

JACKIE LEE – Welcome to AND Land



Growing up I was raised in an "either/or" family. You can do this *or* that. You can have this *or* that, but not both. I find as an adult I still carry the either/or mentality.

I always first assume I can only do one *or* the other, and never jump to the assumption that both are possible.

A few years back I was writing a post over at The Greatest Networker community. I don't even remember what it was about, what I do remember is that I added the word "but" toward the end of the message.

I received a message back from Marcy from Maui. She quite plainly asked why I was negating everything I had said in my post by adding the word "but". She mentioned it might be interesting to see it from the point of view of saying "and".

It was quite a remarkable difference ~ the simple substitution of *and* for *but*. This was my first foray into "**AND** Land." I regularly noticed when I was using the word but, and substituted the word *and* instead. The meaning of sentences changed, as well as the meaning in life! Yes, it is that big.

Now I was no longer negating my thoughts and feelings, but noting they could be there **AND** I could do this that or the other things *AS WELL*.

This has gone on for a few years now. I recently started noticing, while planning business events/ventures my either/or thinking was still quite strong. Although I had been playing in AND Land, I was not really living there. I was still a yes or no, black or white, one or the other ~ Never both person.

Thanks to some great friends and coaches I began to see more frequently the either/or syndrome in my life. Once I had recognition of the situation I had the opportunity to hold it in my hand, to turn it over, take a look. I had the chance to choose whether **AND** would work in this situation. I had the chance to decide whether I could do BOTH. This choice came from an adult perspective, not from the child within who still held the either/or limits.

The more this comes up the more I feel it is my calling for a theme this year. In the last

few years I have been working on BEing the joy-filled, loving, peace-filled person I wish to be. I think learning to LIVE in AND Land, is another key to me BEing that person.

So with some trepidation ~ because once a theme is chosen it is a given that situations will arise to test your willingness to grow in this theme ~ and a lot of hope I choose AND as my theme for the year.