

CARP Talk ~ Making a New Start ~ Michael Schroder ~ 20th January 2016

The first CARP talk of 2016 was given by our UK CARP leader, Michael Schroder, on the topic, 'Making a New Start'. Michael gave an inspiring testimony on a particular new start he made which caused a turning point in his life, giving him fresh perspective, and ultimately made him happy.

So New Year's has come and gone, and by this time about 30% of us have already given up on our New Year's resolutions. If that's you, maybe you're waiting for another opportunity to start again. Maybe next month, next semester, next year.

But do you know how many hours there are on 1st January? Yes, that's right, 24. My point is, New Year's Day isn't any different from any other day. It's only our perception of it and the meaning we give to it which gives us the motivation to set new goals and strive towards them. So here's a liberating thought for those waiting for the next new start; it's not about when, it's only about you.

Michael told us of the struggles he faced as a teenager and young adult, always trying to make a new start for himself, but he could never quite meet up to his own expectations. Every time there was an opportunity for a new start, he would be anticipating it, but then nothing would change. He was stuck in a state of unhappiness.

One time he was asked to give a talk to a group of young people to give them some inspiration. On the day he felt like he just couldn't. He wasn't inspired to give to them. After telling his mother, she enlightened him, saying that you have a responsibility to give to these young people, you have to think above and beyond yourself.

This was Michael's lightbulb moment. A moment where he realised that he was not seeing the big picture, so he had to change his perspective - to see from God's perspective.

When we tell ourselves that we are useless, that we can't do it, that we're not worth it, what do you think God wants to tell you? He wants to forgive you and love you no matter what, and He wants you to love others the way He does.

Michael discovered that when he stopped worrying about his own happiness, and instead focused on making others happy, he was liberated from self-criticism and worrying over what he cannot give or receive. It's a strange law of the universe, that when you focus on others happiness instead of your own, you naturally become a happy person.

So what was Michael's conclusive discovery?

- Happiness is living for the sake of others, happiness is seeing from God's perspective.

After hearing a refreshing talk, the CARPIes participated in a goal-setting session. We were all told to write down what things you want to achieve in 2016, relationships you'd like to work on, what kind of person you want to be this year, and also an action step for each point.

So CARP UK is back and we've had a great starting event to 2016. There were about 20 people at the event, 3 were completely new to CARP. We'll be looking forward to more weekly CARP talks, Unification Principle seminars and new events later in the year.