

## **The Willingness to Change**

When I visited London for the first time in 1967, I was inspired and overwhelmed by one of the most important pieces of wisdom I had ever encountered. It was written on the tomb of an Anglican Bishop (1100 A.D.) in the Crypts of Westminster Abbey.

**"When I was young and free and my imagination had no limits, I dreamed of changing the world.**

**As I grew older and wiser, I discovered the world would not change, so I shortened my sights somewhat and decided to change only my country.**

**But it too seemed immovable.**

**As I grew into my twilight years, in one last desperate attempt, I settled for changing my family, those closest to me, but alas they would have none of it.**

**And now as I lay on my deathbed, I realize:**

**If I had only changed myself first, then by example I might have changed my family.**

**From their inspiration and encouragement, I would then have been able to better my country and who knows.**

**I may have even changed the world."**

**Change is the only real difficulty you will ever encounter in applying any form of knowledge. All "applied knowledge" requires changing old habits and methods, as does the knowledge you will obtain in this program.**

**Make change a positive learning experience. The ability to change requires only attitude, not skill.**

**Change just means being in the moment and remembering who you are!!!**