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SPIRIT, MIND & BODY

TRANSFORMATIONS Taking Back Your Authority!

In my practice as a Life Coach I have the opportunity to work with many people on transforming their life. Their needs and desires are unique but not so unusual. They want what most people want: a purposeful and meaningful life, love, access to their creative resources, and fundamentally, someone to believe in them and their ideas. This is what I do and after some work aimed at articulating their brilliant plan, I believe wholeheartedly in their capabilities and help them to do the same.

What I have come to understand is there are two significant shifts that must occur in order for one to succeed at this endeavor. One is to give ourselves permission, the other is to reclaim one's own authority.

The main thing we need to succeed is permission to do so. Essentially we need permission from ourselves but often we need guidance and

support in order to foster this place within us. Permission is a funny thing. We grow

We are taught to be conformist and the free thinkers are labeled rebels. But...

up learning to depend on it for most of the significant moves we make. Think about it: "Can I play with my toys now? Can I go to my friends house to play? Can I borrow the car? Can I join the baseball team? Can I have a hall pass to use the restroom? Can I get a job? Can I go to college? Can I marry your daughter?" The approval seeking questions are infinite. Then suddenly we're thrust into foreign territory and expected to stand on our own two feet, trusting in our ideas and intuition with very little prior training. Often our decisions are based on what we think others expect of us or want us to do, rather than what we really want for ourselves.

As a side note: if parents could do one thing with far reaching results for their

children, it would be this. To teach them to discover and trust in their own ideas and to develop their intuition. How many of you were taught this growing up?

This brings me to the second point, becoming your own authority. How is it that we come to be our own authority when what we have been taught is to seek permission and approval from others? Honestly, look at how our society is set up. We seek permission from our parents, our teachers, our bosses, our peers and our significant others. Most of the time our merit, reward and financial advancement is based on it. We are not taught to be independent free thinkers. We are taught to be conformist and the free thinkers are labeled rebels. But, if we are ever to discover our true nature and live a dynamic life, it is essential that we rebel, not against society necessarily but against the layers of conditioning that surround us.

Yes, we need guidance and care and direction as we develop from infancy into adulthood. But also of equal importance, we need to be permitted to think, to choose and to fail or succeed based on our own inner guidance. Ultimately as an adult we must choose for ourselves. Unable to do so, we may find ourselves standing before the gates of a magnificent life believing that somebody else has the key.

Nobody knows better what is right for us than us! We are the best authority

for our own lives. Giving this power to another person reduces our greatness and minimizes our potential. I see it time and time again with my clients. They are given permission to believe in themselves and they blossom like a century plant after laying dormant for one hundred years. In my eyes, it is almost equivalent to the parting of the seas - the discovery of one's own light is so powerful they have no choice but to let go of the darkness.

So how does one begin taking back their authority? Begin slowly. Make easy decisions for yourself and own them. If someone asks you, "What do you want to do for dinner tonight?" Think about it before you answer. Ask yourself, "what is it that I really want?" Answer to what it is that you DO want and don't change your mind just to accommodate the other. Use this process every chance you get. It is also a great exercise to put to use on a day off. Start the day off with no plans (or at least set aside a couple of hours with no

plans) and when you awake in the morning, ask yourself the same question, "what is it that I really want to do today?" Then give it to yourself. This will soon build confidence and trust in your own ideas which you can then apply to more significant areas of your life. Eventually you will be asking yourself questions like: What do I really want from my job? What do I really want from my relationships or friendships? What do I really want from my life? What do I hope to have accomplished by the time I'm forty? Fifty? Seventy-five?

Asking yourself these questions require you to take action on your own behalf, but in so doing it will give you a sense of responsibility and ownership of your life. You will soon discover that you are your own gate keeper and that you may create, allow and permit, a life that is limited only by your imagination.

"Let's dare to be ourselves, for we do that better than anyone else can."
Shirley Briggs

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