

arlene | rosenberg **Standing Strong**

Real vs Imagined

While waiting for my plane to take off from JFK, I sat next to a rancher from Phoenix who proceeded to tell me that he made honey from 35 beehives that he tended. I asked him if he wore all the "big gear" I've seen on tv while watching documentaries on this subject. His answer was "I wear a long sleeve shirt, gloves and a head veil." I said, "That's it?" He responded with a big YES. He then proceeded to tell me that typically he will get stung 6 or 7 times but he no longer feels the stings or is bothered by the pain or itching. He feels he has become immune to the bee venom. Then I asked him how he started tending bees. His answer astonished me. One night, he had a vision of becoming a tree and developing its calming balance and peacefulness. He decided to use this vision by trying it on a beehive and he learned, almost immediately, that the calmer he was, the calmer the bees became. Bees exhibit many behaviors of humans including stealing honey from hives that have become weaker. Then our conversation turned to how strong the mind is and what we are able to create.

Wow, I thought, he is a man that uses himself as a tree and can work with thousands of bees and not feel or be affected by their stings. This is an incredible metaphor for what I have told my readers. Many times in my speeches and teachings, I've have said that the mind does not know the difference between what's real and what's imagined. This man's relationship with bees could not be a more perfect example of demonstrating this.

While waiting on line to board my flight, I decided to try what he had just shared with me. I needed to change my attitude to cope with my seating arrangement - the middle seat with no real leg room. I began to imagine myself sitting in between two very thin people with "oodles" of space around me. As I headed to my row, the slim woman in front of me was moving into the window seat and the man standing in the aisle to let her in was skinnier than both of us. Is this a coincidence? I don't think so. Twenty minutes later, as we were waiting to lift off, the pilot announced that because of the rainy weather we were 29th in line. I began to think "Ok, I am going to accept this and stay calm. I'm grateful for all the space so I'll just relax." Within 3 minutes, no kidding, the pilot came back on and said we'd been pushed up to #7. In 15 minutes we were in the air.

The mind is a muscle, the more you can imagine, the more you will create. Isn't it time you started changing your life? I have been practicing this process for over 15 years and I know it works.