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There are these brilliant people in the world, but I always bow down to the so-called average person who shows that, in fact, average human people can and do change the narrative in a very profound way. --James O'Dea

The Energy of the Universe is Neutral: James O' Dea

"The central thesis of my book, 'Creative Stress--A Path for Evolving Souls Living Through Personal and Planetary Upheaval', is that the energy of the universe is neutral. It's only in the last hundred years that the word "stress" has come to denote something negative. For the poet, stress is language, for the composer, stress is musical notes. So stress is a neutral concept. It's the pressuring of energy in a particular direction. The energy of the universe comes at us, comes at us and we filter it. We create a meaning process around it. If our meaning process around it pushes it aside, we should say that the physics of energy start to apply. That energy does not go away. It needs to be transformed. So it shows up in your blood pressure, your heart." Author James O'Dea, a former director of Amnesty International, shares more about his journey as a leading voice in the forgiveness, reconciliation and restorative justice movement and how his life seems to have been ordained by fate to take on a series of what some might call, 'stressful' roles.

Be The Change:

In which areas of your life have you felt the stress of being torn between "the way things are" and "the way things could be"? How have you taken time and space to reflect, stand and operate skillfully within that chasm? For more inspiration, join this Saturday's Awakin Call with Neil Gaught: Single Organizing Idea--Creating and Operationalizing Purposeful Businesses. More details and RSVP info here.