



Rethink Your Rules

It is possible to change anything in your life at any time, in any moment.

This is the truth and yet so often we choose instead to remain in the illusion that we are stuck with the life and circumstances that we have created up to this point. We choose to falsely believe that the trajectory on which we are currently traveling is our only and inevitable fate.

As a result of buying in to that B.S. (belief system), so many of the amazing things that are waiting for us are stuck in a holding pattern. In order to have the life, relationships, financial wealth, fitness, health, joy or experiences that you felt the call to create you must first let go of the idea that you are limited.

Think about a time when you caught a glimpse of what your life experience could be. This glimpse might have shown up as a thought about changing careers or starting a new business or changing something else in your life. Perhaps were suddenly inspired by meeting or reading about someone who was already enjoying life the way that you would like to. As you pondered what it would take to shift from the path that you are on to the one that would make this new vision a reality, your dreamlike state was shattered by a villain always at the ready to hold you back. That villain is your ego. Your ego is a pesky little thing that steps in just as you start to create initial momentum toward positive and rewarding life changes. You've likely heard from your ego many times before. It shows up as the bombardment of thoughts of all of the reasons that this fledgling dream is not practical or possible for you. Your ego's mission after all, is to keep you unsettled, make you feel weak, keep you playing small and connected, not to what is possible, but instead to the status quo.

This is the ego's full time job. But your ego is only in charge of your future to the extent that you hand over your power to it. Your ego is the source of many of the false rules that you are living by today. The good news is that in every moment you have the opportunity to decide which voice you will heed. You see, the ego is not you or even a real part of you. The true "you" lives in your core and that true essence is unshakable, powerful and holds the potential to accomplish and experience anything.

Think back to this glimpse that you had of your life in a new way and imagine what your life would be like right now if you had pursued that change. Imagine the pride that you would be feeling right now. What would you be experiencing, how would you be different today?

The invitation that is in front of you today is to commit to being the deliberate master of your life and experiences from today, to tomorrow, to forever. Isn't it about time to stop bowing down to your negative self-talk? Remember that those thoughts and words are generated by your ego and guess what, your ego will certainly scream louder and louder as it senses that you moving toward your dreams anyway. Since your ego only exists in your imagination, it knows that you have the power to let it live on or to send it away in exile. As you increase the volume on what is truly your guiding, powerful and reinforcing voice, the voice of your ego will become weaker and weaker.

Ding dong, the witch is dead, which old witch, the "ego" witch!!

Undo the shackles, commit to live the life that is possible, leave impossible behind!

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