

Reasons for Hope

By: Susan J Roche

When you look back on society and social organisation through the centuries, we learn how quickly things can change for the better, sometimes overnight. We should never underestimate the profound resilience of the human spirit, mind and soul.

Millions of people dream of wonderful times, whether it be endless holidays at exotic places, owning a Ferrari, or simply being mortgage free. It is our world's dreamers and goal setters who have dreamt about things that were supposedly impossible to achieve, but because they never gave up, and kept chipping away day by day to grow into their dream, they achieved their goals against all the odds. If you ask yourself 'Why' you want to achieve something, and the reason is extremely important to you, then the 'How' becomes the easy part in reaching your goal. You have heard many times or maybe said it yourself, "I don't know how", but you can learn. There has never been a better time in the history of mankind, to learn whatever is necessary, in order to fill the gaps needed to achieving your goal.

You only have to look at the world achievers to know this is true, as Ghandi said, "You must be the change you want to see in the world." J K Rowling is extremely famous worldwide for her "rags to riches" life story, in which she progressed from living on welfare to multi-millionaire status within five years. Imagine though, the long wait she had, whilst her agent finally found a publisher. If she had given up we would have never had the pleasure of her wonderful books and films of the well loved Harry Potter.

We are all influenced or inspired by someone who we admire, so taking a cue from them is an excellent way to embrace hope. Three of Abraham Lincoln's famous quotes were:

- "I am a slow walker, but I never walk backwards"
- "I do not think much of a man who is not wiser today than he was yesterday"
- "The way for a young man to rise is to improve himself in every way he can, never suspecting that anybody wishes to hinder him"

When you want and hope, so badly for success a few months seems like forever. When I started my business, and six months later I only had two sales, well, you can imagine the frustration after hours upon hours of work every day, even at weekends. I could have easily given up, but we all must have hope, and realise that anything good is well worth the effort, even if this means changing direction to get where we want to be. The journey from A to B is rarely easy, if you were travelling from the top of Scotland and wanted to arrive in Cornwall at the bottom of England, which is well over 800 miles, there will be tasks and obstacles along the way to overcome. If you got lost in London, you would not think “I am lost so lets go back home to Scotland”, you would most likely take a break have some refreshments, then ask for directions, making the most of your short stay in London. Then continuing your journey feeling positive and refreshed. The main thing is to enjoy the journey and make it a happy, relaxed experience. Enjoying the journey is as important as arriving at your destination.

Any improvement in our life begins with an improvement in our mental pictures. Your mental pictures or visualisations act as a natural unconsciousness that causes you to act in ways that make your visualisations come true in your life. Your unconscious mind is similar to ‘autopilot’, it is the source of your creativity which works automatically in your behaviours, consequently the way you live your life. We just need to make sure we nurture the right mental pictures in order that we may achieve the things we have set our hearts on. There is a well known saying “What you focus on, you get more of”.

We don't all have to be religious, but we should all have faith in ourselves, in our intellect, and in our ability to move forward and grow into our dreams. Let us develop respect for all living things, and try to be more understanding and most of all have compassion for our fellow humans and our planet.

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