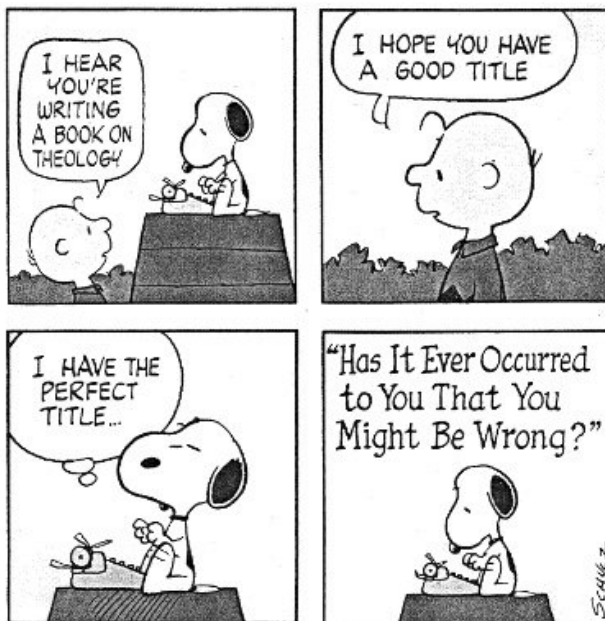


# A HUMBLING EXPERIENCE...

## Just what I needed!

In this week's article I would like to share a humbling and inspiring experience I had last Friday, for no other reason than it truly impacted me. I have been promoting an event that happened last Friday; the launch of the Northern Cancer Support Group. It was started by two sisters who have lost both parents to cancer, their mum less than 12 months ago. The group is primarily for carers and/or loved ones of cancer sufferers (either passed or still living) to give them a place to go to feel okay about what they are experiencing and feeling. I was asked to be involved and if I would speak at the launch. I didn't need to think about it for too long and said 'yes, I would love to help'. I felt sure that I could inspire the group with my story, but what happened to me on the day was something I wasn't expecting...



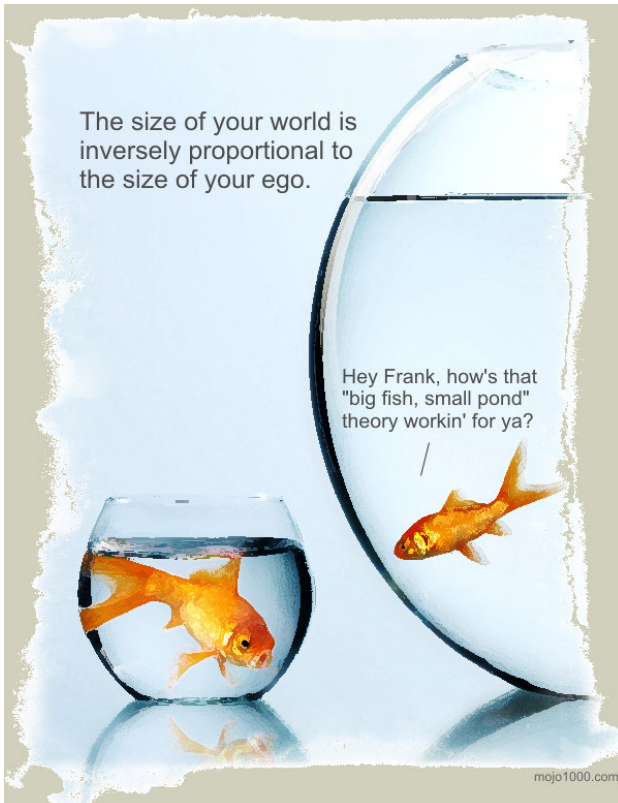
As the welcome and introductions began, I sat there mentally preparing myself and getting ready to share my story and that of my mum's cancer journey. I listened to Anna, the fabulous lady who was organising the day, as she was sharing a bit about losing both her parents. I then listened to Amanda, from the Cancer Council, explaining that everyday in Victoria 70 people are told they have cancer! It then hit me like a train - what was so special about me and my story?

### **Aaah, to be humbled!**

I was introduced and as I walked up to the front of the room and then stood there, I looked out at the audience. Every one of them had a story. Every one of them had lost someone they loved, as much as I loved my mum, to cancer or some other disease. Every one of them had just as much right to be up there sharing their story as me – what made me so special, why was I there? It was an incredibly humbling experience. There was even a lady in the room, who had just turned up on a 'possibility' that she could and would get some hope with what seemed to her to be a hopeless situation. She had lost both parents and a sister to cancer and now had been diagnosed with cancer herself!

My organised notes went right out the window and as I stood there and tried my best to share some things that could possibly help, inspire and give hope to these amazing people. What I actually found that by the end of the launch and after a short time in which others shared their own experiences, I was the one most inspired by the incredible courage of these people. Whilst the experience humbled me beyond measure, the launch really left me in awe of the strength and courage of the human spirit. What Anna is doing with this group will change lives and I want to encourage her to keep thinking big and keep it going and growing ([www.annapkostakos.vpweb.com](http://www.annapkostakos.vpweb.com)).

### **Back down to earth!**



As I drove away from the launch I thought about myself. I thought about how very easy it was to get carried away with all the things I had accomplished in my life and maybe see myself as better than others. My life, my experiences, my achievements and my hardships are unique to me, but are no means any more important or significant than those of every other person on the planet. Not everyone has written a book – big deal! All people impact others positively in many other ways, just as Anna and the people at the NCSG launch did for me. Every person on this planet is special and can change the lives of others – just like me.

### **Moving forward with a new perspective**

Ego can be such a damaging thing. We can get so caught up in ourselves that we are blinded to the everyday heroes that we pass in the street or we meet in our travels every minute of the day. Every one has a story and every one has achieved something significant or overcome adversity that qualifies them as amazing. What I have learned has taught me to now look at all people differently. I will look at them through different eyes and with a new perspective and be inspired by the fact that if they are upright and breathing, with a temperature of 37 degrees celsius, they have done something courageous at some point in their lives.

**I believe there is always time in life for a humbling experience – I would love to hear yours!**

*Andrew Jobling  
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[www.andrewjobling.com.au](http://www.andrewjobling.com.au)*