

## **Master's Moments**

By

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**Presented to A. Douglas Smith, Jr. Lodge of Research, #1949**

**On**

**September 30, 2006**

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*The Path of Least Resistance* is the title of a book by Robert Fritz that outlines a technique of efficiently achieving one's goals and objectives. I wanted to share this technique with you this morning, because it may offer a way to realize our collective goals. And, in light of the emphasis we recently have placed on the "Core Values" of Masons, the lessons offered by Fritz may help us achieve our goal of incorporating these core values in our daily lives.

The author asserts that the process of achieving our goals involves three key elements:

1. Our strongly held "Vision" of what it is we want to achieve
2. Our examination of "Current Reality", and
3. "Creative- Tension -that develops when we focus on current reality and realize that it falls short of our vision.

A simple way to illustrate this concept is to hold one's hands almost as if we were making the due guard of the EA degree. The right hand illustrates our Vision and the left hand represents Current Reality. Now if we were to place a large rubber band around both hands, we would see that the more distance there is between our Vision and Current Reality, the greater the tension will be in the rubber band, which symbolizes Creative Tension. Of course we could lower our right hand (lower our goals) or we could raise our left hand (move current reality closer to our vision). Either way, the tension would be reduced.

Fritz insists that if we focus our energy on examining current reality while firmly holding on to our vision, "a path of least resistance will

develop that will result in the realization of our vision."

As I reflected on the application of this theory as it relates to my vision of faithfully reflecting the core values of Masons in my every thought, word and deed, I had to admit that it is possible to subscribe to these goals while at the same time not always living up to these standards. I may fall short in my own life while still holding on to the core values as being desirable traits — standards to shoot for.

But, instead of focusing on these standards, if I focus on the current reality of my conduct, the creative tension provides me with the motivation — in the moment — to conform my behavior to the standards, thus reducing the creative tension.

Think about it. Try it. See if you it doesn't work for you.



James D. Hawkins, PM

