

Bridge of Transformation

Let's talk together about how we can fence ourselves in sometimes. Let's talk about this thing I call "the Bridge of Transformation." Let me begin to explain what that is.

Thoughts, Feelings, Actions

First, it ties well with the thinking model that we've talked about that includes our thoughts, feelings and behaviors. The thoughts we think lead to the feelings we feel and they, in turn, lead to the behaviors we act out. The opposite is also true. Our actions come from the feelings we feel that come from the thoughts we think. When we want to change those actions, we have to stop and go back to the thoughts we think, changing the thought so that we can change the feeling and then change our behavior.

Our thoughts, feelings and actions are connected to this Bridge of Transformation.

Bridge of Transformation

We believe everything we teach is extremely simple but not easy. Therefore, we make it complicated. And we choose to live in the "River of Complication." But once we cross the Bridge of Transformation, what's always been extremely simple now becomes easy(er). Things become easy(er) once we understand how our thoughts, feelings and actions affect who we are.

Though things can become easy(er), we know challenges are always going to be coming at us. However, once we cross the Bridge of Transformation, though things may not necessarily be easy, they can certainly be easy(er).

Let's try saying these truths together using the following words: *simple, not easy, complicated, river of complication, bridge of transformation, simple and easy...(er)*. Now, as you read below, say along with me out loud the words below:

We believe that everything we teach is extremely **SIMPLE** but **NOT EASY**;

therefore, we make it **COMPLICATED**.

And we choose to live in the **RIVER OF COMPLICATION**.

But once we cross the **BRIDGE OF TRANSFORMATION**,

what has always been **SIMPLE** now becomes **EASY...(ER)**.

Now there's a good chance that if you joined me in saying this out loud, you just said "easier." So let's try saying this out loud one more time and see if you can say those words exactly as they are written.

We believe that everything we teach is extremely **SIMPLE**, but **NOT EASY**;

therefore, we make it **COMPLICATED**.

And we choose to live in the **RIVER OF COMPLICATION**.

But once we cross the **BRIDGE OF TRANSFORMATION**,

what has always been **SIMPLE** now becomes **EASY...(ER)**.

EASY...(ER) Versus Easier

Now if you said it right that time, you made a very simple process simple. If not, it just makes the point that something really simple may not be so easy. The dots after "EASY," along with the parentheses around the "ER," are meant to communicate a long pause before you speak the "(ER)," emphasizing how things may not, indeed, be easy or easier but they can become easy...(er).

This little exercise also shows how we often make pretty simple interactions more difficult because of our own perspectives. We have to realize that crossing the Bridge of Transformation is a pretty simple step and becomes easy...(er)

once we understand how connected we are to what's in our River of Complication, changing the thoughts that we think in that River of Complication.

Read more of this amazing article at . {eoa}

Ford Taylor is a leadership strategist, keynote speaker and the author of Relational Leadership. As the founder of Transformational Leadership, he is known as a man who can solve complex business issues with straightforward practical solutions, while maintaining his focus on people. For more from Ford Taylor, check out his Ford Taylor Talks podcast, and visit his website at .

Read articles like this one and other Spirit-led content in our new platform, CHARISMA PLUS.