



## ***Eyes Half Shut***

by Joe Gandolfo

Out of the darkness of a deep sleep and a 4<sup>th</sup> floor condo, which overlooked the beaches of a West Palm, my son Cole and I walked down the bright lit hallway with our eyes half shut.

Early as it was, it was the last morning of a wonderful vacation and we were determined to watch a spectacular sunrise. We made our way thru the resort, out the backside of the pool area, and down a 50 yard boardwalk to the beach.

We picked out two beach chairs, laid out our towels and settled into the darkness staring out at the Atlantic Ocean - eyes half shut. We were two of a handful of early risers, out to witness the beginning of a *new day*. There were no bad seats at this event.

The sky began to change from black to various shades of reds, pinks, oranges and blues. The rhythm of the ocean waves rocked us into nature's majestic beauty. The birds above sang a beautiful chorus.

As the sun began to slowly lift itself above the horizon, I said to Cole *"Look, you can see the sun beginning to rise."* Cole quickly said back to me *"Yes I see it Dad, but the sun is not rising. The sun is stationary; it is the earth rotating which makes it look as if the sun is rising."*

**A TRUTH!**

One of the goals of my writing has not only been to educate, but also meant to inspire growth. To grow as an individual requires us to change, and as I have learned thru my life and my work, this is where the true challenge lies for all of us. The challenges disappear though, if we are clearly able to see, and embrace, Truth.

For us to grow as parents, we must see Truth.

For us to grow in marriage, we must see Truth.

For us to grow as students, we must see Truth.

For us to grow as teachers, we must see Truth.

For us to grow as a community, we must see Truth.

For us to grow as a world, we must see Truth.

For us to grow as a person, we must see Truth.

We ALL are living during the most dynamically changing transformational time in history. For us to grow we are going to have to change. To change we must take a close look at the paradigms (our understandings, our mind-sets) that we hold, some near and dear to us.

Some of what we have understood, our beliefs, may be wrong. Consider aspects of the world we have created. Other beliefs we hold may not necessarily been wrong, just incomplete. It is time to let go of, to create, to expand, and to embrace new paradigms. New paradigms and new understandings that will serve us, and the world, better.

Some will receive this as a “breath of fresh air”, others as an uncomfortable agitation – depending on YOUR VIEWPOINT.

Yes, the earth spins at over 1,000 miles per hour, hurtling thru space at over 67,000 miles per hour with us stuck to it by a gravity type super glue! Our logic would tell us that we should go flying off this big rock called earth, but we do not. This gives us a so called “*sunrise*” every 24 hours, the beginning of a new day. Each of us at any moment, can CHOOSE to “open our eyes, heart and mind and begin a new day”! Shifting and/or expanding our beliefs and our lives in a new direction for ourselves, our families, our community and the world.

Listen to Joe’s free daily podcast – ***Teen Success Radio*** – available on iTunes. His new book ***The Greatest Teenage Myth in the World*** is now available @ [www.JosephGandolfo.com](http://www.JosephGandolfo.com) or [www.TheGreatestTeenageMythInTheWorld.com](http://www.TheGreatestTeenageMythInTheWorld.com)

Joe Gandolfo is on a mission to ***champion the greatest commodity in today’s world – our youth, teenagers, young adults and college students***, and to rally, strengthen and energize the adults – parents, educators, mental health professionals and organizations - who work with and care about our greatest commodity in the world.

Joe works as a ***professional speaker, success coach, seminar leader motivational counselor and author***. He brings 20 years experience working with youth, teen-agers, student-athletes, professional athletes, adults, parents, educators, public and private schools, organizations and associations.

**His clients have included:** *Georgia Tech Athletic Association, Rockdale County Schools, Cobb County Schools, Cobb Teen Leadership, YMCA, Childcare Resource Network, University of Clemson, University of West Georgia, PGA of America, Milwaukee Brewers, Coca-Cola, SouthCoast Hospitals, Owens-Corning and MPI Georgia Chapter.*

He has been an adjunct professor at Georgia Tech (1996-2000) and Georgia State (2005-06). He was on staff at the Homer Rice Center for Sports Performance (2000-07). He has had a private consulting practice since 1991.

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