

THE MUSIC WITHIN

“Most people go to their graves with their music
still inside them.”

Oliver Wendell Holmes

Overview

- ▣ Setting the stage
 - Recap – Why are we here? – and – Do I have what it takes?
 - So, who am I?

- ▣ Embracing excellence

- ▣ Listening Within

- ▣ Next Steps

Living in the Moment

“The chief beauty about time is that you cannot waste it in advance. The next year, the next hour are lying ready for you, as perfect, as unspoiled, as if you had never wasted or misapplied a single moment in all your life.”

Arnold Bennett

Voices from Science, Art, and Faith—Why Are We Here?

- ▣ Albert Einstein: “the sake of other men.”
- ▣ Jodie Foster: “meaning and connection.”
- ▣ Micah: “to do justice, to love kindness, and to walk humbly.”

Embracing Accountability/ Do I Have What it Takes?

- ▣ Organizations and their members must reinvent themselves frequently.
- ▣ People have to take the initiative to empower themselves.
- ▣ Ultimately, each of us has exactly as much power as we really want.

Robert Quinn
Deep Change

Embracing Accountability/ Do I Have What it Takes?

Loving your job is the ultimate freedom. You just play hard.

Dan Baker, PhD

What Happy People Know

Embracing Accountability/ Do I Have What it Takes?

We must be the framework for everything that happens in our life. To the extent that we blame others, or wait for others, we give up power.

Rosamund and Benjamin Zander
The Art of Possibility

Embracing Accountability/ Do I Have What it Takes?

Have a clear understanding of:

- What you can do excellently

AND

- What you are deeply passionate about

Jim Collins

Good to Great

Embracing Accountability/ Do I Have What it Takes?

“My son had trouble when he was young and I tried to get the State of Oklahoma to help him. He was one of the ones who fell through the cracks. I can only think that the social workers did not care, that is what it seems to me when I look back.”

Comment posted to Tulsa World article--
State Neglects Kids' Behavioral Health

Embracing Accountability/ Do I Have What it Takes?

Responses to NAMI Report Card Survey
(not Oklahoma):

“The State Mental Health Hospital was a terrible experience. I felt no compassion from the staff there.”

“I don't think my brother has ever felt the security of understanding at the mental health center.”

Embracing Accountability/ Do I Have What it Takes?

And one more:

“You’d think that mental health workers would be more understanding than, say, the police clerk, but they’re not. If anything, they seem more callous.”

Embracing Accountability/ Do I Have What it Takes?

“There are people at the hospital who are eager for change and will fully embrace it. There are those who are not and will not. No matter which group someone falls into, change is going to occur. The only question is . . . how difficult the transition will be.”

James R. Hargreaves
Governor's Special Master

Embracing Accountability/ Do I Have What it Takes?

“People come in here . . .they need our help . . .
and helping them is more important than how
we feel.”

Dr. Mark Greene (Anthony Edwards)

ER

So, Who Am I?

“Come and find the quiet center
in the crowded life we lead,
find the room for hope to enter,
find the frame where we are freed:
clear the chaos and the clutter,
clear our eyes, that we can see
all the things that really matter,
be at peace, and simply be.”

Centering
Alice Parker

So, Who Am I?

“My only regret in life
is that I’m not somebody else.”

Woody Allen

So, Who Am I?

“I always believed it was the things you don’t chose that make you who you are. . . your city, your neighborhood, your family. People here take pride in those things . . . like it was something they’d accomplished. The bodies around their souls . . . the cities wrapped around those.”

Casey Affleck as Patrick Kenzie

Gone Baby Gone

So, Who Am I?

“This is our life. We’ve got to deal with it.”

A mother

So, Who Am I?

“I don't want to be a product of my environment.
I want my environment to be a product of me.
I did what I should do. I worked harder.”

Jack Nicholson as Frank Costello

The Departed

Embracing Excellence

“The challenge I saw before me was not whether I would succeed, but how far my determination and hard work might take me.”

John Hope Franklin, Ph.D
Historian

Embracing Excellence

“Most times when you do something great, it’s not overnight. It’s not something that comes easy. It comes with a lot of hard work, a lot of time, a lot of commitment.”

Kurt Warner

*Outliers**

*Book by Malcolm Gladwell

- ▣ Individual success is not exceptional or mysterious.
- ▣ It is grounded in a web of advantages and inheritances.
 - Some deserved, some not
 - Some earned, some just plain lucky
- ▣ It is impossible for any outlier to say with truthfulness “I did this, all by myself.”

Outliers

- ▣ Working really hard is what successful people do.
- ▣ Virtually every success story . . . involves someone or some group working harder than their peers.

Outliers

“The emerging picture . . . is that ten thousand hours of practice is required to achieve the level of mastery associated with being a world-class expert – in anything.”

Daniel Levitin
Neurologist

Outliers

“I learned that work can be meaningful from my father. Everything he does . . . he tackles with joy and resolve and enthusiasm. My earliest memories of my father are seeing him work at his desk and realizing that he was happy. That was one of the most precious gifts a father can give his child.”

Malcolm Gladwell

Listening Within

“Life is about passion and balance. Find something that when you wake up in the morning, it’s what you want to spend your time doing. The richest lives achieve an inner balance between work, love and play.”

Doris Kearns Goodwin
Pulitzer Prize-winning Historian

Music Within

“I was born with the umbilical cord wrapped around my neck. I’ve been pissed off ever since.”

Ron Livingston as Richard Pimentel
in the movie *Music Within*

Music Within

“Somewhere along the way I realized my heart wasn’t driving me. My anger was.”

“The differences that you make, that are the ones of lasting importance, there’re the little differences you make in the life of another person.”

Listening Within

“There is nothing except this. . . I shouldn't be alive. . . unless it was for a reason. I just finally know what I have to do and I know in my heart it is right.”

Tony Sparks (Robert Downey, Jr.)

Iron Man

Listening Within

“You can choose to live in a place of fear – or you can learn to live a life of the best version of yourself.”

Detective Mack Taylor (Gary Sinise)
CSI: NY

Listening Within

“Happiness is a decision.”

Michael J. Fox

Listening Within

“... those who are happiest are those who do the most for others.”

Booker T. Washington

Listening Within

“Most folks are about as happy as they make up their minds to be.”

Abraham Lincoln

Listening Within

“The day you let go of your dreams is the day you let go of your life.”

Lil Rounds
American Idol 2009

Listening Within

Dear Rand—

I received your note yesterday and I would just like to say that I appreciate your thoughtfulness. The practice of medicine sometimes gets routine and a note like you sent makes it all worth it.

Thanks, Dave

Listening Within

“It’s a struggle to become the man that you want to be. It’s harder than you want – it’s longer than you want – and it takes more out of you than . . . than you expected it should. I don’t know if Tyler became the man he wanted to be, but I do know he wanted to be the man that he ultimately became. He was a leader. . . he was a teacher. . . and he taught those hard lessons to so many of us here. He helped us to see that it might be possible. . . to be someone else. . . to be better than you might have dreamed. Our dreams got bigger, because he told us that it was possible.”

Leon Vance
NCIS

Listening Within

“Tonight was great. When I started med school, that’s what I’d thought it was going to be like. Really helping people. At least that’s what I thought it was supposed to be.”

Dr. John Carter (Noah Wyle)

“That *is* what it’s supposed to be.”

Dr. Mark Greene (Anthony Edwards)

ER

Being “Spirit-full”

“Life and livelihood ought not to be separated but to flow from the same source, which is Spirit, for both . . . are about Spirit . . . both are about living in depth, living with meaning, purpose, joy, and a sense of contributing to the greater community.”

Matthew Fox
Theologian

Spirituality at Work

*Donde Plowman and Dennis Duchon

- ▣ Both mind and spirit need development
- ▣ Spirit-friendly
- ▣ Not about religion
- ▣ About nourishment of the soul
- ▣ About a sense of purpose and direction
- ▣ About connectedness
 - To one another
 - To the organization

*Listening for the Heartbeat . . **

*Books by J. Philip Newell

- ▣ Life is relational. We find well-being in and through one another; not in separation.
- ▣ The music within each of us forms a harmony with others.

Listening for the Heartbeat

“God’s heartbeat can be heard in the whole of life and at the heart of our own lives, if we will only listen.”

J. Philip Newell

Listening for the Heartbeat

- ▣ The deeper we move within our own souls, the closer we come to the soul of one another.
- ▣ The closer we move to the heart of all life, the nearer we come to the heart of our own being.
- ▣ We keep our heart only by giving it away.

Listening Within

“You have a gift, Nila. You have a gift. The minute you start comparing yourself to others, is the minute you forget you are doing exactly what you are meant to do.”

Lucien

ER

Listening Within

“Here, as in the world around us, all our varied skills and arts wait the coming of the Spirit into open minds and hearts.”

Fred Pratt Green
Hymn writer

Listening Within

“We believe in the Spirit, who . . . prompts us to be a river of hope, a stream of care, a fountain of joy and an ocean of love.”

Communications Resources, Inc.

Listening Within

“I’m not giving you my keys to the clinic; I’m giving you the clinic. I’ve seen the bigger picture. I love the clinic. I love what it means. I love what it is. But I don’t love it as much as I love surgery. I don’t love it as much as being chief resident. I don’t love it as much as I love my husband and my child.

I’ve seen the bigger picture and I can’t do everything and still have everything. So I have to let some pieces go. This piece . . . this is your piece. I’ve watched you earn this piece the hard way . . . the awful way. Knowing that I can give the clinic to someone like you . . . you have grown into a fine doctor, Izzy Stevens. The Denny Doucet Memorial Clinic is in your hands. You make me proud.”

Dr. Amanda Bailey, *Grey’s Anatomy*

*Building the Bridge As You Walk On It**

*Book by Robert E. Quinn

Deeply committed people:

- ▣ Perform well beyond normal expectations
- ▣ Commit to one another
- ▣ Make it possible for their organizations to excel

Building the Bridge As You Walk On It

- ▣ When we commit to a vision to do something that has never been done before, there is no way to know how to get there.
- ▣ It is not about what we do; it is about who we are.

Self Change— Building Your Own Bridge

- ▣ Take small steps forward
- ▣ Set a specific start date
- ▣ Make your commitment public
- ▣ Develop specific plans
- ▣ Create a support network

My Wish

That your dreams stay big,
and your worries small.

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