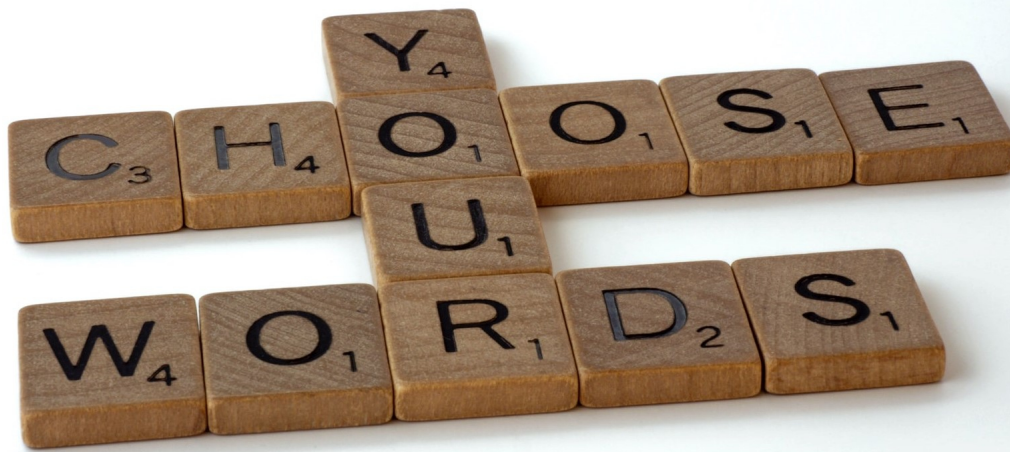


"Think twice before you speak, because your words and influence will plant the seed of either success or failure in the mind of another."

Napoleon Hill



Cycles of Influence


So here we are in 2022 and there's no doubt the last couple of years have been very chaotic. While everyone has their own story to tell, we forget that there will always be someone worse off than ourselves. It's very easy to get caught up in our own story and miss the opportunities being offered to us and vice versa. So I would like to play a game and hopefully open your awareness to recognising opportunities presented to you in life. So the game is...when was the last time you met someone who changed your life? It does happen you know, and probably more often than you realise. When you look back on your journey, you may recognise that odd chance encounter, the casual conversation, which altered your direction in life.

Chances are it was a mustard seed dropped by somebody you never met before or since. It actually begs the question...are there really any chance encounters in life? Looking back on my life, I can remember some big ones. One specific event that stands out occurred while I was an engine technician in the RAAF. Not really a chance encounter, as it was through a work colleague, but it was certainly an odd conversation at the time. It was a single comment prompting a whole career change that saw me return to college to study dental technology. I still remember it in vivid detail even though the conversation happened decades ago. Although I never socialised with this chap outside of work, of all the people I worked with, I still remember his name and the suburb where he lived. And I certainly remember the comment he made that sparked my career change.

Another interesting comment that had an invisible influence on me, although I didn't realise it at the time, was prior to another career change. In the process of studying clinical nutrition I attended an informal workshop with a respected medical doctor. This was a very knowledgeable professional who advocated nutritional medicine and someone I respected. During the course of the workshop, this doctor commented on how all the practitioners in his clinic practised Reiki. I was a little taken aback by this admission, even though I only had a very ignorant, understanding of what Reiki was. Nevertheless, the comment was filed away in my subconscious and I continued to focus on the science of nutrition. It was some twelve months later that I met a plumber who would eventually introduce me to the world of energy healing. And guess what, the chap in question was originally trained in Reiki. For some reason the comment by the respected doctor came flooding back, as if to confirm that I needed to look a little closer at "alternative" therapies.

What is also interesting when I look back, is that at the same time, I was studying hypnotherapy and NLP. The delivery of that training was actually provided by a medical doctor. It seems that the universe had conspired to transition me from a focus on science to alternate realms, and have it facilitated by professionals. I'm sure every one can describe something similar. Not necessarily tumultuous events, but just little nudges creating a ripple effect leading to a tidal wave of change. What is interesting is that these little nudges come around in cycles. Whatever you are focusing on, whatever challenges you are facing, solutions and options are continually being presented to you.

Big, life changes, are also presented in a cyclic pattern. They're just waiting for the right time, or for you to take the hint. This cyclic pattern can be counted in days, and depending on the individual, these cycles generally occur every 18, 24 and 33 days. Some people are 33 day people, while others like myself, experience 24 day cycles. So continuing the game, think back and ask yourself, when was the last time I met someone who changed my life? Can you work out what cycle you are in? Is it time you took the hint of what keeps popping up in front of you? And just as importantly, when was the last time you said something positive to another, that helped to change their life in a good way?

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