

How To Live The Good Life

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The rapid accomplishment of your dreams and goals requires acknowledging and accepting where you are, what you are, who you are, and what you have done in life. Mentally accept that where you are now is an okay place to be, at least temporarily, regardless of what has happened to you in the distant or recent past. Given the opportunity, your past can stay around to haunt you. Don't give it that opportunity. You simply cannot afford the extra baggage.

For example, imagine yourself standing on the bank of a fast-flowing river. The only safe way across is a series of slippery, moss-covered rocks protruding only slightly above the rushing water. As you start across, it becomes obvious that the best way to step onto the next rock is to first firmly plant both feet on the slippery rock beneath you. With both feet firmly planted, you have created maximum balance and stability with which to make your next move. Your only point of balance lies on the rock beneath you. At that moment you have no choice or chance of being somewhere else. Complaining about the circumstances that got you there will only distract your focus from the task at hand - to get to safety on the other side of the river. Feeling and thinking like a victim - "Why me, what did I ever do to deserve this?" - will only contribute to your ending up in the water, almost as a way of proving to yourself that you truly are a victim and worthy of sympathy.

Take your attention away from where you are and you dramatically increase your chances of missing your mark, of ending up in the very circumstances you sought to avoid. Attempt to leap quickly from slippery rock to slippery rock and you will, more than likely, end up in the water, wet and struggling. But if you keep your focus on exactly where you are and stop to regain your balance after every step, slowly, consistently, and persistently, you can make your way from rock to rock no matter how slippery the path.

In life, gaining a firm foothold comes from accepting yourself and your present circumstances, no matter how much you wish you were someone or somewhere else. The refusal to accept leads to frustration with your current circumstances, anger about past events and the actions of other people, guilt and anguish about your own behavior, and loss of courage and confidence in your ability to handle what is going on around you. Acknowledging and accepting where you are does not mean giving up or taking your vision off your desired future. It does not mean you have become satisfied or complacent. On the contrary, accepting where you are puts you in a position to exert maximum control and influence over your future, because you are operating from your only point of power - the present moment.

Your strategy is to keep your focus on the present. From now on, whenever you find yourself caught up in the emotions of the past, including anger, guilt, and self-doubt, say to yourself or even out loud, "Where I am is where I am!" Every time you catch yourself caught in the negative events of the past, use that statement to get back to business in the present - time and time again, until it happens almost automatically. At that point you will find that your past is losing its emotional grip on you. Eventually, through constant repetition of this process you will lose all emotional attachment to the past - no matter what and how much happened to you.