

1 *Lesson*

Realizing your true valuables lie inside of you.

Amsterdam – the perfect place to rest and break up the long 10,000 mile trip to Africa. Or so I thought! After visiting the famous Anne Frank house, I roamed down streets, canal after canal. Thinking this may be the last time I'd be able to check email, I darted into an Internet cafe, unsnapped my backpack belt from around my waist, carefully placed my bag under my chair and sat down to work. Suddenly, I looked around and my backpack was gone!

My heart sank into the pit of my stomach as my psyche began to catalog what had vanished – my passport, all my money, my credit cards, my bank cards, my travelers' checks, my camera, my video camera, my medications, my jewelry, my itinerary, my plane tickets, my lizard key chain complete with keys and my precious 2005 journal.

With horror, I admitted to myself the unthinkable – a thief had snatched my bag from between my legs. The culprit had even stolen my map of Amsterdam along with the name of the hotel in which I was staying and my hotel room key. I pleaded with the cafe clerk to call the police. He grunted and refused,

touting, “They won’t come! There are too many pickpockets around here. You will have to go to find the police yourself.” Stunned with his response, I wandered outside into the cool, breezy night. Feeling unhinged from everything and everybody on Earth, I stood in the middle of the dark street and struggled to stop the tears from flowing. What was I going to do? I didn’t even have any money to make a phone call.

In just more than 24 hours, my flight was leaving for Africa. I was alone, LOST in Amsterdam, with NOTHING but the clothes on my back!

Lenny has observed humans and has realized that humans too often depend on their “stuff” to anchor them. People tend to define their self-sufficiency by how much money they have or the possessions they own. In reality, our possessions are all an illusion. At any moment we can be stripped of everything. Real self-sufficiency comes from realizing that our true valuables lie inside ourselves. Remember that whatever happens to us externally, no one can take away our Divine spirit within.



Lenny's Challenge: Before journaling, take 60 seconds and ask yourself, "How do I define my self-sufficiency? More externally or internally based?" What would you do if all your external valuables were taken away? How would you react? What feelings would you have? What is something you can do this week to remind yourself that true valuables are not what you have but who you are inside. You are created in the image of God and no one can take away the divine in you. Realizing your true valuables lie inside of you is 100 percent your choice! Shed or You're Spiritually Dead™!
