

## Inspiring Change

In “Igniting Inspiration”, John Marshall Roberts [www.jmarshallroberts.com](http://www.jmarshallroberts.com) explores three paths of change--force, persuasion and inspiration. Inspiration he asserts is “what happens when we experience the truth of who we are behind the mind...when we identify with the spiritual dimension of our own being”.

Forcing ourselves or others to change is a physical effort. It may work in the short term but creates resistance because it ignores the mental and spiritual aspects of our nature. Persuasion through reasoning or cajoling engages the mind but often denies the spirit. So it is limited (and may not serve the well-being of all). Inspiration invokes our essential Self which is naturally wise, creative, resourceful and whole.

Whether we are making changes in career or influencing others at work Mr. Roberts suggests an integrated body, mind and spirit approach where we “design inspiration” to address cynicism and mental resistance without offending “the very thing that matters most--the human spirit.” To consciously pass through sensory, mental and spiritual filters:

1. Capture attention by appealing to senses, values and surprise (think Obama’s presidential campaign)
2. Engage interest by evoking curiosity and relevance (think Al Gore’s Inconvenient Truth)
3. Transcend the mind by demonstrating authenticity, metaphor and vision (think Martin Luther King, Yoda or Oprah)

If you are tired of forcing and convincing yourself (or others) to make meaningful change, start by aligning body, mind AND spirit!

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