

PARKINSON REPORT

NATIONAL PARKINSON FOUNDATION, INC.

Success, Hologramming and Health: New Approaches

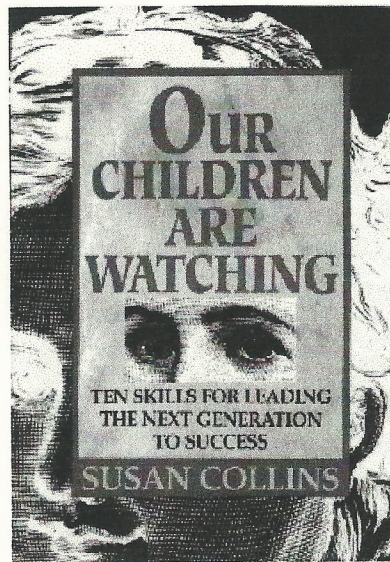
In these fast-paced, demanding times, we must constantly improve our skills just to keep up, not only with work but with success, satisfaction and health. Current brain research provides revolutionary new approaches.

Dr. Karl Pribram, the "Einstein" of brain research, says the brain receives, stores and recalls information holographically. We've all seen holograms on credit cards, in science exhibits or movies. Remember Princess Leia calling out for galactic assistance in Star Wars?

Holograms are three-dimensional images created by two or more laser beams. Thoughts are holographic recordings created by laser-like inputs from our senses. Thoughts actually generate an electro-magnetic forcefield. The more detailed they are, the more power they have. Our thoughts, it turns out, are quite literally attractive.

Susan Collins, speaker at the Cambridge National Parkinson Foundation Patient Coordinator Conference, summarizes all this quite simply: "What we think is what we get—like it or not." If we focus on what we want, we're more likely to attract it, but if we focus on what we don't want, we're more likely to get that!

We must be constantly choosing between the creation of very different reali-



ties: we can spend our time fearing and dreading, and, as it says in the Bible, our fears will come upon us. Or, we can "switch" to thinking and communicating about what we want—and assist families,

patients and co-workers in thinking and communicating about what they want—so together we can begin to use these powerful holographic brains to attract success, satisfaction and health.

To be healthy, every human being needs a "dreamer's hook"—something to look forward to—the birth of a child, a wedding or graduation, the home we've always wanted—a "future hologram" we can throw up, and hook solidly, into our "mountainous future" so we can pull towards it. Some surgeons believe the difference between life and death for critically-ill patients is a connection to the future, the rope to their dreams.

But when "dreamer's hooks" are disconnected, like mountain climbers we slip and fall—not into deep crevasses—but into depression and hopelessness. If we don't have any attractive holograms, we don't have anything to live for.

The diagnosis—you have Parkinson's disease—is a giant eraser that instantaneously wipes away treasured future details. As caregivers, we need to know how to assist patients in reconstructing attractive futures—that include Parkinson's disease. We need to assist them in finding new methods for continuing to climb up to their dreamer's hook.

Hope is a healer. And hope is a hologram—whether we've held that hologram for years, or we've recently re-constructed it with the help of a skilled caregiver. As we work with Parkinson's patients, we have a unique opportunity to assist them in understanding what is going on—not just at the physical level—but at the thinking/emotional level as well.

Discovering they have a disease changes the details of their future, what they see, hear, feel, taste and smell up ahead. We must be able to assist them in coping with a radical change in their "life hologram."

Teaching people to hologram is a skill in which Susan Collins is an expert. Collins devoted fifteen years to "shadowing" successful people—Buckminster Fuller, corporate heads, artists, musicians, inventors and innovators—literally following them around (with their permission, of course) to discover exactly what skills they were using to achieve high levels of success and satisfaction. When she asked about their secrets, they replied 'I don't know, just lucky I guess.'

But it wasn't luck, Collins says. After fifteen years, she was able to discover the set of skills these people were all using whether they knew it or not—and most of them didn't. These are the ten skills she shares in her Technology of Success seminars and talks across the country. The ability to create and hold powerful holograms is essential for success.

What is this thing called success we constantly strive for? After listening to thousands of success stories, Collins offers a simple definition: success is completion, the ability to complete the holograms we have in mind—getting up and exercising, eating a good breakfast, having groceries in the house, catching up on wash-

ing, making and returning phone calls, throwing a great party, enjoying a relaxing trip.

But there's much more to success. Success is completion, and also deletion: the ability to let go of the holograms that aren't working—out-of-date methods that are creating pain and suffering, unsatisfying jobs, unworkable relationships. Landing a job is a success, but quitting a bad one is too. Getting married is a success, but getting divorced can be a success too. This definition of success allows us to realize that some things we felt were our very-worst-failures, may, in fact, be our greatest successes.

To feel successful and satisfied, we must "success file" each day, setting aside a few minutes to acknowledge the successes we have created. And finding time to assist others in "success filing" too, asking what successes they've created today, what they've completed and what they've deleted, and adding other successes they've failed to notice. Whether we realize it or not, we each generate thousands of successes each day, but if they are left unfiled, we fail to experience the satisfaction we deserve. When we file daily, we feel happier and more powerful, because, when our success file is full, we feel successful.

When we assist others in completing and deleting holograms, when we support them in climbing all the way to their dreams, then their successes become our successes too. And we move beyond mere personal satisfaction...all the way to fulfillment.

Editor's Note: Susan Collins is the author of Our Children Are Watching: Ten Skills For Leading The Next Generation To Success. In her critically acclaimed new book, she reaches out to include parents among the leadership ranks, recognizing parents as the first and most important leaders of society. Collins also is a nationally-known success and leadership expert and consultant to American Express, Digital Equipment, Kimberly-Clark, IBM and other corporations, hospitals, schools and governments.