

Article 119: Sweat the Little Stuff!

Years ago, or maybe even yesterday, you were probably advised, by those who were *wiser and in the know*, that you should “deal with large matters and don’t sweat the little stuff”. Well, believe it or not, those individuals were not so wise ...and that was pretty bad advice, ...for if you sweat the little stuff, you won’t have big matters to deal with. Unfortunately, believing the original advice to be true, you constantly ignore little things until, frequently, they become extreme ...and too much to handle. Illnesses, relationship problems, unhappiness and other emotional difficulties, business or job losses, that funny sound in your car, income tax filings, credit card debt, and most personal conflicts and struggles illustrate this tendency quite nicely. We are not suggesting that you worry about every little possibility, but taking care of the “little stuff” keeps problems small ...and easier to handle or change, ...but you follow that old advice and wait ...and wait some more, while you complain, then expect matters to be completely changed over night, ...don’t you? You wait until your personal life and relationships are a disaster ...and expect then to suddenly transform; you continue eating too much until you are over-weight ...and then want to transfigure yourself over night with ease; you stay too long in one place ...wishing all along that you could instantly translocate your body and life to a place where everything would be to your liking, and you delay seeing a doctor until the lump grows larger and your cough consumes you, then you demand that they instantly transmute your illness into wellbeing, ...does any of this sound wise ...or reasonable? Will you also continue judging and blaming and struggling ...and not live the self and life you truly desire ...and expect to transcend to higher planes to escape your many problems?

Last week, a man asked, “How can I change my relationship? I’ve tried everything.” Obviously, he wanted all little annoyances, which had now become large problems, to just vanish so his old, long-neglected relationship could instantly transform into a desirably fulfilling marriage. He had ignored the “little stuff” for years ...but now that they had grown large enough to demand attention, he had serious problems to deal with ...and he wanted them to change immediately, ...which didn’t make too much sense, since he had ignored them for eight years while his relationship stagnated.

We suggested that he begin with “little stuff” and create his relationship anew, ...but that wasn’t good enough for him. Ohh, he certainly wanted his relationship to change, but not enough that he would seriously consider changing his own ways. That was expecting too much.

In another incident last week, a woman interrupted my conversation, asking, “How do I live this Forever Living “stuff” and change my life? Changing seems so difficult ...and at my age it’s almost

impossible, ...so what can I do? Where do I begin? I really like my life, ...I just don't like how it feels. And I'm not happy with my relationship."

Being extremely busy at the time, I responded easily by saying, "Forever Living isn't about making you feel good while you continue your old self and life as usual, ...you have to live the self and life you truly desire!"

"But I'm doing that!" she protested, "...but I don't like how things feel, ...how do I change that?" Then we were interrupted again and, unfortunately, the discussion ended there.

I forgot about these conversations until, later in the week, a friend said off-handedly, speaking of her recent unpleasant words and actions, "You caused me to do that ...you know!"

To which I replied quietly, "Isn't that a bit accusative? Why're you blaming me for your actions?" And then I added, "Do you know what the first rule of an intimate relationship is?"

"To live as I truly desire, ...right?" She replied.

"Well, nooo," I said, "actually the first rule of intimate relationships is never accuse or blame." Then, since she didn't respond to this, I walked a few feet away and continued working. After waiting twenty minutes, I went back to her and asked, "Do you know the second rule of intimate relationships?" Since she didn't reply, I said, "It is to say, after you've just blamed someone ...and he calls your attention to that, 'Oh, you're right, ...I'm sorry,' ...and you leave it there. Then, again and again, whenever you inadvertently blame someone, you acknowledge that, say you're sorry, and move on, ...until you take blame and accusations out of your relationships, ...which will end your habit of judging in every other area of your life as well. See how simple that is when the blame is small and insignificant? ...and how difficult it will be if you wait?"

If you have problems, a life, or personal relationships you want to change, don't expect to jump into the middle of things and immediately transform or transmute them ...or transcend them, start with the little things and create anew. And as you end your judgments in this way, every aspect of your self and life will be different from that moment on.

Sweat the little stuff!