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Expecting the Unexpected

Most times life hands us events that are not expected. We would prefer if they were not unexpected so that we could perhaps prepare for them, which of course would make them planned events. Life does not work like that and those unanticipated events just keep happening. Some are life changing and some we can take in stride. I am not sure where this human desire for predictability came from. It does seem to be prevalent through every civilization. It has led to all sorts of ways to perhaps look into the future so that we can know what the "right" answer is before getting there. It has also led to another behavior that leads us to say, "If I only knew I would have done things differently".

All of this "what if-ing" keeps us stuck in the past repeating our story over and over and it ignores the fact that unforeseen events are part of life. There are just too many variables for life not to be full of unexpected events. So if we can not change the past and we can never really predict the future what are we left with? We are left with the present moment. We are left with striving to do the best that we can in any given moment with the knowledge that we have at the time. Yes, we may look back on that moment and think that we could have changed our future if we had only known. Yet we didn't know and we don't know. We just have this one moment and there are no guarantees that there will be more time in the future.

For some this may be a bleak prospect. However it should be freeing. It releases us from the future and the past. And it allows us to stay solidly focused on what is here in this moment right now. Stop right now while you are reading this, look at your surroundings, and look at what you are doing. You have no idea what tomorrow will bring. Are you living the life that you want? Are you on the path to where you want to be? Or are you waiting for something to happen or change so that you will get started on your plan? Your future is here today. Take action and step into it.

TAKE ACTION

Take a positive step today (this moment) to move toward what you want. Not sure what you want? Then take this moment to write down some ideas and start looking at them. If you can only come up with reasons why you can not start moving toward what you want then write them down in a list. These are your limiting beliefs. Look at each one and ask yourself is this true or do I just think it is true. Write next to each belief what you come up with. If some of the beliefs seem to be true (like I don't have enough money to attend college) do further research and explore options. If what you want is important is it important enough to explore all possibilities? Is it important enough to work a little harder?

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