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Mind, Body, Spirit Life Coaching

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July 2009

How Bright is Your Light?

How bright is your joy for life? Does your gratitude and joy shine through your eyes as you go about your day? We all have tasks or jobs that we may not like, yet do we let that color our entire lives? Do we go through our day numb to the wonderful things that do exist in our lives?

One of my favorite books is The Little Prince. It is a seemingly simple story, yet like many simple stories it has a depth that may or may not be visible as you read the story. It is a tale about a boy who leaves his home because he is bored and dissatisfied with his life. While he is traveling he learns how important the things in his life really were to him. In the end he discovers that the joy that he feels in his heart for those things makes all of the rest of his life valuable.

What about your life? Do you spend your day focusing on how dreary and routine it is? Is your entire life that bad? If you look really hard at the things in your life that you do not like is there something that you can do to change it. Often times we feel trapped and it seems easier to blame someone else for our situation. The good and bad news is that we feel this way because we are not willing to face our own truth and we are not willing to look for other possibilities. And often times it is because we think that we have to do everything ourselves. If we are the only ones standing in our way we should be able to do something to change our lives, shouldn't we?

The first step is to realize that things are not going that well and this requires that you be honest with yourself. The second step is to ask for help. This may be a very hard step because we are taught that we need to work out our problems ourselves. This is not true. We need to work together.

Once you have admitted to yourself the truth, start to organize your team. Talk with people you can trust. Tell them you want to work out a new plan. And then start putting that plan into action. The people on your team are there to help you when you get tired and discouraged. Your team is there to help you come up with additional ideas. The universe is filled with possibilities. You should not limit yourself to only the solutions that you can think of yourself.

You deserve a brilliant life. You deserve to have the light in your heart shine brightly. You have not been singled out to have a terrible life. Care and nurture yourself and start today to change your life.

TAKE ACTION

Write down what you want to change in your life. Is there a theme there? Talk with your closest friends. Do they have similar issues? If they do you have just taken the first step to creating a team.

Then call me so that I can fulfill my action step:

603-759-1152

MY ACTION STEP

I am opening up my practice to facilitate these teams. I am offering this service for **free** so that everyone who wants to can have the life that they always dreamed about. If you are ready to take action and are committed to take action call me so we can get your team going. And let's all start being brilliant lights in our own lives.