

This Is What “Practicing What You Preach” & “Being The Change” Really Means

Arjun Walia | [Collective Evolution](#)

“Be the change you want to see in the world.” A coined statement given to us by Mahatma Gandhi. A statement that resonates with so many people today as the world continues to “wake up” to new information about multiple discoveries that are shifting the perception of the masses with regards to what’s really happening on the planet , and how we can change it.

As a result of humanity identifying various problems that our planet is currently facing, a number of solutions have been presented, yet most continually fail to be implemented. As we’ve seen throughout human history, these things do take time. Today, new technologies have been developed that could replace fossil fuels, whether it be solar powered, zero point energy or something else. Hemp could be used to manufacture bottles, paper and thousands of other “necessities” that could be made without destroying the planet and destroying the rain forests. The point being, solutions are seemingly readily available, and it’s unfortunate that they always have to go through a long process of approval and countless lengths of red tape before they see the light of day.

Another great example of world change is Genetically Modified foods and the pesticides that go along with them. Over the past few years, millions of people all over the world have opposed the manufacture of these foods and pesticides, and a number of studies have surfaced showing their potential dangers to both human health and the environment. This is why so many countries across the planet have completely banned or

put severe restrictions on them. As a result of new information coming to light, more and more people are no longer purchasing this food, they are not participating and by doing so, this acts as one example -out of many -of “being the change.”

Again, it’s quite clear that we have a number of solutions for several problems that the earth is currently facing, and one of the most popular and effective solutions is to “be the change you want to see in the world.”

Be The Change You Want To See Is What Will Change The World

What does being the change mean? It means a number of things. Firstly, it’s the realization, recognition and worldview perception that you (yourself) are one of the, if not the greatest agent of change for the entire planet.

“Never doubt that a small group of thoughtful and committed people can change the world. Indeed it’s the only thing that ever has.” – Margaret Mead

It can be a difficult concept to grasp, as some might ask, “how does being the change create change?” The answer is quite simple. If we take our previous example of GMOs and how many people are no longer purchasing them, it exemplifies how individuals themselves can “be the change” by refusing to participate in GM food consumption. As a result of people doing this, as mentioned earlier, GM food is no longer accepted in a number of countries around the world.

Being the change can happen on multiple levels. If you do not like the modern day food industry and love all animals, cut out junk food and stop eating meat and/or dairy products. This is another great example of being the change you want to see.

If you don’t like anger, war or destruction, “being the

change” here could involve transforming oneself to find your inner peace. Drop the triggers to any violent tendencies that you may have, and choose to not participate in any acts of violence whether it be physical, emotional or negative thoughts.

All atrocities that happen on the planet are our own creation. Placing the blame on anybody else is really useless, since nothing harmful can happen to the planet without human participation in it. The transformation of the Earth will only truly be here when we as humans transform ourselves.

If you believe technology could save our planet, that’s understandable, but to me it’s not the technology that matters. I believe that it’s the intent and consciousness behind the creation of that technology.

The list goes on and on, and it all boils down to “being” that change.

Practice What You Preach

Practice what you preach. It says exactly what it means. Too many of us are awakening to new information, yet fail to change our habits, continually participating in something we feel in our hearts is wrong.

For example, if you are telling the world it should not eat GMOs -I’m using this example again because it’s one of the easiest -yet you yourself continue to eat GMOs, you are not practicing what you are preaching. It ties into a number of concepts from love, emotions, health, energy and more.

Through my experience, I tend to notice that those who create awareness on multiple issues, but are then seen participating in something in which they create awareness against, are quick to have fingers pointed at them by others. For some reason, they feel the need to do such things, and point out such things, forgetting the fact that the ones they are pointing

fingers at could very well be practicing what they are preaching. Which brings me to my next point.

Practicing What You Preach Is A Process. That's Why It's Called "Practice."

An aspect that is often overlooked is that "practicing" what you preach is indeed that, it takes practice. Major changes in your life will not come with ease and comfort. A perfect example for me was eating meat. The year I decided to stop, it was a process, not something that happened over night but eventually I was completely successful.

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