

Three-Six-Six

A routine checkup. "At this age you really should." A test leads to a test leads to a test. Heart problems say they. No rhythm...too much juice...breaker is flipped. What to do say I. Answer...RESET! How, say I? Just like a panel box say they. Date set for RESET...3-6-06. Be there at six. Simple. Go in, go to sleep, get dead, apply paddles, "RESET" complete! Wow! Just that simple say I. Oh yes say they. O.K. say I. How refreshing say I....how simply wonderful!

I know you are envious. So lucky am I to have such an opportunity. Do overs! Start again. RESET! Wow! A new man! Fresh, new, bright,,spotless, untrammled, refreshed, virgin again! All of the things that did not go right....that was in my first life! The baggage, the wrong turns, words misspoke....all left "over there". My second? Oh yes! All new, no issues yet, life is light, uncluttered. I choose what to bring with me across. I choose what to leave behind! RESET! OH YEA!

Periodic RESET think I. Should be on a standard maintenance schedule. Like an oil change every three thousand. Absolutely. Done deal. So how does it go again? I know it was simple. Go in...go to sleep....get dead...hit the paddles...RESET!

Go In....an act of humility. We do not have all the answers. We make mistakes. We do not have a crystal ball. We are human.

Go to sleep....relax. It is going to work out. Rest. You have been grinding too long. It is O.K. Let the world turn without you tonight.

Get dead....Leave it there. Unpack it deliberately. Put it down. Let go. Believe in the other side of the moon...the light side.

Hit the paddles...Get going. New choices. Fresh start. Do overs. Get up. Face up. Believe in newness....choose newness. Smile about the simple new birth.

RESET COMPLETE.

Is it really this simple? YES say I!

Living Deliberately,

Pinneo

Epilogue of "Reset" 3-08-06

If something sounds too easy, beware. The four step plan to a new life! Wow...efficiency! This will put the twelve step plan out of business! It has been two days now. In the end...all is well, however the process was more involved, and this greater involvement brought a deeper insight into the idea of "Reset".

Step one through three went without a hitch. When it came to step four the doctors were met with a stubborn heart. They hit my heart with the paddles three times to no avail. My rapid rhythm would not cooperate. Although giving in and resetting would be advantageous, there it stayed, digging in it's heels. Why is it we resist change, even when change is in our best interest? My heart was used to working in a rapid way. It was set in that way. It was not going to change without a fight. It held the line in the face of three blasts of the paddles telling it to give in and Reset! When I woke up from the general anesthetic and heard of the lack of success, I was disappointed that my heart would not give in and do what was best for both of us. At the same time, I respected it's commitment to stay with what it knew. It took its role seriously, and was holding off the onslaught of change with all it had. How do I get it to let go? How do I get it to relax and trust that this change is for the better?

The doctor said he had one last trick up his sleeve. He was not done trying, even though the three blasts of volts had burned the skin on my chest and back and left my entire earth suit raw and tingling. He was now to inject in me an agent that would go directly to the heart and convince it to give up the war of change. He was sending in the closer! An agent of encouragement. We gave it time to work. Sometimes we need help. Change is a difficult thing. Sometimes we need some encouragement to help push us in the right direction. We really are not designed to do it all by ourselves. It is hard to ask for help. If all it took was an intellectual awareness followed by a decision to change, everyone would do it. "Unslumping yourself is not easily done," the great professor Seuss reminds us. Hang on! Help is on the way!

Well, the encourager of change infiltrated my stubborn heart, and when I went through the steps, for now the fourth time, my heart surrendered its way and gave in to a better way. Letting go of something that works in trade for something that works better can be the toughest decision of all. Giving up the good for the great is not as easy as giving up the obviously bad for good. "I would rather have thirty minutes of wonderful than a lifetime of nothing special." I admire the resolve of this kind of life.

In the last two days I have never felt better. I have been reacquainted with what a restful sleep feels like. My joints do not hurt, and my mind feels sharper. The voltage burns on my body are healing and all looks clear and bright.

I think the efficiency of my four step plan to "Reset" needs now to be amended to five. Take note that it is still seven steps shorter than twelve. The new step would slip in alongside the "Get Dead" step. If getting dead is harder than it sounds, and sometimes it is, insert new step entitled "Add Encouragement" before you "Hit the Paddles". Sometimes just the smallest dose of encouragement can make the difference between staying and going. Having this drug called "encouragement" nearby is always advisable. You never know when you might need it, and stalling out between step three, "Getting Dead" and step four, "Hitting the Paddles" is not advisable.

On with life number two.....Deliberately as always, Greg