

Do Or Do Not ...

There is no try!



The movie was a classic; Star Wars, Episode V – The Empire Strikes Back. In a particular scene Luke Skywalker finds himself, R2D2 and Master Yoda in the spooky woods, their spaceship in a swamp. Master Yoda is teaching Luke to use ‘the force’ to levitate and to lift and move rocks. At that moment R2D2 alerts their attention to the spaceship and they all turn to watch it slowly sink into the swamp. Luke runs over the the swamps edge with a distraught and helpless look on his face, then turns back to master Yoda and says, *“We will never get it out now”*. Master Yoda sighs and replies, *“So certain are you ...”*

“... always with you it cannot be done – hear you nothing that I say?” Luke turns to Yoda and says, *“moving stones around is one thing – this is totally different.”* Yoda yells, *“NO! No different. Only different in your mind. You must unlearn what you have learned.”* Luke looks at master Yoda, then at the bubbles in the swamp, the only remnants of the spaceship, and with resignation says, *“Alright, I will try.”* Yoda snaps back quickly, *“NO! Try not! **Do or not do, there is no try!**”*

Luke stands, turns to the swamp, raises his hand and begins to use his power. The spaceship starts to move, it even begins to rise. Luke strains and then gives up as he slumps on the ground next to Yoda and says, *“I can’t. It is too big!”*



Yoda replies, *“Size matters not. Look at me. Judge me by my size, do you? Hmm? Hmm? And well you should not. For my ally is ‘the Force’, and a powerful ally it is. Life creates it, makes it grow. Its energy surrounds us and binds us. Luminous beings are we, not this crude matter. You must feel ‘the Force’ around you; here, between you, me, the tree, the rock, everywhere, yes ... even between the land and the ship.”*

Luke stands up and says to Yoda, *“You want the impossible”* as he walks off to find a place to sit and sulk! Master Yoda faces the ship, lowers his head, raises his arm

and uses 'the Force' to raise the ship out of the swamp. Luke turns around, watches with amazement as Yoda brings the ship back to and places it on solid ground next to him.

Luke looks at the ship and then at Yoda and says, *"I, I don't believe it"*. Yoda looks up at Luke and says, *"And that is why you failed!"*

Is seeing really believing?

I love that scene as there are so many parallels to our lives. I think about how many times I have 'tried' things and given up only to go and sook in the corner and complain that it's not fair and I can't do it! It happens for many of us and in many areas of our lives. How often do we 'try' and not achieve because we give up thinking that we can't do it? With our health and wellbeing, in our businesses, with our relationships and in many other pursuits. We say to ourselves, "I will believe it when I see it." I would like to debate that statement ... how will we ever see it if we don't first believe it?



Walt Disney died before the completion and opening of Disneyland. At the grand opening his wife Lillian was being interviewed by a reporter. One of the questions that the reporter asked was, *"Isn't it a shame that Walt wasn't alive to see this?"* To this Lillian responded, *"He did see it, for many years, that is why you are standing here today!"*

What does 'I'll try' really mean?

I have said 'I'll try' to many things and when I look back I didn't achieve any one of them! Why is that? 'I'll try' is our escape clause! It means we don't believe we can do something, but we will pretend that we can. It gives us an out because when we don't achieve we can always say, 'I tried my best'. Actually we didn't try our best at all. The fact that we didn't try is because we had already decided before we even said 'I'll try' that we can't do it - just like Luke Skywalker! 'I'll try' means 'I won't' - make no mistake about it!

Yoda had it nailed (that is why he is the master) when he said - ***Do or not do, there is no try!***

Getting rid of 'I'll Try'!

We often don't want people to think we are not going to achieve and so we say 'I'll try'. How about we stop worrying about what others think? How about we really work out what it is we want and why? How about we start to believe in the incredible power we all have to achieve anything we really want? If that is a problem for you then stop and think about everything you have already done in your life to this point. You and I have **already done** so much that is amazing - why wouldn't we believe in ourselves? As Yoda says, we must "unlearn what we have learned." We must make a decision to get the desired result. We must remove the words 'I'll try' from our vocabulary, replace them with 'I WILL' and then just 'DO IT' until we have succeeded! Have an amazing week.

April 17, 2011