Change has to Start with You! - 6 May 09

Wiesbaden, Germany **6th May 2009**

A woman was here for a healing session and she told me that she had family problems. We were talking and then I said her: ‘Please do not expect from anybody that they change. We don’t need to do effort for changing others.’ Why do we want to change others? It will not be possible and an unsuccessful attempt to change someone can make you more angry.

It is better if we try to change ourselves. You can actually only change yourself, you cannot take the decision to change for somebody else. And how can you expect a change from others if you cannot change yourself? If you really want to change somebody you will definitely first change yourself, the other one will automatically change with your change.

That is what I also live in my life and that is why I do not claim being a preacher. I do not feel responsible for changing others. Why? In specific situations I feel, if I cannot change myself, how can I expect it from others? And I try to change myself. With my own experience I am sure about this conclusion: when you change yourself, things start changing around you. It works!

Psychology