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### **LETTING GO OF A LIFE THAT'S TOO SMALL**

Do you sometimes feel bored? Afraid of moving into something different?  
Do you catch yourself fantasizing about 'how it might be?' How you wish it could be?

Do you catch yourself dreaming about how you wish your life might be?

Do you notice that you continually opt for the easy way out?

Do you walk over and over again in the path that is the path trodden by everyone else?

Do you hear your intuition nudging you into what you really want to do with your life?

Do you notice that you resist the movement?

You are experiencing a **LIFE LIVED TOO SMALL.**

We are born with capabilities beyond our wildest imagination, capabilities longing to be brought forward. Something deep within our souls call us to that place that Abraham Maslow called 'Self Actualization', a place that he felt only a few people ever achieved, or even knew was a possibility. I believe that more and more people seem to be encountering the possibility that they might actually enter into the conscious path of 'self actualization.' There are many reasons for this. One reason is that Maslow identified this place in a way that began to be communicated to the population at large. He didn't create it: the ancient wisdoms have known of this place of development for centuries. We're studying it in psychology classes, personal development and therapy sessions, and reading about it in popular magazines; therefore, it's becoming more of a possibility for us today.

Have you ever been given an opportunity to do something you've never done before, or been forced by 'circumstances' to do something that you thought was far beyond your abilities? Have you ever achieved something far beyond your wildest imagination?

Think back, how did you know how to do it? Who taught you to do it? Where did you get the 'know how'?

Somehow you taught your self!

This is the secret that many of us are learning: **we have access to a limitless supply of inner resources that somehow teach us what we need to know.** The more willing we are to open to them and allow these into our lives, the more available they are for us. When we're willing to 'think the unthinkable', and to follow a deep knowing within ourselves that is grounded in the experience of our lives, we give permission for ourselves to develop ourselves. When we commit ourselves to the process of this deep unfolding, then we must be willing to do the inner preparation, as well as the outer preparation that may be required.

The inner preparation may include letting go of old beliefs of inadequacy and unworthiness, as well as our overly inflated feelings of superiority that cover the feelings of inadequacy. Our work is about dealing with our fears and the cover-ups for our fears so we can see our true face, see who and what we truly are, and accept

our talents. We'll find ourselves going deeper and deeper in this process for the rest of our lives, tapping our deep inner resources which fuel our many capabilities.

There is only one way to deal with our fears and that is to follow the advice given to Carlos Castaneda by Don Juan: 'Be fully afraid and do what you are afraid to do, and gradually, little by little the fears will go away. One day you will wake up and the fear will be gone.' Just do it. As President Roosevelt said, 'the only thing we have to fear is fear itself.

The outer preparation may include engaging in appropriate activities to develop our skills. For instance, we may have a basic talent for music, but unless we put forth the effort to develop this talent, we'll not be able to bring forth the abilities that lie dormant within us. So, we have work to do.

One of the biggest hindrances to our development is a misguided fear of failure. The only real failure is inaction, lack of follow through, and unwillingness to take the risk. Once we begin to take action, we can't really fail. Every time we achieve less than we believe we should or the results are not as we've hoped, we must learn how to take this as 'information'... information about how we can improve our performance, learn more, go deeper, refine our abilities, open to another level of 'risk'. Then we try again. And again. And again. We never stop learning from all our actions.

We must be willing to see the limitations we've placed upon ourselves. We've made up stories about our abilities, our limitations, and who and what we are. Then we've believed these stories, rather than see that they are only stories we've made up, not the actual truth about who we are. We must be willing, as Christopher Columbus was, to sail off our edges. And find out that our world is indeed round, and not flat. We can sail and sail and sail.

Once we commit ourselves to our development, then as Goethe said, there are all manner of forces that are available to us to aid us in our development. We must commit ourselves in faith, first, and open to allow the surprise forces of the Universe to come to our aid. We must be willing to take things one step at a time, knowing that each step strengthens us for the next step.

We find this courage again and again within ourselves: to jump off our edges, to jump into the creative potential that awaits each of us. Only when we jump, and keep on jumping, into the unknown will we find our full potential. And, believe it or not, we will come to love the jumping!

Namaste,  
Judith