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Thank you so much for taking the time to tune in to my “Rising Legends” interview in the recent issue of *Healthy, Wealthy nWise*. I hope that you enjoyed the interview as much as I enjoyed sharing myself, my vision, and my mission with you.

As a personal way of thanking you for your participation, I’m delighted to give you this “bonus” gift of the following eleven pages. These pages are taken from the final chapter of a book that I’m about to publish, entitled *Oz Power: How to Click Your Heels and Take Total Charge of Your Life*. In this engaging book I explain how Dorothy’s journey through Oz is a powerful metaphor and model for our own journey through the human experience ... and how, like her, we have a remarkable opportunity to live our lives powerfully.

To help you understand the pages that follow, I’d like to guide you briefly through the main concepts of the book. In its chapters I demonstrate how Dorothy’s every step through the Land of Oz mirrors our walk through the human experience—from our birth to our last days of life. Like us, for example, Dorothy had to show up to her new surroundings (understanding how life worked in Oz), walk the lesson-filled yellow-brick road of life (learning the lessons of courage, caring and consciousness), overcome her own fears (in confronting the Wicked Witch of the West), and claim her own power (clicking her ruby red slippers).

Indeed, Dorothy’s journey is *our* journey, her challenges are just like ours, and her victories are a reminder of our own potential for successful living. The writing that follows invites you to claim your personal power and say “yes!” to living a dynamic life.

Again, I thank you for this opportunity of meeting and communicating with you. I wish you every enjoyment of what you’re about to read, and honor you for wanting to take charge of every aspect of your life.

Bill Bauman

LIVING WITH "OZ POWER"

We've done it! We've walked side-by-side with Dorothy on her memorable journey "over the rainbow." With her, we've been touched by *Oz*' extraordinary gifts. We've witnessed its powerful invitations ... we've been awed by its unique possibilities ... and we've felt its special brand of magic.

Along the way, we've had a delightful, real-life champion to identify with—Dorothy. Throughout, she's been an inspiring model for us—of someone who is willing to show up to every one of *Oz*' challenges and say "yes!" to all its possibilities. In doing so, she's given us a remarkable example of a very special power that we all possess—I've come to call it *Oz power*.

When all is said and done, our young heroine has shown us how we can take complete and total charge of our lives. Better yet, she's invited us to do it—to click our heels . . . at every moment, in every circumstance. As we've walked through *Oz* with her, the very same gift that filled her has also filled us—it's the gift of *Oz power*.

Oz Power!

Taking charge of every moment of our lives! What a powerful way to "do" life! Imagine how full our lives would be if we took charge of every part of them—that's right, every part. For example, if we took control of all our emotions ... then all our thoughts ... and then every one of our actions, imagine how our lives would change! How "alive" we would feel! We'd probably be the happiest people around.

That's *Oz power*! It's the very power that Dorothy discovered on her own feet when she needed it the most. It's the power that's wrapped around your feet too—and mine—from the moment of our birth. It's our innate power to take charge—of every moment, of every circumstance, of every opportunity. It's our right to make our wishes become realities ... it's our authority to make our lives really happy.

Here's the part that means so much to me: *Oz power* is already *yours*. At this very moment, it lives inside you as a powerful, vital, real force. It has its inspiration in your soul ... its roots in your body ... and its rhythm in your heart. Its voice speaks in your mind ... its magic expresses in your actions ... and its influence splashes out into your life. As a deep and intimate part of you, it goes everywhere with you. You can't leave home without it. *Oz power* is *you*!

For many years, I've had the privilege of observing *Oz power* up close. I've watched many people experience magical results once they've dared to say "yes!" to owning this remarkable power. As you've just witnessed in the lives of those people whose stories I've included in this book, the outcome of using our *Oz power* is nothing short of outstanding . . . and, dare I say, miraculous.

Why do you suppose such tremendous miracles happen in these people's lives? As I see it, there are two reasons. First, it's because *Oz power* is in their bones, in their instincts, in their will—and everywhere else inside them. They're powerful by nature—they were born with magic slippers on their feet. Second, it's because, at some point in their lives, they made a decision. They decided to own that awesome power ... they claimed it for themselves and decided to use it.

Are these powerful people exceptions to the rule of being a human being—as though they've been allowed a special privilege that the rest of us can't have? Not at all. They *are* the rule. They've simply claimed what it means to be really, fully human. They've owned their *Oz power* ... their human power ... their human nature.

That's right. For all of us, being human *means* being powerful. It means having the abilities and potential to make our lives what we want them to be. It means that, "where there's a will, there's a way." In accepting anything short of that, we're simply choosing to be less than fully human.

After so many years of witnessing this awesome power firsthand, I've come to believe that all of us—you and I, and everyone else—are much, much more powerful than we realize. Remember all those "mind experts" who insist that most of us use only about five percent of our brain power? Well, I believe that the same thing is true about our use of our *Oz power*—most of us use a remarkably low percentage of this enormous "magical slipper" that is wrapped around our feet.

The Oz Power Quiz

Which brings us back to you. You've patiently followed Dorothy in her eventful journey through *Oz*. More than that, you've let her example speak to you about your own life. Most of all, you've had the chance to examine your own ruby red slippers, your own *Oz power*, up close.

Now, here's a chance to reflect even more closely on your power. What follows is the *Oz Power Quiz*—ten simple questions about you and your *Oz power*. This is your chance to “test out” your personal power and how much you're using it in your life. Here's the quiz:

- Do you *believe* that you're innately powerful . . . that power lives and breathes inside you . . . that you have magical slippers on your feet?
- Do you believe that you *deserve* to claim that power . . . that you have the right to use that power to make yourself happy?
- Do you *want* to be that powerful . . . really want to be the master of every day of your life . . . can you feel that “want” stirring inside you?
- Are you *committed* to owning your *Oz power* . . . are you determined to take charge . . . are you saying “yes!” to being powerful, every day?
- Are you ready to *stop looking outside* of yourself for the answers to your needs . . . are you ready to rely on your own wisdom to see you through?
- Do you *intend* to be totally in charge of every aspect of your life . . . are you affirming that what you want to happen will happen?
- Are you *clear* about how to take charge . . . do you understand how to make your life powerful . . . do you know your strategy for winning?
- Are you *going for it* every day . . . not holding back . . . making it happen . . . putting your strategies into action . . . really doing it?
- Do you *trust* yourself and your own instincts to see you through . . . do you have confidence in “life” to support and help you?
- Are you *expecting a miracle* . . . are you looking for extraordinary results in your life . . . are you “going for” complete and total happiness in your life?

Well, how did you do? Are you satisfied with your answers? Hopefully, taking this quiz just gave you a rough idea of the role that *Oz power* is actually playing in your life—how much you’ve claimed it, how much you’re using it, how it’s working for you.

More important, you now have an idea of where to go from here—what aspects of personal power you need to give more attention to, or where you need to be more powerful from now on.

Now that you’re more clear, after taking this quiz, let’s take a final look at putting *Oz power* more solidly in your life.

The Three Elements of Oz Power

What I want to do in this chapter is to “bring it all together” for you. I want to take the important points of this book and highlight them, so that they can be more real for you. Instead of summarizing what we’ve already discussed, I’ve decided to “bring it all together” for you in a different way.

So, I asked myself these questions: if I can help you come away from this book with three simple ideas about *Oz power*, what are they? If you could take with you three clear concepts that would help you really take charge of your life, what would they be?

I found that the answer to those questions was easy to find. I simply looked at my own impressions of what *Oz power* is all about, and here they are—the three powerful ingredients of *Oz power* ... the three important elements in taking charge of your life. They are: the power of *yes!*, the power of *attitude*, and the power of *you*.

The Power of “Yes!”

Y*es* is such a dynamic little word, isn’t it? In its seeming simplicity, that tiny word can make so much difference in our lives. It can determine whether we succeed or fail, whether our lives are just so-so or really happy. Saying a willing and emphatic “yes!” to making our life what it can be is the first and most important expression of *Oz power*.

After all, isn’t that what Dorothy did in *Oz*? She said “yes!” to getting out of Munchkinville ... “yes!” to meeting the needs of her three friends . . . “yes!” to finding the

Wonderful Wizard ... “yes!” to killing the Wicked Witch ... and “yes!” to clicking her mighty heels. Even if she was scared or angry at the time, she was always willing to take the next step forward—always willing to pronounce that all-important three-letter word, “yes!”

Our personal “yes!” is a powerful statement. Without that simple word, nothing much really happens in our lives ... with it, everything can happen. When we utter it, it becomes a riveting command, a dynamite-like proclamation. Every time we say “yes,” we automatically invite the wheels of our lives to go into motion. It’s when we say “yes!”—and only when we say “yes!”—that the very things that will make our dreams come true start to happen.

Our “yes!” is that important. I’ve known lots of people who’ve just sat back and waited for life (or fate, or God, or ...) to rescue them—just like Dorothy kept wanting the Wonderful Wizard to rescue her. Then, after awhile, when the miracle cure didn’t show up, they usually felt let down, and asked some version of “why is God doing this to me?” Here’s the clincher—whenever I suggested to them that maybe God was waiting for them to get more involved and rescue themselves, they usually got angry at me. Hmm ...!

Sure, “life” is a mighty force in and of itself—it can work quite well on its own. But, if I’ve discovered one thing in my years of helping people, it’s this—life usually creates miracles for us only when we’re showing up and doing our part—when we’re saying a great big “yes!”

So long as we keep saying “yes!” to the invitations on our plate, our life keeps getting better and better. Dora is an especially good example of “the power of yes!”:

Dora is a very, ral person. When she first came to me for help, she was an unhappy, middle-aged, single woman. Her life had just fallen apart, she was down on her luck, and she was so depressed that she didn’t want to live. She was in really bad shape.

As we explored her life, it became apparent that nothing in Dora’s life had ever really worked well. She had always felt burdened—living, for Dora, was just a big chore. At this point, she had just lost another lover, was miserable in her job, and felt terribly alone. She was ready to cash it all in and give up.

Something about this depressed, down-and-out woman struck me. She was special. I saw living inside her a precious and beautiful bud that had never blossomed. What's more, when I looked a little harder, I could see hidden in her own depths a raring-to-go, powerful self. It was so well hidden, of course, that Dora had never noticed it herself. Somehow, though, it seemed to reach out through her own fog and speak to me.

After a few sessions, I shared my impressions of Dora with her. She gave me that "Who are you trying to kid?" look and tried to change the subject. "Wait a minute, Dora!" I said to her, "I'm not making this up, or saying it to make you feel better. I'm serious about this, and I want you to listen to me. There's a real quality in you—a specialness, a strength, a power—that's alive and well, and is ready to go to work for you. Honestly, you have everything it takes to make it in life—in fact, to make it very well. I think you can not only stay alive, I think you can live a really happy life."

Well, you can imagine her reaction. After forty years of not seeing either her specialness or her power, she wasn't about to "see the light" and believe in herself in one fell swoop. Nonetheless, from time to time, I came back to my perceptions of her ... and repeated them. Bit by bit, Dora's ears began to perk up and she started to hear what I was saying about her.

One day, she said to me, "You know, Bill, I think I'm ready to try on the dress you keep putting in my hands."

I didn't understand what she meant, so I asked. "You know," she explained, "the dress of my own specialness . . . of my potential! You've been telling me how special I am. Now, I'm ready to try it on." Now, I understood her quite well. With my words as an echo of her own truth, she had begun to get a glimpse of her strength.

Dora and I began to explore all her hidden qualities. What helped was the fact that she finally wanted to see herself as she really was. Bit by bit, she got it—she noticed her special qualities, and began to find her power.

One day, I put a different dress into her hands. "You know what, Dora?" I said, "I'd like to suggest something to you today. I'd like to give you a

tool—in fact, two tools. You can use them every day, or as often as you want. I call them the tool of ‘no!’ and the tool of ‘yes!’.”

Here’s what I suggested to her. “Every time you have a thought or a feeling that you don’t like, say a powerful “no!” to it. Tell it to leave. Then, in its place, put the kind of feeling that you do want, or the thought that you’d prefer—and say “yes!” to it. It’s that simple.”

Dora really took to this simple, double-whammy approach. She was a hands-on, earthy person—so, having a practical technique felt good to her. She started to implement it right away. When I saw her about a week later, she blurted out, “I love that new tool! It’s really powerful. I’m amazed at how beautifully it works.”

When I asked her to tell me more, she said, “Well, every time a negative thought crosses my mind, I visualize my ‘no!’ button, push it, and command the negative thought away. And boom, it disappears. If it comes back, I do the same thing—push my ‘no!’ button. Then, right away, I insert the thought I want in my mind, visualize my ‘yes!’ button, and push it for the positive thought. It works like a charm, every time.”

I could see with my own eyes how well it worked. For the first time, Dora stood straighter, looked more confident, exuded a sense of strength. At that moment, I knew that she now had a toehold on her life. She was finally believing in herself. She had found her Oz power and was on her way.

I was thrilled. Over time, Dora kept pushing her “no!” and “yes!” buttons—her style of clicking her magical heels. It not only continued to work, it actually worked more and more powerfully, every day. Eventually, she felt much happier. Shortly, she changed jobs—from a dreary one where she felt used by her co-workers, to one where she felt valued and appreciated.

In addition, she pushed the “yes!” button in her relationships. She started hanging out with friends who had a real life, and began to have a good time. Several months later, she met a man who also noticed her specialness and wanted to love her. You can guess the rest—today, they’re living together very happily.

Despite her past, Dora found her Oz power. Better yet, she started using it, in the simple but powerful form of a “no!” and “yes!” button. With this easy and effective technique, Dora has “yes-ed” herself all the way to a happy, wholesome life. Congratulations, Dora . . . and thanks for showing us how to do it.

The Power of “Yes!” . . . and You

Dora isn’t alone. She’s not the only special and powerful person out there . . . not the only bud waiting to blossom. In fact, she’s only one of millions—no, let’s make that billions—of people with an equal specialness and power living and breathing inside them.

You’re one of those special and powerful persons. Like Dora, you have your own brand of *Oz power* alive and well inside you, even if you’re only partly aware of it. Like her, it doesn’t matter how horrible your upbringing has been . . . or how stuck you may feel. Like all of us, you can turn that past around—if you want to. You can utter a powerful, determined “yes!” to being really alive. You can choose to live your life not just as it has been, but as it can be . . . as you want it to be. Your “yes!” is that powerful.

Over these years, *Oz power* has made a real believer out of me. Specifically, it’s led me to believe in you. When I think of you, I see a huge bundle of potential, just itching to come alive. I imagine you as a never-ending supply of power, waiting for that personal “yes!” button to be pushed, so that it can explode into action.

I believe that you can do whatever you set your mind and heart to . . . whatever you want to—because all the power you’ll ever need is at your disposal, every minute of every day. I believe that you can be fully alive, fully feeling, and fully happy—not just half-way alive, kind of alive, or barely alive! That power is all yours, with one single admission price—saying “yes!” to it.

You’re worth believing in—just as much as every other person whose life story has found its way into this book. Now, it’s your turn. How about believing in yourself! How about taking a good, hard look at all that power that you’re carrying around in you . . . and using it! If all the other people whose stories I’ve shared with you in this book can do it, so can you.

Here's all you need to do . . . here's the key to being really alive . . . here's the three-step formula to a life of power:

- First, listen closely to life's invitations. Sometimes, they hit you strongly over the head. More often, however, you'll hear them rumbling down there in your heart before they register clearly in your mind. Once you hear that rumbling, pay attention—your heart is putting its invitation on your lap. Carefully pick up the invitation and read it. It's nice to know what you're being invited to.
- Then, say a giant "yes!" to that invitation. A really powerful "yes!" A resounding "yes!"—one that means, "I refuse to hold back. I'm going for it. I'm jumping in all the way." This time, be willing to go for the gold. Be committed to succeeding.
- Finally, once your "yes!" is in place, watch what happens. Notice how whatever help you need just starts to show up . . . how you find the exact experiences that will lead you to your goal.

Saying "yes!" is your first big step in owning *Oz power*. It's your way of saying, "I agree to step fully into my life . . . to become a partner with life . . . to be the creator of my happiness." It's your personal response to life's invitation to live fully . . . to feel deeply . . . to savor all that life has to offer. It's your way of accepting the many "perks" that the job of being a human being offers you. Perks like feeling truly alive . . . being really happy . . . and enjoying your life.

How about it, then? How about looking at your life and asking yourself, "do I want to be saying a bigger 'yes!' to my life?" If so, know that you're in great company—the company of so many who are already enjoying the benefits of "yes!" and the rewards of *Oz power*.

A personal note to you, the reader: Following the above excerpt from the final chapter of my *Oz Power* book, I include two other sections, two other ways to own our remarkable power. The first is *The Power of Attitude*, and the second I refer to as *The Power of You!* Like *The*

Power of Yes! which you've just experienced, I know that you'll find them to be both practical and tangible helps to owning your own personal power in your life.

Thank you for reading these special pages. I personally wish you all the power in your life that you deserve, choose to have, and enjoy. May you live your life owning, grounded in, and loving the ruby red slippers of your own personalized *Oz Power*—forever!

This precious book (*Oz Power: How to Click Your Heels and Take Total Charge of Your Life*, by Bill Bauman) will be available in the spring of 2005. At that time, you can find information about it on my website: www.billbauman.net. Finally, join me in re-visiting a well-known and mutually cherished song:

"When You Wish Upon a Star"

*When you wish upon a star,
Makes no diff'rence who you are.
Anything your heart desires
Will come to you.*

*If your heart is in your dream,
No request is too extreme—
When you wish upon a star,
As dreamers do*

*Fate is kind.
She brings to those who love
The sweet fulfillment
of their secret longing.*

*Like a bolt out of the blue,
Fate steps in and sees you through.
When you wish upon a star,
Your dreams come true.*

From the Disney movie, *Pinocchio's Daring Journey*
Lyrics by Ned Washington
Music by Leigh Harline
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