

You are so much more powerful than you think you are!

Every single person has had thoughts that have sabotaged an opportunity for growth. That small but oh so powerful voice inside that whispers “You won’t be able to do that.....You can’t.....You don’t know enough..... You’re too overweight.....You are not smart enough.” How can these whispers be so deafening? These belief systems become blocks, they prevent you from becoming your best self, your free self.

For years, I myself had suffered from these blocks, these festering, poisonous, suffocating resistances. Why this thought process happens doesn’t really matter, but recognizing them, rising above them and letting them go is oh so powerful!

You are so much more powerful than you think you are!! We all have fears and doubts. Don’t let them hold you back, take a leap of faith! Be fearless! This doesn’t mean that you don’t have fears, you do, but you choose to exist with your fear. You feel it, but you choose to do it anyway. You say YES!

This is what I needed to do in order to move on. I realized it was more painful and debilitating to stay where I was than to take a giant leap of faith into the unknown.

My fears were so crippling that anxiety and panic attacks were a very regular occurrence, beyond debilitating and thoroughly exhausting.

For me it was some of the hardest things I had to face, head on, and don’t get me wrong, it was not all hunky dory after just a couple of ‘breakthroughs’. It took time, like peeling one layer at a time off an onion to get to the centre. To your true authentic self.

Take a leap of faith!

Part of my personal practice is being comfortable with discomfort. I soon realized that these were the moments where growth happens. No one likes to be uncomfortable, it takes that leap of faith, to trust that this is a time for change. Take that leap of faith, say YES! I surrender, I let go! These are the moments where transformation lies.

What is fascinating about moving to the edge of your fears, and breaking through, is that as soon as you have moved through one block another one is created. There is always more to explore. We come against another resistance, move through it, becoming more empowered each time. It’s not what happens to us but how we react to it. It is our world view, if you like, that enables us to move above and beyond our limitations. We don’t just grow once, then we’re there, arriving at a particular destination. Personal growth is a limitless process that has no real end. Each time though, tapping into our powerful self, our authentic self and knowing that each release allows our authentic self to shine just that little bit brighter. Our emotional, spiritual, physical and mental muscles get stronger with awareness, feeling the fear but doing it anyway!

Read these words and let them soak in.....

Embrace the power within.

Your fears will still exist, but do it anyway. Don't let them cripple you.

Go for it, whatever that may be for you.

What makes your heart sing?

What can you do so you can learn to fly?

- Try a new yoga pose, maybe one that scares you, requires strength, internal or physical strength.
- Public speaking
- Take a course or study
- Take that trip to new horizons,
- Participate in a fun run
- Volunteer, share your knowledge, you have so much to give.

Greet your fears, meet them head on, but choose to soar anyway!

