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January, 2016

Iris Insights with Donna Fisher-Jackson

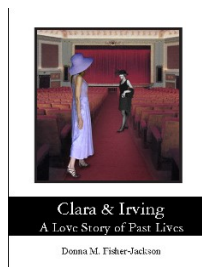


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The Billion Dollar Question

As the New Year gets underway, and we move through the gateway of 1/11, I am curious to see what this New Year of 2016 will bring. There is going to be a Leap Year, a Presidential election, the Summer Olympics in Brazil, and other newsworthy events, but I am finding it interesting that we are beginning this year with the biggest Powerball lottery ever.

In the midst of all the news around the world, Americans (and perhaps other countries) are contemplating what they would do if they won this huge lottery of more than a billion dollars. Like everyone, I have imagined what I would do with that kind of money, and then I start to wonder if someone could win this money who would really take it, and make a difference in this country, and in the world.

Since recently watching the inspirational movie of **I AM** (which didn't make as much money as **Star Wars** at the box office, but is so worth watching), I have looked at a lot of elements of the American lifestyle differently. Tom Shadyac, the Hollywood movie director, who made the movie sub-titled it as - **The shift is about to hit the fan. And if that isn't the truth. His movie is meant to wake people up, and to shake them out of their current realities (ruts), and begin to live life in a different way - more simply.**

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As a multi-millionaire, Shadyac had it all, but then went through his own dark night of the soul with a health crisis. The journey took him on a search for the answers to two questions - **What's wrong with our world? and What can we do to make it better? He didn't want the usual answers such as poverty, hunger, war, etc., but wanted to get to the root causes of the ills of the world.** After speaking with some of the most remarkable men and women from the worlds of science, philosophy, academia, and faith including David Suzuki, Noam Chomsky, Howard Zinn, Archbishop Desmond Tutu, Lynne McTaggart, Ray Anderson, John Francis, Coleman Barks, and Marc Ian Barasch, he came up with some common themes, and more about what's right with the world.

Shadyac learned that the heart, not the brain, may be man's primary organ of intelligence, and that human consciousness and emotions can actually affect the physical world. Shadyac also discovered that, contrary to conventional thinking, cooperation and not competition, may be nature's most fundamental operating principle. The movie, I AM shows consensus decision-making is the norm amongst many species, from insects and birds to deer and primates. **The film also highlighted that humans actually function better and remain healthier when expressing positive emotions, such as love, care, compassion, and gratitude, versus their negative counterparts of anxiety, frustration, anger and fear.**

The movie also addressed the materialism of our culture, and the need for always more - more money, more homes, more stuff, and on and on. After his health crisis and making this movie, Shadyac gave up his own Hollywood lifestyle by selling his mansion, and moving into a mobile home park; and then giving up the private jet to commute by bike to work when he can. He also donates most of his profit from movies to worthy causes and to educating up and coming generations about a new way of looking at life.

You could say that Shadyac put his money where his mouth is. He is living his talk in Hollywood, a place more suited for millionaires than for living simply.

As the next Powerball approaches and you dream about all that money, I invite you to watch this movie, "I AM" which can be found on Amazon, and other venues; and see if it doesn't give you a different outlook on having all that money.

Whoever does win this Powerball lottery, I am hoping will share the abundance with many others around the world.

Blessings on your Powerball ticket, and May you be the lucky winner who gets to make a difference in the world. Donna

Note:

My new blog talks more about this movie, I AM, and about my own experience of Living in a Tiny Home

[Living an Awakened Life](#)

My Blog



Photo by J. Alan Jackson

Living Large in a Tiny Home
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Donna Fisher-Jackson, M.A. CHT , Hypnotherapist, Western Astrologer and Author

As a Certified Hypnotherapist, I do not diagnose, prescribe, treat, or attempt to cure physical, mental or emotional disorders. I am not a licensed psychotherapist or physician. My services are complementary to the healing arts services that are licensed by the state of California.

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