life also. Who do we first have to believe we are, and where do we have to believe we are, in order to be affected by others? What changes can we make to keep full self respect, enthusiasm and effectiveness?

Have fun working with these liberating questions!

Jack Elias, a Clinical Hypnotherapist in private practice, is founder and director of The Institute for Therapeutic Learning, offering training in Transpersonal Hypnotherapy. Visit his website, www.FindingTrueMagic.com to learn about his therapy and training, and his book and products.

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Location: The Maitreya Seattle Learning Center
2260 152nd Ave. NE, Redmond, WA 98052

Call the Maitreya center at 888-644-3263 for driving instructions (hint: it is a good idea to call because the building is behind another building.)
Taught by Taylore and Roi of the Reiki Ranch energy healing center
For Details: www.ReikiRanch.com
Call 360-748-4426 for Reservations

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