

The Art of Reclaiming Your Intention & Power



according to

Abram

The Mayan Shaman

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Chapter 1

BREAKING THROUGH LIMITATIONS

Why do you think that you, from time to time, have a hard time dealing with manifesting the reality you want? If you really think about the ideas you have been taught from an early age, you will see why you, and most other people, have a hard time creating the life one wants. You have been taught limitation and fear by nearly everyone around you from birth.

Everywhere you look, everywhere you turn, everything you do, every action you take, everyone you meet, everyone you talk to, brings you into contact with the idea that you and life are limited. We all have limitations imposed upon us by others everyday. Most of the time, we do this through our interactions with others and the relationships we form with others, however brief. Everyone has their own beliefs and perceptions about life and experience, and we pass on and pass down our beliefs. Usually, the opinions and teachings of others are offered to us as well-meaning intentions and most people don't realize they have been taught that life is limited. They don't understand they truly can create what they want in life. The truth is, you can create your own reality and have it be exactly as you want it to be.

What does the idea and experience of limitation do to you? It immediately takes you out of the realm of creative functionality and places you into a situation of guarding yourself. You begin guarding what you do, guarding how you do what you do—worrying about the result of what you do, how you are doing it, and worrying that it will all turn out to be less than what you want it to be. Other people's limiting beliefs may cause you to question yourself and your abilities.

Looking at limitation, you will come to understand
and realize that limitation is simply fear.

From birth, your parents have placed limitations upon you, believing they were being loving and protective by teaching you proper values and behaviors. Even your friends have unwittingly placed limitations on you. When parents, friends, teachers, spiritual leaders, or anyone is talking to you about their own experiences and limitations, they are introducing their energy into your reality. Life is energy, and we exchange energy with everything and everyone we come into contact with. We cannot help but exchange and feed off of each other's energy—it is a natural part of life. Over time though, and with enough consistency, the energy of your friends, teachers, parents, and the limitations of others may influence you and that influence becomes the energy of your limitations also. People trade their beliefs and attitudes back and forth by talking about them with one another. People can also trade their freedoms back and forth simply by talking to one another *about* freedoms and possibilities. In schools and churches you are taught limitation, and you are taught to know your limits, to follow the rules, to fit in, and believe and not question those things that are contained in the books given to you to read whether or not they are holy books or text books. Depending on an individual's belief system, one may be taught there is only one right answer and one right way to solve a problem, when people intuitively sense this isn't the truth. There are many ways to find answers and solve problems if one is given the freedom to explore options and do things his or her own way, but there are many times people are taught that options are limited. The message is to be normal and to do as everyone else does. Live and believe like the majority, and don't rock the boat and do things the accepted way.

The truth is, you have the innate ability and freedom to create. You have *always* had the freedom to create, but often you have lost sight of that freedom. Your parents, your schooling, your religious teachings, and all the rest, set up major limitations for you with a "one-size-fits-all" mentality. How many times have you heard words like these? "Don't act that way." "Don't say that." "Do things this or that way." "That won't work." "That is impossible." "The idea is ridiculous." "No one else has ever done that, so what makes you think you can?" You shouldn't... You have too... You must... You can't..."

Everything you do has a limit or limitation placed upon it—everything. How you think, how you speak, the words you use, and the actions you take. Most of the time, your reactions will limit you, because when you react to something, it is usually of a negative nature. That in itself is limiting. Your negative energy will limit your freedom functionality or your "free functionality." Looking at limitation, you will eventually come to understand and realize that limitation is simply fear.

Fear

Fear comes in many ways and in many disguises and varieties. You might have fear of success, fear of failure, or fear of the unknown. Fear of rejection is a powerful one. Think about how many times during your lifetime you have felt rejected by

something or someone. You are met with rejection on a daily basis, and I would bet you have experienced rejection so many times that you have lost count. By this time you really should be, or can be, numb to the idea of rejection. By being numb, I mean that by now, at this point in your life, rejection should mean nothing to you. Often though, you get used to something so much that it becomes a pattern. So, let's think about and explore the pattern of rejection.

Fear of Rejection

Rejection comes in many forms, and when it comes right down to it, being rejected can hurt because people have a desire to be accepted. Yet, you meet with rejection repeatedly throughout your lifetime and you are still alive and still functional. You are still functioning—right? Also, when you want to be, you are still brilliant. All the times you have had rejection placed upon you in your life, really, really, really means nothing. When someone rejects or discourages you, the person is only speaking his or her belief about his or her own self. Think about how often you have heard negative words about wasting your time on something, or remarks about something that has already been done, or someone saying that “they” would never do that. Since those other people would never do that, whatever “that” may be, they are voicing their lack of faith in themselves and attempting to place their limitations on you to limit your actions. They believe if they cannot do something, you cannot do it either. They cannot see beyond their own limited thinking. In most cases this is done purely on a subconscious level, and usually, people will deny their own motives, because people are not aware of their own emotionality or they are disconnected from it.

Sometimes people will play the devil's advocate and have reasons why your idea won't work, or people close to you will find ways of sabotaging your efforts, because they don't want you to change or do something outside their own idea of who you are. If you change, or your efforts are successful, it changes their world too—and some people like the status quo. Many people fear change, so they play it safe by repeating the same, dull, boring things they find safe and familiar. They cannot imagine you breaking free, because subconsciously it frightens them. If you change, they might have to change too to continue having you in their lives. Your actions may cause them to question their own lives and beliefs, and that can be very frightening for those who fear change.

People will reject you because you don't align with their system of belief. They use you as a reflection of their own self.

Many people will reject you because you don't align or agree with their system of belief. What they are really doing is rejecting themselves, and they use you as a reflection of their own self. Yes, you are a reflection of them, but you are also *you*. You are your own unique, creative, brilliant being. Depending on your own situation, what you can do—and in some cases, what you need to do—is remove yourself from everyone else's

belief systems and begin to *recreate* your own unique belief system. Why? Because at this point, you are a culmination of your life experiences, and that includes everyone else's systems of beliefs and ideas—everything that you have rejected or held on to. How can you not be? It is all you have been taught since birth.

If your life is not going the way you want it to, it is time to break free of the limiting beliefs you have been taught and now believe in, and form your own new truths. It is time to express your own freedom, creativity, and unique self. It is time to let go of and shed old stories.

You Can Choose to Break Free

You truly can remove yourself from the belief systems you have created for yourself and of others and begin to create, or recreate, your own unique belief system, if you want to. When you do this, you will find something taking place. You will find that all those people who have been rejecting you may fall away from your life and your reality. Maybe you have friends that you have known for a long time, but once you begin to create, or recreate your own unique belief system, they will fall away from your life and you will lose them as friends. For you, this can be a very good thing.

What is the definition of a friend? A friend is someone or something that is willing to support you emotionally, creatively, and spiritually. People who love you want to see you happy and successful, and will not feel they are in competition with you. They will support you and not drag you down. A true friend isn't someone who wants to influence you to take on their beliefs and conform to their expectations. There is an old saying that you can count the number of your true friends on one hand—friends you will have for a lifetime. You will meet many people during your lifetime, and you will think many of them are your friends. Are they really, or do they just need to have you around to feed their own limiting belief systems?

I am not trying to belittle you or the friends you have in your life. I am simply suggesting that you look at yourself for a time. Let go of everything and everyone, and take some time for yourself, and either create or recreate your belief system. Focus on you. What would you like your beliefs to be and to be all about? Who, and how, do you want to be? Create that in your life. Once you begin doing that, you will see that many people who have been around you will fade away. They will fall away, either for good, or they may leave your life for a while, and then find their way back another time. This falling away can be a good thing.

During your life, people come in and out, in and out, in and out of your life, and many times you will create people, and create the foundation and opportunity for certain people to be in your life, in your reality for a time, to serve you. You will create them to serve you, because you create everything in your life—everything in your reality is here to serve you. Once you start your restructuring process and you find yourself minus a few, or many, people you have known for a long time, don't feel sorry for yourself. See this as an opportunity. See it as an opportunity to move on, to restructure your life the way you want it to be. Focus on what you want to do, how you want to do it, and simply—Do It. Do it YOUR way.

So, you begin changing things and you are excited and enthusiastic, and someone gives you the message that they don't approve, or they somehow throw a monkey wrench into the mix. Again, you are getting a negative response. You've probably been called stupid a few times in your life whether by tone of voice, joke, body language, or blatantly. What is stupid? What is stupidity? Does stupidity really have a meaning? If you look at the word, it is stupid in itself. It is a silly thing. It is simply a judgment that someone will place upon you.

Any time someone tells you that you can't do something, or that your ideas or actions won't work, they are just reminding themselves that they cannot do it, or they don't want you to do something better than them. They use you to reflect back to them all that they cannot do, or haven't done themselves. Who really is to say you can't do it? Maybe they can't do it. Let them have that experience. It is their right. At the same time, you have your experience in a different way, and that is your right.

When Things Go Awry, Try Them A Different Way

Now, speaking of experience, often you will begin something, and the experience of the thing itself and what you want to create will judge you. It will reject you. You will meet with rejection from what you are trying to do—from the experience of what you are trying to do. Things will just not be working out the way you wanted them to work out. Why would this happen to you?

Reality is here to serve you.

Look at your own beliefs about yourself. What are they? What are your beliefs about your ability to do what you want to do in any way you want to do it? Do you really deserve everything? Do you have a fear of deserving everything?

Many people do have a fear of deserving everything. Why do you think people would fear they deserve everything? It is because of old stories and domestication that is deeply ingrained from early training. "This isn't the way you should be." "You shouldn't deserve everything." "How can you deserve everything?" "Know your limits." "Know your limitations." "There is no way in the universe you are worthy of everything." This is what you have been taught and have learned, one way or another, throughout your life.

Just by being a physical human being, alive, well, and breathing, is proof that you DO deserve everything. You are divinely created and born into possibility. Reality is here to serve you. You don't need a reason to be deserving of everything life has to offer. You ARE life. You simply DO deserve everything. So, when you are doing something, and the situation of what you are doing seems to go awry, don't take it personally. Don't see it as an attack upon you, or think that something is wrong with you. It is not.

Everything is energy and every event has its own timing. Maybe the energy of what you are trying to do is just not aligned properly. If you have an idea and things aren't working out your way, take the same idea and use it in a slightly different way.

Let's say you would like to do something or have something, it can be anything, any idea. If you think about it, you will realize there are many ways to use that idea, not just one way. There are many ways to do the same thing—many different ways. If what you are trying to do is not working, don't reject yourself. This is something people do to themselves all the time. DON'T JUDGE YOURSELF. Simply know the energies of what you are trying to do are just not aligning properly. Think of other ways to use the same idea, and use it in a slightly different way. Then you will find the idea will work for you. Sometimes timing is everything.

Be in A State of Creative Functionality

Think about how many times things *do* work for you. Do you think things work for you when you let them work for you? What do you think happens when you do let things work for you? *How* do you let things work for you? When you are letting things work for you, you are not thinking of rejection, judgment, or whether you deserve something or not, and there is not a thought of whether you can accomplish your goal or not. You are simply in a mode of creativity and creative functionality.

When I say creative functionality, I don't mean you have to be an Einstein when you are trying to do something, even though you are. Frankly, many people are beyond being an Einstein. I simply mean, when you are in a mode of creative functionality, you are focused upon what you want to do, and you are completely focused upon doing it. This is creative functionality—doing what you want to do, no holds barred. You will find there is nothing in your way, because you are not entertaining the idea, or even slightly considering anything being in your way.

Often it is not others who reject you. It is *you* rejecting yourself. You may have many reasons and excuses to not do something, and this is how you reject yourself and your ideas. “Well, this has already been done. It probably won't sell. I don't know how to market my idea. I would love to do that, but it takes money, and I don't have the money.”

These are limitations you are placing on yourself. MONEY IS ONLY AN IDEA. IT IS A FORM OF ENERGY. You may be stopping yourself because of that excuse. It is an excuse, a limitation. Limitations are excuses to keep you in a comfort zone when you refuse to stretch yourself to really do what you want to do. You are keeping yourself safe. “Well, this is comfortable and I'm used to it. If I take myself out of my comfort zone, I'll meet with rejection ... and all the rest.” So, you limit yourself. Other grand excuses and limitations you use without realizing what you are doing are, “Gee, I don't know enough—I would love to be that, or do that, but I don't know enough, or how to do it—I can't do it without more schooling or training.”

This is not a personal attack upon you. This is simply to point out what most people do every day. If you look within yourself, with no judgment, you will find that maybe you *do* know what you need to do and how to do it. You *do* know what you need to know to do anything. If you look within yourself, you will find this to be true.

Here is one more grand limitation you place upon yourself, and this is a big one. “Why even try? It won't work, I've tried it before and it hasn't worked out. It won't work out, I know it. I just know it. It really won't work out, I know it.”

It won't work out, because you know it won't work out—but what if you knew it *might* work out? It just might. Wouldn't it change your way of thinking about the idea? Of course it would. “Well, if it might work out, then I might be able to do it.”

In thinking this way, in a more positive way, you will find something taking place within you, and this will be a slight excitement about what you would like to do. “It just might work out. Let me see, if I do it this way, it has a very good chance of working out. If I do it that way, it has an even better chance of working out. If I just dive in and do it, I can't fail. I can't miss. It will be a hit.”

Thinking this way, you are finely focused upon and within your freedom to create. You are not considering, you are not in consideration of, you are not allowing into your being, into your life, and into your reality—the idea of limitation. A limitation is something you allow and give permission to, to prevent you from being you. Let me repeat that. *A limitation is something you allow and give permission to, to prevent you from being you.*

How many times have you compared yourself to someone else? When you do this, you are telling yourself that you don't have what you want. You don't have things, and if you had what he has, what she has, then you would feel good about yourself. You would be equal. Why must you have some “thing” to feel good about yourself? If you felt good about yourself for no reason at all, then you would have everything. Why? Because when you feel good about yourself, you are not allowing limitation into your reality, because you are not even considering limitation. You are feeling good about yourself, and when you feel good about yourself, you can do anything. You have done it before. You have had times when you felt very good about yourself—many times—and you have created many brilliant things in your life.

Maybe you can begin thinking of all the things, or a few of the things, or some of the things, or even one of the things you have created for yourself—what you wanted to create, or something you had gotten, something you had created, or something you had manifested. When you are thinking of that thing—or those things, or all of them, or some of them, or many of them—think about how you were feeling at the time. You were feeling—and I will guarantee you—you were feeling very good about yourself, and you were in your own freedom. You were not considering limitations.

Limitations are excuses that you use to keep yourself in your comfort zone. Many times, you have a fear of looking silly to someone else. “If I do this, and I really would like to do it, I might look silly. So maybe, I'll tone it down and do it just a little bit, and just to a slight degree. Then I won't look so silly.”

What makes you think you will look silly? So what? What makes you think that way? Think about it for a time. What makes you think you will look silly? What makes you think anyone will reject you if you are not rejecting yourself? You know by now, if you are not rejecting yourself, if you are not judging yourself, no one can, or will, reject or judge you, because everything begins within you—and so does limitation.

Limitations are excuses you use to keep yourself in your comfort zone. Many times, you limit yourself because you have a fear of looking silly to someone else.

The structure of your educational system teaches you to limit yourself in school and to follow the rules. You are under the influence of your teachers, school district, city, state, and federal government. The society of school can be cruel and tricky with all the pressures young people face, yet some kids have a wonderful school experience, while for others, school can be very torturous. You created your school. You created your experience. Your education or your lack of one is your reality. You create everything. Even before you were born, you created and set up your experiences and challenges for this life. You created those situations in school that taught you how to be, situations that taught you limitations as well as successes. Why would you do that? Think about it for a time.

You Deserve Everything

Why do you have a need to create limitation for yourself? Could it be to keep yourself safe, comfortable, and not at risk? At risk of what? At risk of looking silly? At risk of being rejected or not being accepted? At risk of being beaten down for your ideas? There are no risks at all. *Unless you challenge yourself, there are no challenges in life either.* There are only, and there are just, situations that you will use in one creative way or another, so you can express what is within you.

I'll bet you have something inside of you that is just bursting to come out. Something that you want, or want to do, or a way you would like to be. Something you are just dying to express.

"I can feel it in my bones. I know I can do that. I know I can be that way. I know I can have that. I know I can do it. I know I can."

Why aren't you doing it?

You may think, "Well, I don't know." As long as you keep saying, "I don't know," you won't know. You won't know anything. You won't know that yes, you can do it. You say you feel you can do it. If you feel and think you can do it, I am telling you, you *can* do it. Maybe it is time to stop saying, "Well, I don't know," and start saying, "Yes, I do know. Yes, I do know. I do know. I DO know I CAN."

How many times during the day do you say, "I can't?" If you really pay attention to your internal dialogue, you will see how many times, and different ways, you say, "I can't." Every time you catch yourself, stop and remind yourself that you can. "Oh, yes I can. What am I saying? Sure I can." Don't say, "Oh, of course I can, stupid me. Of course I can, silly me—I'm just being stupid." Don't say it that way, because you are limiting yourself again. You are calling yourself a negative idea—stupid or silly. When stupid is

really stupid in its own self—it has no meaning. Simply say, “I can. Yes, I can. I can anything.” Because you CAN anything, if and when you want to.

You skip through your life merrily going your way and creating limitation after limitation, upon limitation, upon limitation, and you are doing fine. Then one day, you stop and think, “What am I doing? I don’t have what I want to have. I haven’t accomplished what I set out to accomplish.”

Why? Maybe you are afraid of extending yourself. Maybe you have a fear of rejection or a fear of success. Maybe you are afraid of doing something the wrong way and being ridiculed for it.

Being that you are creative, you will create many ways to stop yourself. How creative you are! How brilliant you are! If you can be creative enough to create ways to stop yourself, imagine what you can do once you begin creating ways to free yourself—to free yourself of limitation in any form, in any form at all. In ANY form. Imagine what you can do.

Stop right now, close your eyes, and simply imagine what you can do. IMAGINE what you could do—what you would be able to do if you simply created freedom. You are most likely thinking of a few things you could be doing, and you just might be getting excited about them. If you are getting excited about them in that short a time, just thinking about them, think of the excitement you can have if you begin doing them. Once you do something with no judgment placed upon yourself, no excuses, and no limitations, and you begin doing things *that way*—you would really see the power that you are and the power that you have. That power is to be anything, to be anyone, to be any way, and to have anything.

If you were to be that way, think of all those people who have been rejecting you, judging you. You could help change their lives also. When they see you doing things nonstop, no holds barred, with nothing in your way, nothing stopping you, they will begin to think that maybe they can be the same way. They will try themselves out, bit by bit, by bit, here and there, just a bit at a time, and eventually they will begin to create freedom also.

Drop all self-judgments and limitations that are upon you—and there are many. Chip away at it. Of course you can be that way. Of course you can do that. Above all, of course you do deserve it. You deserve everything, even if you don’t believe it right now. Listen closely, because I am telling you, you DO deserve everything. You are worthy of everything, and you deserve everything, simply because you deserve it. Again, simply because you deserve it. Nothing attached to it. Simply because you deserve it.

You can either skip through your life and go along your merry way, deserving everything, or you can keep yourself safe. If you have to make a choice, if you had to make a choice, if you had to, what would your choice be? Think about it. I would bet many people would keep themselves safe. It is an easy way. It is a very easy way. To begin creating can be the hard way for people who have created a habit of playing it safe in life. It can truly be the hard way. You might have many things standing in your way when you begin creating, and when you begin doing what you want to do. You might have many things standing in your way, but you might not, and if you, and should you,

find that you have things standing in your way, SO WHAT! Go around them. Just go around them.

Do not plow through them; they will knock you down. When you fight something, it will fight back. Go around them. Sidestep them. Do something else. Take the idea and work it another way, and you will win, and you will do what you want to do, and you will not have a hard time.

Play Life As A Game

Life CAN be a very, very easy idea. I'll say it again: life CAN be a very, very easy idea. It is only an idea. That is all it is. This reality is only an illusion—even Einstein knew this. Some play a very serious game in life while others play a joyful game. Life *is* a grand game, and this is not to imply frivolousness. Why not see limitation as a game? Play with limitation.

“Well, I'm feeling undeserving today ... think I'll play with that one for a time. Hey everyone, I'm undeserving. Yes siree, I *am* undeserving. How about you? Are you undeserving too?”

Play it. Play it as a game. When you play it as a game, it will change the game. It will lose its negative energy and become a positive. You will begin laughing, and you will think, “I'm deserving of everything. This is only and just a game.”

With everything you do, visualize and think you *are* doing it, and you will do it, and you have done it brilliantly. “Well, I think I'll have a sandwich today. I'm hungry. I'll eat a sandwich and I won't judge the sandwich. I'll love the sandwich. I won't reject the sandwich, and I'll accept the sandwich because it serves me.”

Everything you do, play it as a game. When you play it as a game, you have no judgment and you have no limitation. If you do, remember limitation is also a game. Play it as a game. You don't have to set yourself up for limitation. You don't have to do that. *Start living what you want to create.*

So, you might have a fear of something. Think about why you might have that fear. When you have time, think about why you might have fear—fear of doing something, fear of being a certain way, fear of accomplishing something. No matter what the fear is all about, you have a fear. Everyone has fears, even if they don't admit to it. Why do you have fear? When you begin to think about it, you might discover the only reason you have fear is because you have not yet done what you would like to do. You really don't know how things are going to go if you begin to do them. The only way to find out how it will go is to simply DO IT. *Fear is only an idea.*

Define failure. “If I really look at failure, it's also a success, because it teaches me not to do it again, or to do it another way. There's always something to be learned from failure.”

Precisely. If nothing else, failure will teach you to not do it again the same way. I really want to drive this home to you—*take the same idea and do something in a slightly different way using the same idea, and it will work for you.*

It is important that you understand that the energies need to line up, to align themselves properly, in order for anything to become manifest in reality. The energies must be aligned in your reality. They must also be aligned in your body. You must have balance within you. With balance, you will not have illness. If you are imbalanced, you will have illness. When you correct the imbalance and become balanced again, the illness will go away. Balance your reality and your reality's illness will go away. Balance the ideas of what you want to do, and they will manifest themselves, and rejection will go away. Limitation will go away. It is all a matter of balance. This may include a long-term illness where someone will use his or her entire life to create a balance.

The Feeling of Freedom

At this point, I would like you to think about one thing that you would really like to do. Not a way you would like to be, but one thing you would like to do. Not something you would like to have, but one thing you would really, really like to do. See yourself doing it—laughing while you are doing it—having fun while you are doing it. As you are doing this, see it working out precisely the way you want it to.

This is the feeling of freedom. You are in the experience of having no limitation. You are free, you are easy, you are feeling good about everything, and what you want to do is working out your way.

Now, I want you to think of something else you would really like to do. Think of that one thing and see everything going wrong with that one thing. See everything going wrong. Now you are in the experience of judgment, limitation, and failure. Since you are in the experience of failure, how did everything going wrong serve you? How does seeing everything going wrong serve you? How does all that judgment, limitation, and failure feel to you? I'll bet it showed you that you weren't allowing yourself the magic you have within you, and that magic is to have faith in yourself and the universe. I would also bet it was showing you there is a different way to do things, and I'll bet it was showing you that you were taking yourself out of the idea of timing.

“Well, I have this idea. I would like to do this. I would like to do that, but it will take quite a while—ten years, five years, three months, or maybe not until tomorrow.”

You are limiting yourself again. You are introducing another limitation. It is one more excuse for you to keep yourself in your comfort zone. Why would something take five years to manifest for you?

“Well, because I don't have the money ...”

Here we go again. *Money is an idea*. It is only energy. It is a game. What other excuses might you have to let your idea wait five years, ten years, or tomorrow, or three months, or two months, or next week? What other excuses can you think of?

“Well, I guess you've got me there. I have no other excuses. I suppose I'll go and create it right now.”

Human beings are one thing and that one thing is *power*. You have the power to be free, to be creative, to be brilliant, to be magnificent, to have everything, and to have it all your way. This means achieving it by living in your truth and your own brilliance. Not

stepping on others or getting what you want in an unethical way. You can always make that choice though.

Life can be a very, very easy idea. Life is a game. Why not have limitation be a game? Play with limitation and it will lose its negativity and become positive.

You also have the power to create limitation upon limitation upon limitation, in a very brilliant way. Think about how you would really like to be. Take a bit of time. Take three weeks time to think about it, and I mean to really think about how you would like to be. Don't rush it along.

“Well, I don't need three weeks time. I know right now how I would like to be.”

Well, I suggest you take three weeks time and think about it. Think about how you would like to be for three weeks. Know what? I guarantee you one thing. If you do that, in three weeks time you will find yourself being how you would like to be, doing what you would like to do, and being rewarded for doing and being it. Guaranteed.

So now what? Will you create other limitations you haven't yet thought of, or will you simply turn your focus to other things, like freedom, being functional, and taking action in a positive way? Make your choice and DO IT. Taking yourself out of your comfort zone is a blessing. It is a very good thing. It is a freedom. Maybe it is something you haven't really, truly, completely experienced in your lifetime. Maybe you have kept yourself in a comfort zone in one way or another way.

Now Is The Time

Now is the time, if you want it to be. Now is the time to break out of your comfort zone. BE what you want to be. BE the way you want to be. DO what you want to do. CREATE what you want to create. HAVE what you want to have—simply because it is your right, and yes, you do deserve it. Nothing is out there to stop you except YOU and the excuses you may tell yourself over and over again. Laugh them away. Simply release and laugh them away. Bid them a fond farewell.