



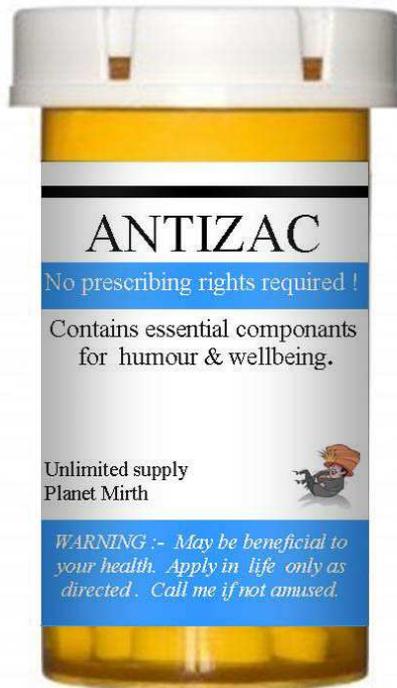
A joyful prescription for the unhappiness epidemic

We have medicalised unhappiness and are in danger of losing sight of our souls. ANTIZAC is soul awakening and I will be prescribing it freely! **Dr Robin Kelly**

Pat Armitstead

ANTIZAC

A Joyful Prescription for The Unhappiness Epidemic



Pat Armitstead
The World's First Joyologist
Joyology
www.joyology.co.nz
New Zealand

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The information shared is not intended to replace any medical care or intervention and has been crafted from the authors own personal experience.

The purpose is to guide people to look at a holistic and integrated approach to wellbeing that focuses on state management and inner resourcefulness. By merit of its name "ANTIZAC", it does poke with good humour at Prozac, but by no means does the author deny the value of any medication to support the return to health.

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Summary

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Dedication

This book is dedicated to Bob Hall.

Bob was in the Clifford Green Ward of Fairfield District Hospital, NSW from 1970 to 1973. Yes, a total of 3 years.

Bob was the very first man I ever bed-bathed as a student nurse. I saw Bob every day I was on duty throughout my General Nurse training, whether I was rostered on his ward or not.

Bob, first they said you would not survive. Then they said you would be a vegetable. Then they said you would never walk again. You persevered in the face of all of that and turned up at my graduation ceremony walking on 2 sticks!

Bob you taught me what it truly meant to persist and to be good humoured!

Endorsements

“Pat Armitstead is New Zealand's answer to Patch Adams”

Dr Ric Coleman, NZ

"The best gifts come in small packages. ANTIZAC is a slim volume containing an immense store of treasures: wisdom, humour, love, courage, inspiration, enthusiasm, positivity and zeal! Pat Armitstead lives the life she describes in her book; she is the most courageous, generous, giving, positive, loving person that I know, forsaking all security to pursue her dreams while enduring many life struggles.

Pat writes with complete authenticity and her inspiring stories, hard-earned wisdom and practical suggestions for living a great life are treasures for all of us. I wholeheartedly recommend ANTIZAC as a great antidote to the stresses of modern life. This wonderful book is the perfect gift for your friends and loved ones.”

Dr Robin Youngson, NZ, Founder of HEARTS in HEALTHCARE, and author of TIME TO CARE - How to love your patients and your job"

“The best happy pill in the world is choosing to use humor instead of medication to deal with life's challenges. This book is a wonderful way to take control of your life.... leading to greater happiness, productivity and well being.”

Scott Friedman, CSP, Motivational Humourist USA

“This is a little book with a very big idea. And a very good idea at that. It basically promotes a simple truth, which is both relevant and inspiring. I was always enamoured of the idea I found in my grandmothers Readers Digest “Laughter is the best medicine.” Pat practices this and tells lots of stories that prove it.”

Mike Hutcheson, Executive Director Image Centre Group

"Pat is one of the most positive, energetic people I have ever met. Pat's approach is always focussed on the particular environment in which she is speaking, training or entertaining. It's high time we focussed on proactive prevention of health problems and stress. "

**Robyn Stent, former Health and Disability Commissioner
New Zealand**

“In these times of economic uncertainty and monetary recession all some could have is their ability to smile and laugh at life. We know "a good laugh is good medicine". A good sense of humour is the backbone of resilience.’

"Alan Little, NZ "

“ I have no doubt about Pat's mission. It is an important message to business owners to find what gives people (employees, customers, suppliers) joy. It's the 21st Century folks. Why settle for anything else?

David MacGregor, Founder Idealog Magazine NZ

Nothing like replacing sappy office scowls with happy office howls because when morale jumps, creativity pumps.

Jim Blight, Radio Producer, Canada

To the best of my knowledge women do not have dreams of making love to clowns, yet historically they almost always say they are looking for a man with a sense of humour! Pat has a life with a cause! She is devoting her life to helping others understand the benefits both to themselves and to those around them of living a life filled with joy. I wish for two things; One, for you to read her words. Two, to take from those words something to improve your life and the lives of those around you! **Andy Dunn, Graphic Designer**

Not only has Pat proven that she is gifted, talented and gorgeous but she has done this in the most positive way I have ever known by sharing JOY. Thank you for inciting more tears of Joy beautiful Pat!

Belinda Heaslip

We are on the brink of something special something that benefits all. One of the greatest gifts we have is our awareness. To give the gift of awareness is what is required in this moment and I feel that this is what Pats message is doing. It is scratching the surface and presenting another way, a way that opens the door on many fronts, this is a “how to” open that door and have a dang good laugh along the way. Pat is one of the most positive exciting teachers I have connected with.

Angela Dickson, Australia

Forward

By Dr Robin Kelly

Human beings are meant to be joyful, light-hearted and happy. And yet at the start of the new millennium we, in the so-called sophisticated Western world, are witnessing an overwhelming epidemic of unhappiness like never before. In recent years we have medicalised this unhappiness – in 2008, more than 164 million prescriptions for antidepressants were written by doctors in the USA.

This in my humble opinion is silly – very silly. Because the roots of our problems are not chemical – rather they are to be found in our strained relationships with others, our world, and ourselves. We are in danger of losing sight of our souls.

On the other hand Pat Armitstead, the world's first Joyologist, and my good and trusted friend, is far from silly. Playful - yes; funny – rib-ticklingly so; and wise – as the wisest owl; but silly she is not. This short book is packed with surprising and valuable insights into Pat's life's work, and with her generous tips to help us regain our birth-right of joy. She shows us how we can become truly happy by helping others.

Moreover, she shows us that if we make a commitment to be joyful and to share this joy with others, our lives flow more smoothly as we experience true spiritual health and wealth.

Pat Armitstead's ANTIZAC will sit proudly for many years to come in my waiting room bookshelf.

I will prescribe it freely.

Dr Robin Kelly – NZ author of the award winning ‘The Human Hologram –Living Your Life in Harmony with the Unified Field.

www.robinkelly.co.nz

Preamble

Once upon a not so joyous time I was subject to a series of life events that were not altogether pleasing to me. Those who know me will get the understatement in that sentence. I coped with most, even the cancer which robbed me of half my body weight (actually a good look!), but when, on top of everything else, my partner of 20 years left I fell to pieces. You see....I thought we would grow old together and be creatively crotchety in a rest home! Or something....

He came home one Friday evening and said “*I have just met a girl who is like no-one I have ever met before*” Six months later he was gone! He said to me on leaving: - “*No, I don’t love you and I never loved you!*”

In that moment I shattered.

I thought...” *if that’s true then everything I have ever known is not true.*” *I disintegrated....*

Interesting that 10 years on I did an NLP practitioners course and loved the short sentence....**BELIEVE NOTHING TEST EVERYTHING**, for it showed me how I had believed so many things in the past, that were not actually the truth. The creation of my own prescription ANTIZAC came in that first 12 months after he left.

My doctor at the time wanted to medicate me for my depression and I said to her” *I don’t want to be medicated...please help me*

deal with my grief". The answer was not within her scope and so began a search.

The JOY journey ensued from that point. I journalled and committed that whatever showed up in my life I would go to it. This became a journey of enlightenment, with insights for me on becoming the observer and not the judger...of self and other!

I have a dear old friend in a rest home in Orewa. His name is Fred. Each time I visit he says to me on leaving: - *"Pat, you know, the self help industry has a lot to answer for. There was never anything wrong with us in the first place!"*

This e-book reflects my observations, beliefs and insights that provided safe passage and the most extra-ordinary series of life changing paradoxes and synchronicities. A chance encounter with somebody had the ANTIZAC term arrive and I crafted the meaning to go with each letter.

Chance encounter? Here we need to reflect on that for a moment. You see, the next few years turned out to be so loaded with 'chance encounters' it got to be very funny! In fact some of what I will share with you is a succession of paradoxes and synchronicity. Carl Jung referred to synchronicity as a glimpse into the underlying order of the universe. He coined the term *synchronicity* to describe what he called the "acausal connecting principle" that links mind and matter. He said this underlying connectedness manifests itself through meaningful coincidences that cannot be explained by cause and effect. Such synchronicities occur, he theorized, when a strong need arises in the psyche of an individual.

I add to that the fact that in order to receive and be open to the synchronicities we need to be present! I began to make meaning of the losses and became increasingly aware of myself and my life. Some of that is contained on this book.

You can read the full story and detail in my forthcoming book Joyful Empowerment!

ANTIZACWith an impish grin Pat Armitstead says “This is not a bitter pill to swallow and most interestingly, no prescribing rights are required! A non chemical alternative to Prozac it is intended to heal what ails humanity right now.’

What ails people the most in Pat’s opinion is not their illness per se but their habituated negative ways of being.

Petrea King, Founding Director and CEO Quest for Life Foundation, said once during a presentation at the NZ Mind Body conference 2008 that what ailed her “*was not her multitude of surgeries to her limbs as a teenager or her battle (and win) with leukaemia.*”

She once went on a trip and pulled all the ligaments in her knee. She walked on that leg and told no one for 3 weeks. She “*did not want to be a bother!*” That is sick she said and that is what ailed her!!

Offering solutions to an ailing community is about raising consciousness, developing our intuitive selves and offering into “what it is we see” as a result of that enhanced perceptiveness. It is about being a contribution. It is also about seeing people as great.

A is for Amuse, and by this I mean being the source of good humour. To be good humoured is to be appropriately responsive. The old adage “Humour in humour out” is all that is required. Identify your humour style and get confident around using it. Be the source of goodwill.

N is for Nthuse! Be the change they want to see. Exude the energy and radiate the joy. Affirm their needs and provide hope and encouragement. Give everybody an A! (* see *ref below*)

T is for Trust. People perform to optimum when they are being rewarded for doing what they love in a high trust environment. Practice the virtues of integrity

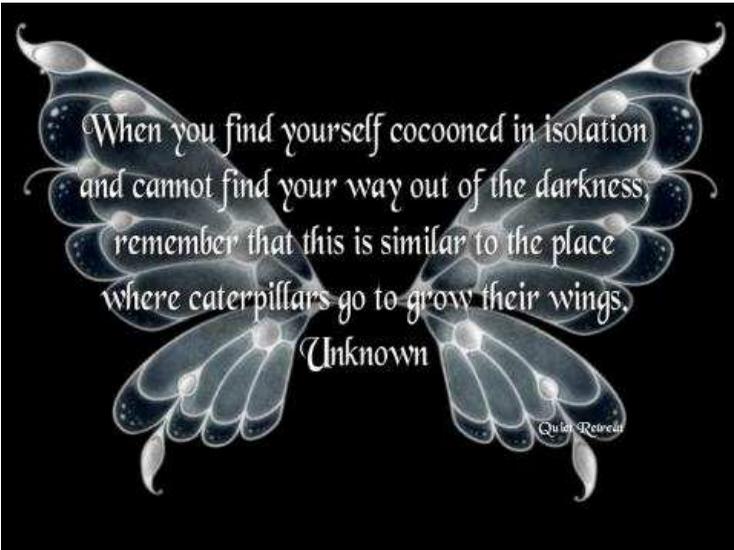
I am for Intuition. Foster your own and your teams intuitive nature. Reward the impromptu and unexpected acts of kindness, generosity and insight. Congratulate people for coming from first thought; the source of all genius is spontaneity!

Z is for Zeal. Enrol your team in a sense of eagerness to achieve the wellbeing of themselves and others. Have that roll out like ‘excessive fervour’ and willingness to do all that it takes to achieve.

A is for Attitude. An attitude of gratitude is very attractive. It attracts abundance. Make the “customer experience focal point” one of gratefulness. You could even adopt a virtue a week (there are 100!) and have them as the weekly practice. Both staff and customers will appreciate the experience.

C is for Creativity. Each of your team has individual gifts that are not part of their job description. Find a way for them to be utilised to bring some joy to the workplace. To be recognised and honoured for individual contribution is pure joy and that energy is what your customer will receive.

ANTIZAC’s “instant release formula” paves the way for transformation to occur.



When you find yourself cocooned in isolation
and cannot find your way out of the darkness,
remember that this is similar to the place
where caterpillars go to grow their wings.

Unknown

Quia Retreat

Chapter 1.

Once upon a not so amusing time



Once upon a not so amusing time I took the letter “A”.

A is the first of the 7 letters in ANTIZAC.

In the prescriptive world of the Joyologist it stands for Amuse.

The dictionary says of amuse:-

1. To occupy in an agreeable, pleasing, or entertaining fashion.
2. To cause to laugh or smile by giving pleasure:

I have seen that “We swing between grief and joy most of our lives as we respond to and deal with the life events that ultimately shape us. The trigger for hope as we move through those times that test us is laughter.”

We are all born with a sense of humour or the ability to experience and deliver humour. Some people are more inherently inclined to be humorous or good humoured. Others have a very targeted sense for humour and can quickly engage in witty repartee. I believe to be good humoured is to be appropriately responsive. Or not!!

Finding your sense of humour when the universe appears to be conspiring against you requires mindfulness. And being present. Simply putHumour in = Humour out!

So...why Amuse?

There is Health in Humour !!

Laughter is a great medicine. Like intense exercise, laughter increases brain levels of serotonin and endorphins that can calm and relax the mind. Every year there is more evidence that your thoughts, moods, emotions and belief systems have a fundamental impact on the body's basic health and healing mechanisms. Better understanding of the interaction between emotions and these chemical messages are the key to maintaining a strong health connection between the body and the mind. It is through the emotions you experience in connection with your thoughts and daily attitudes, through the neurochemical changes that accompany these emotions, that

your mind acquires the power to influence whether you get sick or remain well.

Reduction of stress hormones

When you're under stress, your body undergoes a series of hormonal and other body changes which make up the "fight or flight" response. Even though there's no physical threat to your life, your body reacts as if there were. If you're under stress day after day, this preparation for a vigorous physical response (which never happens) begins to pose a threat to your health. Anything, which can reduce the level of stress hormones in the blood on a regular basis, helps reduce this threat. The research on stress related hormones and humour has shown that laughter reduces at least four neuroendocrine hormones associated with the stress response including adrenaline, cortisol, dopac and growth hormone.

Norman Cousins drew the attention of the medical community to the pain reducing power of humour in his book, Anatomy of an Illness. Norman had a spinal disease that left him in constant pain. But he quickly discovered while watching comedy films that belly laughter eased his pain. In his last book, Head First, The Biology of Hope, he noted that 10 minutes of belly laughter would give him two hours of pain free sleep.

Numerous studies have now confirmed that humour does have the power to reduce pain in many patients. "The chemicals that are running our body and our brain are the same chemicals that are involved in emotion. And that says to me that

we'd better pay more attention to emotions with respect to our health. "*Candice Pert- Molecules of Emotion*

Even more interesting is the fact that even if you pretend laughing or act happiness, your body produces happy chemicals. The brain does not know the difference!

The Worlds First Joyology Department

Some years back I conducted 2 pilots at the Anne Maree Rest Home in Auckland. The residents did a 20 minute Yogic Laughter workout every day for 90 days and were accredited as New Zealand's First Laughter facility. They went on to achieve a world record for laughing continuously for one hour on World Laughter Day. This was a great rest home but the residents were very much passive recipients and the general energy was very low as it is in many rest homes.

The residents used the laughter exercises to make light of their situation and the less amusing things that comprise living in a shared situation. The energy levels were lifted and sustained by the residents over this period. Stan and Glad Rafferty, pictured, were both at the very first session and afterwards Stan approached me with thanks for the session and offered to introduce me to his wife, Glad.

As we came closer to Glad Stan turned to me and said "Pat, *hasn't Glad got beautiful eyes!*"

I was so moved, thinking if I have myself a man and am still alive at 97 and he thinks I have beautiful eyes.....I would be one happy woman!!



I put my arm around Stans shoulder as I leaned in to greet Glad.... whom I later learned had been mute for 2 years.

Glad saidvery slowly and loudly...

." Take... your.... hands.... offmy ...husband!!"

The staff were just beside themselves.

They could not believe she had spoken! Major message there folks! Don't be fooled by appearances!

Types of Humour

Tom Hopkins, US speaker and perhaps the worlds best sales trainer says you can learn to laugh even if you have a Ph D in pessimism! Understanding the different forms and types of humour helped Digital Equipment Co in Colorado boost productivity by 15% and halved the number of sick days over a 12 month period. You too can experience the same sorts of benefits in your business and your life.

Humour comes to us in many forms.

Satire, irony, sarcasm, wit, parody, farce, surrealism and play.

Satire :- exposes, mocks, sends up and attacks the pompous, hypocritical and immoral. It also exposes negative habits. The painful realities of life are combined with pleasurable experiences.

Irony :- on the other hand is a remark that is the exact opposite to what you are thinking ! Sarcasm is the lowest form of wit “so they say”, is based on ridicule and vindictiveness and quickly builds communication barriers.

Wit :- is perhaps the most admired and sought after form. Based on intellect it is a brilliant cognitive association between an idea and an attitude, or a situation and a person. People with a natural wit have very high intelligence. Those with a practised wit have normal intelligence and have consciously trained their humour mind.

Parody :- is another name for spoof, and impersonates and mocks well known writings such as plays and books. The actor John Cleese has perfected this art form in the many training videos he created, which provide a wonderful example of laughing as you learn.

Farce :- is simple. A ridiculous idea is taken as being true, then acted on logically. It includes slapstick and burlesque. Embarrassing moments and bureaucratic bungling are the food of farce.

Surrealism :- happens when you combine outrageous exaggeration, impossible contradictions and zany assumptions. The most improbable are brought together, creating verbal fantasies and brilliant mental images.

Play :- finally and perhaps the most delightful is the notion of play. To be playful and serious at the same time, that is have serious fun, defines the ideal mental state. Play removes uncertainties, allows for errors, cuts through embarrassment, criticism and rejection and opens up the scope for risk taking and creativity.

To be good humoured is to be in the moment, responsive and demonstrate that you have some empathy for the other person. It is about choosing to be positive and looking for positive ways to problem solve and get things done. Humour fosters creativity.

Isn't it interesting that we will leave the workplace and often pay large sums of money to be amused and entertained "after work" as a means of de-stressing and relaxation. Many amusing and memorable moments can be created at work with minimal budget and set the scene for increased productivity as a result.

Humour in Leadership

There's a myth about mirth in business.

It goes something like this. You can't be funny and be taken seriously; or you are in business to make money not have fun. I am sure you recognise those two lines, however humour in business is not about clowning. It is about demonstrating that you are a warm, responsive, intelligent and considerate person. In the world of comedy humour means creating maximum laughs per minute as a measure of success. In business it is about creating a positive receptive and cheerful mood with successful communication the end product. The paradox is that low morale and decreased productivity can affect your bottom line

Humour can expand your perceptions and boost creativity.

When this happens you boost productivity. You boost it by creating an environment that accepts humour as a tool that is a toy, engenders positivity, and can be used in attack or defence. When applied with discretion it becomes a powerful ally, balancing empathy and aggression, and embarrassment and vulnerability. People can learn to capitalise on the humour they have within them to foster relationships with colleagues and with clients. People remember and feel good about enjoyable encounters.

As a leader you can use the cognitive properties of humour to lift morale, enhance decision making and improve problem solving. Humour patterns can be identified and developed to the point of being automatic.

De Bono says humour is a more significant process than reason and helps us switch from one way of thinking to another. This is of particular value today in New Zealand with industrial laws and the notion of stress at work. Laughter releases endorphins and leaves you with a heightened sense of well being which can last up to two hours. People who are stressed/depressed have problems concentrating even for short periods of time. Laughter provides a release and a shift in state! Some of you may relate to this when I say that often people who are extremely stressed or moving through grief and loss can actually find it very hard to read.

Mental acuity can be heightened with the practised application of good humour. In 2004 I did a ten week Improvisation Acting Course. I learned to be in the moment, to trust my intuition and to have fun with my own humour. My first engagement following that course (and for which there was no prior briefing) earned me \$5000 in one day. In 7 minutes actually! I had to answer 7 questions in 7 minutes...and I did! *More on this later in the book!*

I attribute that success to my capacity to remain good humoured and therefore confident, even though under intense pressure. I also trusted first thought!!

Humour is the single most effective human resource, acting as a safety valve and allowing us to inform, educate, enhance personalities and entertain. As a result we boost morale and productivity and therefore profits. Maybe you can start your days with humour like a colleague?

She dressed like a hare for an Easter function, and has since taken the photo, enlarged it and placed it in the foyer with a sign that says, in *almost traditional* Maori welcome“Hare am I’... There are no doubts about the humour that lies within that business!

Humour/creativity boosting ideas

Start a laughter club

Send amusing memos...start using puns

Collect affirmations and share them daily

Buy amusing cards and send to lighten someone’s day

Send 3 pieces of congratulatory mail a day

Compliment one person a day on their achievements

Focus on catching people doing something right

Be silly just once a day

Play with your children

Play with someone else’s children

Welcome all your key people to work each day

Use monthly awards to note contributions

Celebrate different cultures

Have balloons in your drawer at work

Have a lolly jar

Brainstorm with your peers once a week for ideas

Start a mastermind group

Create a ritual around tea breaks – maybe cultural examples

Send yourself a card and act surprised when it arrives

Action Plan

Select each week a TV program where the humour is the type you enjoy. As you watch it note the different types of humour that is being used.

Begin your own Jester Journal. Save jokes, cartoons, stories that both amuse and hearten you.

List 3 ways you can be more good-humoured as you step out into all your encounters with others.

Practice being mindful of your feelings and note how you can shift your state when you choose.

Chapter 2

Once upon a not so Nthused time



Once upon a not so Nthused time I took the letter “N”.
N is the second of the 7 letters in ANTIZAC.
In the prescriptive world of the Joyologist it stands for Nthuse!

The dictionary says of ”Nthuse” :-

1. To excite – arouse or elicit a feeling
2. To cause to be enthusiastic

As an optimistic personality type I have predominantly been able to nurture myself and others most of my life. I know myself well and have 2 peak moments. One ‘moment’ is when I speak or present and the lights go in for somebody! The other is when I paint or create...and I need nobody else in that moment.

Nurturing others has been an inherent thing I think, expanding as I stepped into my authentic, compassionate and humanitarian self. The use of storytelling and good humour has been part of the process, along with the courage to act on my intuition!

Let me share a story with you to give this context.

Let’s go back to February 1973. I am about to do my first bed bath; a male patient by the name of Bob Hall. I was 16 yrs and 10 months old. Bob had been in hospital about 3 months when I met him. He was in traction, with plaster casts on all 4 limbs. All there was to wash was his face, hands and ...down there!

But it’s Bob story, not my awkwardness that is the point here. Bob was flattened by a construction crane. He was brought in with 35 broken bones. He was quite literally flattened. The emergency team stood around him and said quietly “He’s not going to make it”. A few hours passed and he was still alive and they said “Well, we could take him to theatre but he will probably die on the table” They operated on Bob and he did not die on the table and as he was being wheeled back to recovery they said “well he will probably be a vegetable”. Bob woke quickly in recovery and revealed to all he was indeed not a vegetable! Then they said “Well, he will probably never walk again”

Bob Hall was in hospital the whole 3 years of my general nurse training. He went home now and again for a break, but was essentially there for the duration. I saw Bob Hall every day I was on duty, whether I was rostered on his ward or not. To my delight Bob walked on 2 sticks to my graduation ceremony and stood up the back. At the conclusion of the ceremony proper he stood up and shook one of his sticks, saying “I would actually like to say something”.

He came forward and opened a long scroll and proceeded to read out loud all the tricks and pranks I had played on him during his stay. My mother was in the front row and would periodically say “Oh Patricia! You didn’t?” At the end of the list, he turned to me and said “You don’t know what you did!”

It took me till 2010 to really get this!

Now about the idea of a mentor!

I had thought for a number of years that I would love to work for Saatchi and Saatchi. Numerous approaches had not even gained me an interview. Then, when Joyology came to me, I knew I would need some support and guidance to bring it into fruition. I knew of Mike Hutcheson, then MD of Saatchi Auckland. I set out to invite him to be my mentor. At that time I was still recovering financially from loss of house and relationship breakup and my concern was how I make a pitch when I felt so unresourced.

Then a series of insights came to mind. On the cover of Mikes Book “A mate of mine reckons this is the number one best seller”, a quote from Bill Ralston said “Hutch rocks” So I put my testimonials in the biggest folder I could find and in bold print down the spine it then read “Pat Rocks”. Then in the mail came the smallest bottle of Ditto I had ever seen and I thought....wonderful....add a makeup sponge, 2 cotton buds and a bandaid..and wrap in clear cellophane ...and a wee treasure chest to hold it all. VOILA!!

On greeting Mike I handed him the gifthe opened the box, lifted out the parcel and ...as you can imagine, said “Ah....what’s this Pat?” My reply...” Well Mike, I am not here to sponge off you but I do have the germ of an idea. It has a couple of applications and I don’t want it to be a bandaid job” Then I shared my initial ideas about how Joyology might look, and asked him just 2 questions. “Will you be my mentor and will you support me to generate funding?”

His reply?

Yes and yes!

The rest is history. Mike has been friend and mentor all these years. My biggest realisation around that has been this. The fact that I went to see him at a time when I was living consistently in my overdraft and he said yes without hesitation has been all he ever really needed to do.

My confidence was restored when he indicated he believed in me. When I look back, he never really needed to do another thing. I really get the power in that. My invitation is to find for yourself someone who believes....but also be that contribution to another. For as we give and receive we create waves of Nthusiasm!

One of the things Mike said in that first meeting was:-

“They told Disney he would never make any money from making people laugh!” Over the 10 years since that day I have presented, over 1000 humour based presentations!

Sometimes all any of us need is one person to believe in us. My encouragement to you is to find a mentor and be a mentor! It boosts confidence and builds surety!

In the formulation of this prescription of ANTIZAC I have become very self aware. I know my peak moments! When I speak and the lights go on for somebody in the audience I am rapt in that moment. The other peak moment for me is when I paint or create. In those moments I don't need anybody..There is just the art and myself totally in flow!

My connection with humanity is reflected in my art. For many years my artistic expression lay untended, and then I met an artist whom I was brave enough to ask to look at some of my work. We became friends and I ended up living in his old art studio. I joined a local arts group who had a big vision. They wanted to create a local art gallery, and invigorated and Nthused I committed to support their cause.

We agreed at the outset to use The Four Agreements as a practice to ensure our integrity at every step along the way. We had the verse laminated, and used it as placemats at every meeting. It did not preclude or erase all problems associated with our pursuit, but for those who stayed on the page and in agreement there were extra-ordinary results from a business sense and personally. For those not familiar with The Four Agreements a summary is outlined. This is from the book of the same name written by Dan Ruiz.

The four agreements

1/Be impeccable with your word. *Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love*

2/ Don't take anything personally *Nothing others do is because of you. What others do and say is a projection of their own reality, their own dream. When you are immune to the opinion and actions of others, you won't be the victim of needless suffering.*

3/ Don't make assumptions *Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement you can transform your life.*

4/ Always do your best - *Your best is going to change from moment to moment, it will be different when you are healthy as opposed to sick. Under any circumstances simply do your best, and you will avoid self judgment, self abuse and regret*

I cannot recommend any one way of “being” more highly than the Four Agreements. It is invaluable for supporting individuals and groups to hold themselves and others in a higher place irrespective of current circumstances.

We (being the art group) raised \$360,000 in cash and \$200,000 in kind, and purchased from local council the Old KFC building in Orewa, Auckland. . We oversaw the reconstruction of this building to a pristine gallery which has been self sustaining since day one of operation. As I write the gallery is now 5 years old. The committee used the agreements as a way of staying in integrity.

Yes were indeed Nthused and so committed. This was about being Nthused, and in service for something bigger than all of us.



Action Plan

You might like to find yourself a mentor. Choose someone whom you admire greatly for their achievements and their way of being.

You might also like to be a mentor for somebody else. In this place of being a contribution to others we experience great wellbeing .

As you make plans for moving forward, use the four agreements to help you stay on the page and be guided to your highest good.

Chapter 3

Once upon a not so Trusting time



Once upon a not so Trusting time I took the letter “T”.
T is the third of the 7 letters in ANTIZAC.
In the prescriptive world of the Joyologist it stands for Trust !

The dictionary says of “trust”:-

- 1 Firm reliance on the integrity, ability, or character of a person or thing.
2. Something committed into the care of another; charge.

As a nursing student and later as a Registered Nurse and Nurse Educator I learned how to very quickly secure the trust of the people in my care. They were entrusted to us and our preparation for our work caused us to be safe to practice. We created very high trust environments. This created great intimacy. **In to me you see!** Without this trusting relationship humour, and indeed the very notion of what it means to be good humoured cannot be experienced. The following 3 examples demonstrate the complementary nature of our interactions with others, and how experiencing all the emotions helps us learn to manage our states.

I spent
the day in bed
with Goldie
granting her
every wish!

Let me tell you about Goldie. She is the lady I am in bed with on the previous page! Yes...that's me! Goldie was part of the 1st Pilot I did in aged care almost 10 years ago. I had discovered

Joyology...but still not clear about how it would look long term. In a stroke of insight I thought "let's get clever Pat!" And so the first pilot was created. I approached Sheryl Samuel from the Anne Maree Rest Home in Blockhouse Bay and told her I wanted to run a 90 day pilot using Yogic Laughter. She agreed.

During that time I kept saying to Goldie "One day I am going to get in bed with you!" She always laughed and said "yeah right!" And so one day I arrived in my Little Miss Naughty pyjamas, wool wig, freckles, teddy bear and dressing gown and said "Move over!" And she did. I spent the day in bed with Goldie and granted her every wish, much to the staff's

consternation! Goldie shared with me that day stories from her life that not many knew about. Certainly not the staff! I was 50 at the time and she was 93. Goldie trusted me.

She trusted me big time and I am honoured by that. 93 year old ladies don't as a rule let 50 year old women share their bed. Even in fun.

I tell people in business now “ You have to get into bed with your customers....you have to find out what makes them tick...for when you can enjoy this level of trust and intimacy your business ...and your lifewill thrive!” And that is actually a message about relationships with staff as well as customers.

But let me tell you something else. I conducted this pilot when I still grieved for my loss of partner, home and business. I often cried on the way to oversee the pilot's implementation. But when I arrived and walked the faces on the elderly people came alive. They awaited my arrival and would be saying “I wonder what she will wear today?”

This was a very humbling time. The elderly residents loved me and how I showed up at a time when I thought nobody loved me. I was alone. My family at that time were not speaking. Yet I walked in those doors, wearing a hat or with something novel in my hand and they laughed and smiled. As the weeks passed into months the conversations and shared stories got deeper. These people were both amused and bemused by my antics and we shared a deep camaraderie. They had previously been passive recipients of care (this was a great rest home, don't

get me wrong) and now, they started using the yogic laughter exercises to make light of their infirmities. This increased level of trust allowed them the vulnerability to be playful again and tap back into the spirit of fun.



In any one day I experienced the full range of emotions, heightening not just my own experience of life but creating a space to support the residents as well. Many had lost their families and were alone. A place was created where they could express and grieve. They actually tapped into talents they did not know they had!

Action Plan

Creating and sustaining a high trust environment for yourself requires a level of knowing and confidence about who you are and why you are here this lifetime. The following 3 activities are free and will help you get a clearer picture of that.

Professor Howard Gardner's multiple intelligence questionnaires

<http://www.businessballs.com/howardgardnermultipleintelligences.htm>

Professor Martin Seligman's 24 Signature strengths questionnaire - (do the VIA Character Strengths questionnaire)

<http://www.authentic happiness.sas.upenn.edu/Default.aspx>

Dan Millman – The life you were born to live – You can check your numbers and determine what you are here for this lifetime!

My suggestion is once you have looked at all 3 of those, you take your top 5 signature strengths and carry them with you. Use them and apply them in your life wherever you go. Marry them alongside your job description and watch your life transform. We are often not in situations or jobs that we just adore, but if we start to bring our real selves to work things start to just hum!!

Honesty, integrity and authenticity are the mainstay of trust. When we speak our truth and our actions match our words we are seen as being in integrity and can be trusted.

That values based operative is what often inspires others to adopt us as role models.

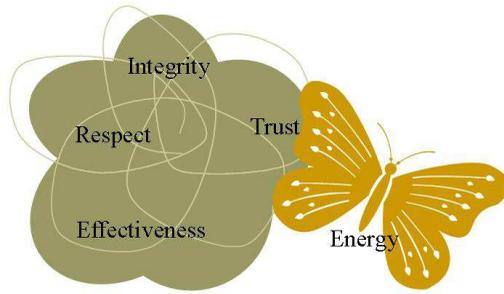
If you have times when you feel like a victim, become aware and learn to acknowledge that you are responsible for your choices. People who feel victimised and powerless don't have a lot of energy for change and improvement. Turning this situation around often starts with getting people to see the problem and its paralysing effects. Next steps may involve clarifying what is outside of our control, within our control, and what we can influence.

As you develop and step into your more authentic self you will be energised. An environment that doesn't ring true with honesty, integrity, and trust is an environment that drains energy.

Even when your work is not as meaningful as you would like the adoption of these principles boosts energy and therefore demeanour. Meaningless work that doesn't connect with a deeper part of us will drain energy. Add to this an ability to align in some way your personal goals and those of the family with the organisation you work for and we tap into great healing reserves.

By aligning we create energy expansion and can be then in a co-creative space and help ourselves and others grow and develop.

Our vision, values, and purpose are at the centre of our being. They are also the wellspring from which our energy flows. Individuals, teams, and organisations that create high trust environments have a high degree of energy.



Chapter 4

Once upon a not so Intuitive time



Once upon a not so intuitive time I took the letter “I”.
It is the fourth of the 7 letters in ANTIZAC.
In the prescriptive world of the Joyologist it stands for Intuition!

The dictionary says of “Intuition”:-

1. Knowledge or belief obtained neither by reason nor by perception
2. Instinctive knowledge or belief

Has this ever happened to you? You know...the phone rings and before you pick it up...you KNOW who it is! That's how it shows up sometimes....a fleeting insight...other times it can be more profound! In the last 10 years many insights and synchronous moments have come to me and I will share some with you to make my point. As we become more and more present to our unique lives this inner voice or multi-sensory knowing gives us indications of what's to come. Some have called this heightened imagination. But as Albert Einstein once said, "Imagination is everything. It is the preview of life's coming attractions."

But I think it's more than imagination!

On a drive back from Taupo about 5 years ago I was about 50 K north, travelling at 100k on an open stretch of road. Perfect weather. I had a sports car then, a Mazda MX5. I did not have the radio on, just choosing the silence and the beautiful day as a companion.

Suddenly, a voice I had not heard before said calmly, but quite firmly "Pat, just pull off slowly to the side of the road". Stunned, I obeyed, shifting down a gear and braking gently as I drew off to the left. As the car reached a stop, there was total stillness. I waited. Still there was just silence. After a minute or two. I got out of the car and still....no sound. I looked at the tyres on the driver's side ...all intact. It was still silent and I walked around the passenger side, seeing then the reason for the "message".

The rear passenger tyre had split in two, one side lying on the inside of the wheel rim and the other lying on the outside.

It was only at this point that the sound came back on in the universe for me! I looked up and down the stretch of road and saw a linesman and walked down to ask his help. He returned to the car and a number of expletives left his mouth when he saw the tyre and no skid marks!! I don't think he really believed the story!

Somebody was with me that day and I wonder would I have heard though, had I been playing music or listening to the radio?

Since 2010 I have been studying improv acting, initially as an agent to improve my presentations but as the learning unfolded I began to see so much more than simply "the comic" unfolding.

The rules of improv as I learned them were:-

First thought is correct

All players are equal

Nobody wins if somebody tries to be better

You must be open to receive and ready to give

In generating some skill in this area I did a lot of exercises where we explored all kinds of emotions. For eg, we would be 12 people in a circle and go round the circle, beginning with a bland expression and completing with a burst of laughter at the

last person. The facial expression was shifted incrementally with each person and passed on to the next.

As we explored all the emotions what happened was we became so aware of every increment of the emotion and could begin to access it at will.

Ever determined to challenge the status quo, I signed up with an acting agency after my first course and the first contract I got was with a game show called The Chair. Our heart stress rate was pre-determined, then we were pumped in a chair 25 feet into the air, we could still hear our own heart beating, we had a sum of money to begin with and had to answer 7 questions in 7 minutes without exceeding our predetermined stress rate.

I was contestant number 7 to be sent to the chair. The others had lost through stressing. I had said to myself outside “the worst that can happen is that I am in the corridor...and the corridor is fine”.

What I want to make clear to you is this .I did not know the answers to the questions. I just went with first thought. I trusted my intuition. I answered 7 questions, just going with first thought. They were all multiple choice.

When I had 6 correct I was getting excited. And then I wavered...initially choosing d/...then thinking a/...then reverting to d/.

The adjudicator said to me “Pat! If you had said a/...you would have been wrong! But you said d/...and d/ is correct!”

I won \$5000 in 7 minutes working totally with my intuitive self.

We can't all live a life in the performing arts but we can live a life enhanced by them. All the improv exercises heightened my attention and appreciation of the nuance my body is constantly informing me about! Now I can combine my knowledge of body language and NLP, hitch it up to improv and be really present to whets going on in my life and my responses. Then I am at choice about how I respond! There is great joy in that!

NB This event happened in the first 12 months following my marriage breakup, and highlights for me the way in which the universe shows up to demonstrate we are not helpless.

And by now you have either forgotten the child in the blue velvet dress ...at the beginning of the chapter. ...or you are curious? I met this wee child on my tour with Patch Adams through Russia's orphanages in 2004. She lives at an orphanage for those whose senses are impaired; Sergiev Posad. As I entered she came forward immediately and just took my hand and led me into the room pictured, and had me sit down.



She stood beside me and started playing with my left ear-rings. At this point I did not know she was deaf, mute and autistic. After a few moments she started humming and I could tell by the tonal quality of her voice she was deaf. She hummed for a while...then stopped...still holding my ear-rings. I thought...ah, my turn, so I hummed! She hummed and I hummed for 45 minutes until I was called for the bus. In that time frame I had no stray thoughts. No wondering about the past or the future...just her and I totally present and connected without language!

I have never been so present for another before and perhaps since!

Action plan

This little one minute meditation helps bring you to your senses. Sit in a chair with your feet on the floor, eyes open or closed.

This takes about 1 minute said quite slowly. Perhaps share with a couple of people and have one person read it aloud quite slowly.

“Let the mind be still. Feel the weight of your feet on the floor. Feel the drape of your clothes on your lower body. Feel the pressure of your bottom on the chair. Feel the pressure of the chair in the small of your back. Feel the breath of air on your face. Inhale the fragrance in the room. Savour the taste of the last thing on your tongue. If your eyes are open, observe the room for colour and form without judgement. Listen for sounds within the room. Now listen for distant sounds and rest in that space”

Chapter 5

Once upon a not so Zealous time



Once upon a not so Zealous time I took the letter “Z”.
It is the fifth of the 7 letters in ANTIZAC.
In the prescriptive world of the Joyologist it stands for Zeal!

The dictionary says of “Zeal”:-

1. Enthusiastic devotion to a cause, ideal, or goal and tireless diligence in its furtherance

You may or may not have read much Dickens, but this piece of his captures the notion of paradox.

“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to heaven, we were all going direct the other way - in short, the period was so far like the present period, that some of its noisiest authorities insisted on its being received, for good or for evil, in the superlative degree of comparison only.”

Charles Dickens, *A Tale of Two Cities*
English novelist (1812 - 1870)

The Dickens quote is a good beginning I think as this is a journey of paradox and synchronicity. It is a journey of contrast that comes together a bit like a jigsaw, with life purpose and life experiences becoming very evident as being just perfect! **And therein lays the zeal!**

Let's repeat the descriptor shall we?

Zeal means enthusiastic devotion to a cause, ideal, or goal and tireless diligence in its furtherance. Wow. Takes something you reckon? Patch Adams some 40 years ago donned clown persona and married the world of the performing arts to his mission to build a free hospital called Gesundheit.

At his core though he is not really a clown. Patch is a peace activist. But the donning of a clown persona provided the tool

that created pattern interrupts wherever he went, shifting states and bringing joy.

He visited Russia over 30 years ago with 70 other business people. They wore suits and he was in clown dress. On that tour he discovered the plight of Russia's orphans, numbering 1 million in a county of 140 million. He committed he would return every year until he died and bring a troupe of clowns with him. Every year from November 1-16 Patch takes 36 people dressed in clown persona to both Moscow and St Petersburg, visiting about 30 orphanages. `

My experiences on this tour affirmed for me my purpose, the path I was on, and the melding of my compassionate and creative self. We encountered poverty and hardship. We slept and ate in "minus 5 star" hotels and by contrast, we sat in a room for breakfast surrounded by the most extensive and varied array of food I have ever seen and were entertained by a harpist playing on a gold dias.

We moved in and out of warmth and cold ate well and then poorly. We slept in rooms with windows that did not close on nights with below zero temperatures. We experienced the full disparity between rich and poor and found joy in all of it.

We were enlivened by our own experiences, and those of our fellow clowns. They were doctors, nurses, students, ministers, pensioners, counselors, therapists. Each one changed by the experiences, finding sure purpose or enabled to recommit. The full extent of what it means to be of service or in service was very apparent, creating certainty in participant's minds!



Action Plan

List 3 things you are passionate about

Write one way you can experience more of each one this week

Name 3 people you know who light up your life?

Make arrangements today to schedule time with them

Are there TV programs or books that open your heart space?

How could you become involved with projects that make your heart sing?

In order to experience this level of energy you need enough sleep. At least twice a week get to bed before 10pm. This will boost the Serotonin levels in the brain, and clear your head, making it easier to think and access ideas.

Other ideas? Make yourself a note here.

Chapter 5

Once upon a “not so good attitude” time



Once upon a not so good attitude time, I took the letter “A”.

It is the sixth of the 7 letters in ANTIZAC.

In the prescriptive world of the Joyologist it stands for Attitude.

The dictionary says of Attitude:-

A / a mental position with regard to a fact or state

B: a feeling or emotion toward a fact or state

C/ an organic state of readiness to respond in a characteristic way to a stimulus (as an object, concept, or situation)

“It can be a challenging time when our world as we know it shifts beneath our feet. One of my favourite quotes is "Don't worry about having the carpet pulled out from under your feet; learn to dance on a shifting carpet.” That's the key right now, and it all depends on where your focus is and what attitude you choose to bring to this moment. At no point in time has it been more important to manage your mental state and choose where your mind goes and what you are focusing on.

If you are focused on doom and gloom, then it is going to be all you will see. If you shorten your focus and become present in the moment, you will be able to see, that you are in fact, right now, okay. You will also be much more likely to creatively deal with whatever comes towards you and still create the life you want.” Jessica MacGregor Johnson

Intentions

I think my first foray into intentions began when I read Wayne Dyers Book, The Power of Intention. When I'd finished it I began writing myself 10 intentions every Sunday night for the coming week. I write them with the intention of getting 7 of the 10 no matter what!

I am going to talk a little about creating intentions and being at choice. There are those who would say we create our own reality, and that lack of control is an illusion. There are many factors at play in our day to day experiences and my main point here is that in every moment we do have choice. We get to choose how we will be....we get to choose our attitude. We don't I agree, get to choose what shows up all the time, but we can

choose how we respond. My philosophy is “you can choose to be predominantly optimistic, yet err on the side of caution when required.”

One thing I am really clear on is, you do not need to be held back by being a victim, or operating out of victim mode. In victimhood is loss of power.

Intention on the other hand is empowering, and controls results. Everything is created by your intention. When undesirable things happen, you are simply being moved mentally or physically towards somewhere else that is closer to what you want. It is you moving yourself.

Your intent arranges and rearranges the universe to move you to closer to where you want to be. This apparent rearrangement of the universe may seem to be something that is happening on its own but it is you who control itwith intention. In order to live as a powerful creator, you do need to banish the illusion that you are not in control.

Through the constant daily practice of intention and choosing how you will be, no matter what the circumstances you take back your power. This actually comes with increasing ease as you begin to make this a new habit and a practice that you commit to each and every day.

**The Dalai Lama has a verse I would like to share. He says
“What you wish to experience, provide for another”**

**What you wish to experience,
provide for another.**

Look to see, now, what it is you wish to experience—
in your own life, and in the world.

Then see if there is another for whom you
may be the source of that.

If you wish to experience peace, provide peace for another.

If you wish to know that you are safe,
cause another to know that they are safe.

If you wish to better understand seemingly incomprehensible
things, help another to better understand.

Those others are waiting for you now.

They are looking to you for guidance, for help, for courage,
for strength, for understanding and love.

My religion is very simple.

My religion is kindness.

Dalai Lama

Managing our attitude is a matter of harnessing our intelligent brain and our emotional brain. In his book, “Emotional Intelligence – Why it can matter more than IQ”, Daniel Goleman comments on a global picture of where we are at and how developing our emotional intelligence can support us.

He says *“the qualities that mark people who excel in real life, who have successful personal relationships, and who are stars in the workplace have nothing to do with IQ. Daniel Goleman calls it emotional intelligence: - it includes self awareness, impulse control, persistence, zeal and self motivation, empathy and social deftness.”*

Deficits in this form of intelligence can result in marriage problems, ineffective parenting, poor physical health, sabotage of the intellect, chronic anger and anxiety, depression, eating disorders, unwanted pregnancy, aggressive behaviour and violent crime.

“These are times when the fabric of society seems to unravel at ever-greater speed, when selfishness, violence and a meanness of spirit seems to be rotting the goodness in our communal lives”

Our times today call for the resurrection of two moral stances – self restraint and compassion. For those who are at the mercy of impulse - who lack self control – suffer a moral deficiency. The ability to control impulse is at the base of will and character.

By the same token, the root of altruism lies in empathy; the ability to read emotions in others, lacking a sense of another’s

need or despair, there is no caring. We need to examine the perplexing moments in our lives and try to understand what it means to bring intelligence to emotion.

Our emotional habits are revealed in our moments of rage and fear, and passion and joy. Goleman counters that we can shape our emotional habits – how adept or how inept we become in these areas can be shaped particularly in early childhood.

The world-wide trend for the present generation of children to be more troubled emotionally, more lonely and depressed, more angry and unruly, more nervous and prone to worry, more impulsive and aggressive is most disturbing.

Our problems lie not just with our emotionalism but with the appropriateness of its expression. Aristotle sought to teach us **to manage our emotional life** with wisdom.

When we exercise our passions well we have wisdom that guides our thinking, our values and indeed our survival.

From my own experience, the notion of choice around attitude becomes easier when we learn to be an observer, not a judger.

For readers not aware of the Virtues project go to their web site, www.virtuesproject.org for more detailed information. Founded almost 30 years ago the creators wanted to support parents to rear their children to the virtues and provide them with a way of languaging that honoured their children when they saw them performing the virtues.

When we acknowledge virtues in ourselves and others we reflect on the positives that we see and acknowledge them. This helps people to deepen a spiritual practice, whether it is in child rearing and wanting a morally conscious child or building character, or in organisations seeking to enhance corporate spirit.

Virtues are gifts and in fostering them we assert our right and the right of others to be respected without condition. You can simply choose a virtue a week to focus on and consciously observe where you see it and ... where you don't. It is in the space where you perceive absence, that you find your opportunity to be a contribution.



There are over 100 virtues listed in The Virtues Project
<http://www.virtuesproject.com>

Some of these are these are:-

Assertiveness - Caring – Cleanliness – Compassion –
Confidence – Consideration – Courage – Courtesy – Creativity
– Detachment – Determination – Enthusiasm – Excellence -
Faithfulness – Flexibility – Forgiveness – Friendliness-
Generosity – Gentleness – Honesty – Honour – Humility –
Idealism – Joyfulness – Justice – Kindness – Love – Loyalty –
Mercy – Moderation – Modesty – Obedience – Orderliness –
Patience – Peacefulness – Prayerfulness – Purposefulness –
Reliability – Respect – Responsibility – Reverence – Self-
discipline – Service – Steadfastness – Tact – Thankfulness –
Tolerance – Trust – Trustworthiness – Truthfulness - Unity

Let's make cheerfulness one we refer to often!

Cheerfulness

Cheerfulness is seeing the bright side and looking for the good in whatever happens. It is maintaining a positive attitude of optimism and confidence. When we give cheerfully we are wholeheartedly helpful. Even when life is challenging, we make the best of it. We trust that all will be well. We nurture happiness. A cheerful smile can light up everyone's day.

The story of a Seattle fish

markethttp://www.charthouse.com/charthouse/prodfilm_fp_filmsFish.asp

This story is perhaps the best living example of “choosing your attitude” in action that I have seen. The FISH program began in a fish market in Seattle. Pike Place Fish is extra-ordinary in the way that many businesses aspire to be. Each day they commit to four things.

They choose their attitude, are in the moment, generate fun and make peoples day. How different would your workplace be if you did that? How different could your life be? I attended the one-day training provided by Steve Lund in who produced the Fish Programs.

It is the single most effective and easily implemented program I have seen in thirty years!! I helped implement it twenty four hours after the training program in a 29 bed rest home at Blockhouse Bay. The facility, The Anne Maree rest Home has on average sixteen staff. The philosophy was adopted easily and readily by the staff and within days residents too were on board.

Let me enlarge on the concepts and their interpretation

Choose your attitude

Irrespective of age or circumstance the fish market team commit to arrive and be good humoured. They just decide that that is

how they will be today. Once the decision is made they do whatever they need to do to maintain that frame of mind.

Be in the moment

Being in the moment is about being open and responsive to how things are with other people. It is about being ready to receive and go with what is happening. The fish market team are observant of the other people in the team and the customers.

Generate fun

There is an adage “humour in – humour out”. In order to be good humoured and to bring fun into an environment you need to be positive and optimistic. You need to source humour and be prepared to play. The notion of being silly should not be too far away!

Make peoples day.

The emphasis is on providing somebody else with pleasure and delight, whether that is in the form of face to face or written communication or symbolic gestures or simply moments of fun.

Action plan

Send 3 cards to people you know would be both surprised and delighted with such spontaneity.

Find one fun thing to share with another

Be spontaneous...pay for the coffee of the person behind you!

Chapter 6

Once upon a “not so creative” time



I had the honour of presenting a keynote at Australia's first Humour, Engagement and Wellbeing Conference at Armidale University, NSW, Australia.

Once upon a not so creative time, I took the letter “c”.
It is the seventh of the 7 letters in ANTIZAC.
In the prescriptive world of the Joyologist it stands for Creativity.

The dictionary says of creativity:-

1. The state or quality of being creative
2. The ability to transcend traditional ideas, rules, patterns, relationships, or the like, and to create meaningful new ideas

To tap into our full creative potential requires us to be fully self expressed. To be fully self expressed is to be very self aware.

It requires knowing your multiple intelligences. (See Professor Howard Gardner, Harvard University)
www.howardgardner.com/bio

It also requires knowing your signature strengths (See Professor Martin Seligman) www.authentic happiness.org

Being able to live into your top 10 values – you could list them now! ... and being sufficiently present to make choices about activities of daily living without being overwhelmed by extreme states of emotion.

We can't all live a life in the performing arts, but we can live a life enhanced by them.

What do I mean by that?

In the last 12 years the art of improv acting has opened up my mind and enabled another level of self expression. I have become a professional speaker, I have written 2 books and been featured in 2 others. I have developed my own radio program, toured internationally with Patch Adams and worked with a group of artists, raising \$350,000 in cash and \$200,000 in kind to build an art centre which has been self sufficient since day one. I have also developed and exhibited my own art.

So you are wondering....what is it about improv acting that could be the impetus for all this? And how exactly does this link to creativity?

Some years back I won \$5000 in 7 minutes on a game show where my heart rate was monitored throughout. I was not allowed to exceed my pre-determined stress rate for my heart, nor lose the money I was given as I was pumped 25 feet into the air .

I answered 7 questions that I did not know the answer to by trusting first thought. I had to answer them in 7 minutes. The producer of the program said to me *"You are one cool lady! Even when told you had won, your heart rate did not exceed 88 beats per minute."*

- Improv teaches you to trust first thought! That's the first rule.
- The next rule is all players are equal. Nobody wins if somebody tries to win.
- You must be ready to give
- You must be open to receive

I studied improv acting before my tour with Patch Adams. This enabled me to be present and create opportunities to engage in every moment. Many encounters on this tour through Russia's orphanages were heart wrenching. Improv frees the mind to be open and just trust. Improv removes the filter that prevents us from being self expressed.

In that space you can tap into your creativity!



Students in my University classes were taught improv

But you do need to know I am not an improv actor on stage doing comic performances . Well, not yet anyway. But I have applied the principles into my life with great effect!

My clown persona on the tour with Patch Adams was called “Doubting Thomas” . The persona was really my alter ego. My doubting self. Yeah right eh? But it’s true...the same person who had achieved so much had for years struggled with self doubt. Disliked entering a room or a networking event alone. Was nervous before public speaking events.

Yet that same person gave 100 presentations a year and turned up to many events and was on many community boards and charities. What I see now is the very things that I perceived as weaknesses were gifts to guide me to develop into strengths.

Laughter and fun open you up also. It shifts us out of sameness....pushes us into the bushes and off the pathshifts

our perspective. Ad agencies know this and capitalize on it for creative ideas. They gather in fun and down time around a table. There are no bad ideas in advertising. All is laid on the table. Tossed upside down and inside out ...and from this mellee comes great advertising! (Great word “mellee”)

And in my time I have not necessarily always come up with a great UNIQUE idea! We can run with someone else's and apply it differently with brilliant outcomes. One company I worked for had a monthly board meeting that took from 9am to 6pm. We had to hear the detailed reports from everybody.

We did many business expos. At one I took a photo of myself and one of the staff dressed as wizards and had it blown up to A3. I took down the photo of the queen in the board room and put this up. The Director laughed so loud and long! And what's more she left it up there!

When the Bugger ad came out I took a risk, and bought all the branch directors a bugger t-shirt, which we had on as she arrived to the meeting. She asked ...of course “What are you buggers up to?” And immediately said “Where's mine?” Which I had! On the strength of that we laughed all day and she took us all out to an amazing lunch!

Equally important is engagement. Any activity that engages us fully has the capacity to lead us onto new things. I have 2 key areas that I feel totally engaged by. One when I am presenting to an audience or group and the audience are actively interacting or appreciative. When I see signs of what I am saying having meaning that is a peak moment for me.

My other peak moment is when I am alone with my art. I actually don't need anybody...there is just the canvas and I. Total flow and peace. Both these places energise me and are sources of a wellspring of ideas. Under what circumstances do you feel most engaged?

We also need a level of certainty...and uncertainty. Certainty provides us with a level of security and enables us to hold a more regular emotional pattern.



Spiritual Master Jeff Razavi holding my certainty rock

Change however is the new constant so finding this ease really only occurs in the moment and we need now to be OK about a level of uncertainty.

This requires faith and trust that all is in perfection. It means letting go of doubt, and learning to listen to your inner voice.

We do have an endless well of creativity. One person can see things and another can bring the vision into reality.



Action Plan

Sometimes though we can get blocked.

Here are a few quick ideas to get back on track and open up to creative input.

Keep a dream journal

Keep a box beside your work desk and catch ideas on a slip of paper as they come in

Doodle and allow sketches to lead you

Get ideas from people you admire

Get a mentor with a sense of humour or great creativity

Walk in nature and get some quiet time

Take photographs and just play with ideas

Schedule in creative time

Get creative when you are at your best – is that morning or night?

Summary

With an impish grin Pat Armitstead says:-

“As you can see, this is not a bitter pill to swallow and most interestingly, no prescribing rights are required! A non chemical alternative to Prozac it is intended to heal what ails humanity right now.”

What ails people the most in Pat’s opinion is not their illness per se but their habituated negative ways of being. Petrea King, Founding Director and CEO Quest for Life Foundation, said in a presentation at the Mind Body conference 2008 that what ailed her *“was not her multitude of surgeries to her limbs as a teenager or her battle (and win) with leukaemia.”* She once went on a trip and pulled all the ligaments in her knee. She walked on that leg and told no one for 3 weeks. She *“did not want to be a bother!”* That is sick she said and that is what ailed her!!

Offering solutions to an ailing community is about developing our intuitive selves and offering into what it is we see as a result of that enhanced perceptiveness. It is about being a contribution. It is also about seeing people as great.

ANTIZAC’s “instant release formula” paves the way for that to occur.

A is for Amuse, and by this I mean being the source of good humour. To be good humoured is to be appropriately responsive. The old adage “Humour in humour out” is all that is required. Identify your humour style and get confidant around using it. Be the source of goodwill.

N is for Nthuse! Be the change they want to see. Exude the energy and radiate the joy. Affirm their needs and provide hope and encouragement. Give everybody an A! (* see *ref below*)

T is for Trust. People perform to optimum when they are being rewarded for doing what they love in a high trust environment. Practice the virtues of integrity

I is for Intuition. Foster your own and your teams intuitive nature. Reward the impromptu and unexpected acts of kindness, generosity and insight. Congratulate people for coming from first thought; the source of all genius is spontaneity!

Z is for Zeal. Enrol your team in a sense of eagerness to achieve the wellbeing of themselves and others. Have that roll out like ‘excessive fervour’ and willingness to do all that it takes to achieve.

A is for Attitude. An attitude of gratitude is very attractive. It attracts abundance. Make the “customer experience focal point” one of gratefulness. You could even adopt a virtue a week (there are 100!) and have them as the weekly practice. Both staff and customers will appreciate the experience. (www.virtuesproject.org.nz)

C is for Creativity. Each of your team have individual gifts that are not part of their job description. Find a way for them to be utilised to bring some joy to the workplace. To be recognised and honoured for individual contribution is pure joy and that energy is what your customer will receive.

When we collaborate and use this “prescription” we are being a contribution to the wellbeing of others.



Preparation for New Zealand's Humour Awards. With myself, Wade Jackson (Improv bandits) Tony Falkenstein (Just Water) and Dr Barbara Pleister

We contribute to their happiness and may well make their day. Send 3 random hand written pieces of mail a day to your customers acknowledging their importance in your community. Catch people doing something right – indeed develop a process whereby that forms part of the staff evaluation process!

We are perfectly placed to get the right chemistry in place to create wellbeing locally, nationally and globally. If we're not part of the solution, we're the precipitate!!

Pat Armitstead, Worlds First Joyologist

Bio and Profile

Pat Armitstead
Global Expert on Engagement, Wellbeing and Productivity

Keynote speaker, Author, Facilitator, Artist

RGN, Dip Ed, Dip FTM

Cert Peter Drucker Management

Cert Conflict Resolution

Trustee on the Centre for Compassion in Healthcare NZ

Member of the International Humour Foundation

Member of the NZ Positive Psychology Association

The Worlds first Joyologist, Pat Armitstead, presented at The Inaugural Australia and New Zealand Humour, Health and Education Conference, at the University of New England Armidale, Australia. An Australian who has been living in New Zealand for twelve years she says she was delighted to be invited to contribute to the program themed “***Laughter, Wellness and Engagement: Connecting the Comedy Dots.***”

New Zealand’s leader in the Science of Positive Psychology and Humour in the Workplace, she has a CV that’s not to be laughed at!

Included in her giggliography are some ground breaking achievements, testimony to her ability to successfully combine her business acumen, creativity, and wit. Initially a NSW Registered Nurse she worked for 16 years in Education and Management roles and was part of the group of nurses in NSW that took nurse education out of hospital based training and into Universities.

In 1989 she founded her own Advertising Agency, Take One Productions and won many awards including the NSW Northwards Tourism Award, Media Section and an award from Cacharel in Paris. She has presented over 11,000 hours of keynotes, workshops, seminars and lectures reaching an astounding 55,000 people throughout Australasia. In 2006 she hosted New Zealand's first Humour in the Workplace Awards and she now has her own radio show Radio Improv _ Joy in the moment . .

She says “ *I am a voice for all that is joyful about our humanity* “

Her PR consultant said “ *Pat you are like a spiritual midwife delivering people out of the darkness*”. John Bishop, Business speaker said “ *Pat commits the cardinal management sin of spreading joy and making people smile. If her practices become widely adopted, going to work will become fun and people will enjoy the experience. Ultimately she is a dangerous subversive to mediocrity, dullness and boredom> Why can't we have more like her?*”

She has presented over 700 humour and positive psychology based programs in the last 8 years. The first “honours graduate” from her own Humour-versity, the Department of Humour Resources, she is not fazed by the World Health Organization statistics that predict depression will be world health burden number 2 by 2020. She says we can transform global pessimism to optimism through the development of high trust environments.

Pat uses a unique combination of Joyaudit©, Joyprogramme©, Joycoaching© and Joyevents© to achieve specific objectives, improvements and outcomes in all levels of management, leadership, customer service and sales. .

These strategies utilize humour and positive psychology as Joyagents© to produce Joystates©. As a result the workforce is energised and motivated, individual and group confidence is elevated, and morale and team spirit is reinvigorated which creates a new model for ongoing harmony and unity.

Her clients in NZ include Coca Cola Amatil, Royal Australasian Society of Paediatricians, Fairfax Ltd, The Diversional Therapists Association, Child Heart Foundation, Bayleys Real Estate, Fertility NZ, Martin Personnel, Fairfax Ltd, Epiphany, National OSH Society, Arthritis Foundation, Professionals Real Estate, Mercy Hospice, Carich NZ, University of Auckland, IAL, The Mental Health Association Workforce, and Lupus Trust.

For 4 years she had a weekly radio program called "Radio Improv Joy in the moment " and has appeared on National Television and been featured in many magazines and newspapers. She has written 2 books, one called Humour Works and now ANTIZAC She is featured in 2 other books called Land of the Long White Cloud by Chris Dodds and Woman 2 Woman Amanda Ellis and June McCabe. *She is the only person besides Patch Adams to have a written Love Strategy!*

She was President of the National Speakers Association NZ 2001, The Most Awarded Speaker at the 2000 NSANZ Convention and 2002 NZ Speaker of the Year. She has convened two International Conventions for the National Speakers Association of New Zealand and has toured internationally with Dr Patch Adams.

Recommended Reading

Humour Works – Pat Armitstead 2006
Silver Linings on the Long White Cloud - 2006
Happy for no Reason - Marci Shimoff – 2008
How to use Humour in Business and Life – Pete Crofts – 2001
The art of Happiness at Work – Dalai Lama and Howard Cutler- 2003
Happy for Life – here’s how to do it – Bob Nozik MD, 2004
The Artists Way – Julia Cameron – 1993
Back from the Edge- Meg Carbomatto -2009
Why is God laughing ? – Deepak Chopra – 2008
Dying for compassion – Irwin Rubin and JW Boden, 2005
Women who run with Wolves, Clarissa Pinkola Estes, 1992
Creative Adventures in manifesting reality, Lorraine Blackley, 2009
The Life you were born to live , Dan Millman, 1993
Emotional Intelligence, Daniel Goleman, 1995
Wellbeing, Linda Wharton, 2007
Mindpower, John Kehoe, 2009
Gesundheot, Patch Adams, 1998
House Calls, Patch Adams, 1998
Learned Optimism, Martin Seligman, 1992
Authentic Happiness, Martin Seligman, 2002
Why normal isn’t healthy, Dr Bowen F White, 2004
Awaken the Giant within,|Anthony Robbins, 1991
Growing yourself up, Jenny Brown, 2012
Jolt Challenge, the Self Intelligence Experience, Mind Warriors, 2009
Linchpin, Seth Godin, 2010
The last Lecture, Randy Pausch, 2008
Living with Joy, Sanaya Roman, 1986
Change your thoughts, change your life, Wayne Dyer, 2007
Quantum Warrior, The future of the mind, John Kehoe, 2011
The Biology of Belief, Bruce Lipton, 2008