

# #501 Are You Prepared To Handle The Unexpected?

(Humor Being™ To The Rescue)

**I don't know if you know this but your natural state is that of joy and inner peace.** Everyone is born in that state. It's your responsibility to make sure that you stay connected to that state throughout the course of each day. It's your humor being's™ job to help you stay connected. Your humor being is of your higher self it's the part of you that brings out the best in you when times get really tough.

The first time I can recall when my *humor being*™ had a dramatic if not miraculous effect on my life was when I was in the third grade. I was performing in the play "Alice In Wonderland". No, I wasn't Alice. I was Humpty Dumpty. You know the egg guy. It was opening night and the auditorium was packed with parents, teachers, students and their families. That's a lot of pressure for a 3<sup>rd</sup> grader. There I was sitting on this wall in my egg costume. My opening line was "*I'm one who has spoken to a king, I am.*" Well, I guess I said it with just a little too much enthusiasm, because I lost my balance and fell over the back side of the wall. All the audience could hear was a giant thud! I didn't get hurt, not physically anyway. But, I remember how humiliated and embarrassed I felt waiting behind that wall. All I could think of was that I messed up big time. I was going to be the laughing stock of the entire school. I thought the rest of the cast would berate me for ruining the play. And how, I wondered, could I ever face my parents? I wanted to run off the stage and hide, but I was literally frozen by fear.

At the same time that these negative thoughts were running rampant in my mind, the teacher was running up the steps from the first row and called out "*Steven, are you okay?!*" Without missing a beat I yelled out as loud as I could "*Yeah, but I think I cracked my shell. I hope Alice doesn't mind scrambled eggs!*" Much to my surprise the entire audience was howling with laughter. Hearing the laughter, I slowly stuck my head above the wall to check out what was going on. As soon as they saw my egghead the laughter turned into cheers and everyone in that auditorium including the cast was standing and chanting, "*Humpty! Humpty!*" Being the ham that I am, I jumped on top of the wall and took many bows. The teacher was begging me to please sit down before I fell off again. But I couldn't help myself. I was totally blown away by the attention I was getting. The cheers and the laughter grew louder as I took one final bow. Eventually I sat down and the play continued. And what a great success it was!

**Question:** What happened here?

**Answer:** That was my humor being™ coming to the rescue.

In a matter of seconds, there was a major power shift in focus. I literally went from a klutz to a hero. Just by blurting out "*Yeah, but I think I cracked my shell,*

*I hope Alice doesn't mind scrambled eggs!"* An emotional transformation took place. I went from the most humiliating moment in my life (at that time, because believe me there have been many more since that time) to being the star of the show. I'm not exaggerating when I say star. When the play was over, I was actually signing autographs.

**Question:** What would have happened if I would have allowed fear and other negative thoughts to be the dominating factor that night?

**Answer:** No doubt would there have been a totally different scenario.

When you allow your *humor being*<sup>TM</sup> free reign to work its magic, you can take control of events and circumstances that can otherwise infringe upon your happiness. Sometimes laughter or even a little levity seems to be the only remedy to all of the madness that attacks us every day.

#### HIGH POINTS TO REMEMBER

- ❖ Allow yourself to make conscious choices to utilize your humor being<sup>TM</sup> on a daily basis at home and at work.
- ❖ Humor ignites creativity. Creativity leads to productivity. Productivity can be contagious. Why not start an epidemic in your life right now?
- ❖ Utilize your humor being<sup>TM</sup> on a daily basis and notice a shift in attitude towards life challenges.

**Steve Rizzo** is The Attitude Adjuster. He shows people how to acquire the attitude they need to succeed on all levels of life – while enjoying the process. He's the author of the critically acclaimed book, *Becoming A Humor Being* and the executive producer of his own nationally syndicated PBS special. Steve Rizzo's keynote speeches and seminars are invaluable in learning about the power of choice, the power of your humor being<sup>TM</sup> and the power of your thoughts.