



## **“Decaf Please” – The 1% Rule**

by Ann McGill – Potentialist

Lunching with my Mother some 20 years ago, she requested a cup of decaffeinated coffee. “But Mom,” I protested, ‘you know restaurants only offer regular. **They don’t have** decaffeinated.’”

“**They will, when enough people ask,**” was the lesson I learned that day. Not only is it now considered normal to offer a choice between regular or decaffeinated, most establishments serve tea as well. While my Mother was the only one I knew doing so, obviously she was not alone in making her preferences known. I don’t think there’s a single food establishment that doesn’t offer decaffeinated coffee these days, and it looks like herbal tea shall soon be standard too.

Scientists and spiritualists are in agreement. **Once an idea is held by 1% of the population, it becomes unstoppable.** Maharishi Mahesh Yogi, the founder of Transcendental Meditation, says it takes only 1% of a population to experience a shift in consciousness for all to be similarly affected. We’re not talking about how quickly, just that it will happen. Examples include the abolishment of slavery, women getting the vote, our eliminating most second hand cigarette smoke.

Many years ago my Mother’s simple action demonstrated how **single individuals can help create the better world they prefer.**

**What simple actions might you take?** What can you do that would, when combined with many more doing the same thing, improve the world somehow?

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See [World Grams](#) – *“The 100<sup>th</sup> Monkey”* and *“Morphogenetic Fields – Unstoppable Change”* for more information about the process of social

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