

It's Time to Shine

by Shirley Smith

Picture yourself running down a long dark pier, with your eyes focused on a luxurious yacht about to set sail into the sunshine. You just know that this voyage is the one you're supposed to take – it's your time to shine! As the anchor and sails go up, it suddenly feels as if there's an anchor around your neck. The yacht leaves without you and you realise you've missed the boat – again!

Anchors Away

Is there a personal voyage you're ready to take, yet, there seems to be something anchoring you to past patterns — keeping you from sailing to your desired destination?

Being anchored to the past stops you from truly being present and creating the future you desire. Your habits anchor you to the past. Your beliefs anchor you to the past. Buried feelings anchor you to the past. Negative thinking and judgements anchor you to the past. Family roles and patterns anchor you to the past. Your 'inner' child; adolescent; parent and adult can also anchor you to the past, holding you back from true self-expression.

Ready to break free and expand your horizons?
Ready to give yourself permission to shine?

Permission to Shine

Most people don't realise that when it comes to 'letting their light shine' they are the ones holding

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back their permission. Believe me, this is not obvious – in fact, it's a subconscious sabotage. To uncover the innermost parts that keep you in the dark, it's important to learn how to

communicate with them and to understand how they interact with each other.

The simplest way I've found to understand and communicate with our inner self is to put it into the context of a family. It's a highly creative and effective way of going within so you can re-connect with your authentic self; identify the anchors that hold you

back and tap into what you truly want.

Sometimes you'll find an internal struggle with these parts. This is when your equilibrium feels off balance, and no matter what you do, you can't seem to make any progress. It's as if you're standing on the pier having an inner family feud while the boat sets sail into the sunshine. If this happens to you, then start dialoguing with each inner family member individually and find out the purpose and positive intent of each one. It will quickly become apparent how to get them cooperating, so you are aligned and going 'full speed ahead!'

Find Your Passion Not Your Mission

A mission is an aim or task that somebody believes it is his or her duty to carry out or something to which he or she attaches special importance and devotes special care. Companies and organisations have mission statements to keep them aligned and on purpose. Trouble is, people either don't pay attention to them or get bogged down because they somehow transform from "get to's" to "have to's."

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The best way to keep shining is to find your passion and actively participate with it. The challenge here is to be bold enough to put it out for everyone to see and to not look to others for permission to express it. What would it be like if organisations had a "Passion Statement" rather than a Mission Statement? People who passionately participate don't stand on the end of the pier waiting for another boat to arrive. They dive deeply into life; make pearls from their oysters and let the world see their inner light.

The next time you're ready to embark on a new adventure – whether it be in your career, a relationship or your personal life – pull up your anchors; find your passion; get clear on your direction and set sail. Perhaps it's your time to shine!