

GET GOING!

“If you advance confidently in the direction of your dreams
and endeavour to live the life which you have imagined,
you will meet with a success unexpected in common hours.”

Henry David Thoreau

What is it that causes us to give up before we've even started? Why do we give in to apathy and resignation? Or on the other hand, why do we over-invest in the outcome of our endeavour to such an extent that we are drained, debilitated and full of self doubt when it doesn't go the way we want it to? Because, like a child, very often, we really do want the world to work the way we want it to... right now!

Dr. Georgina Cannon, Director of the Ontario Hypnosis Centre School and Clinic says it's because we allow ourselves to be hindered by limiting beliefs of what is good and what is bad. What is working and what isn't.

“Often when we hit a roadblock, we claim the process isn't working, when in truth it is. It has just shown us that that direction contains a road block, and we need to go another way. If you hit a road block with you're driving to work, you don't just give up going to work, you find another way of getting there. That's life!”

We set ourselves up for stress and pain when we assume that if things don't go the way we expect them to, they are wrong. It's just not working. As Carolyn Myss says, “Something that happens or doesn't happen today that makes no sense maybe laying the groundwork for something that will happen five months or five years from now.”

So how do we get beyond the frustration, doubt, anxiety and fear that we feel when our world doesn't go the way we want it to?

“Pretend you're an eagle,” suggests Dr. Cannon. “Rise above the situation and look at it from a different point of view. Take the long look, fly around a while looking at things from that point of view, see situations and opportunities you hadn't noticed from the ground. From the long view see who or what else is looking for the same thing you are, and maybe you can combine your efforts. Rise above the issue, and yourself to get the bigger picture. Once you've done that you can take the following steps to clarify your goals and develop your strategies to achieve those goals.

- Close your eyes, relax, and allow yourself to be open to all possibilities.
- Imagine how you look when you have achieved your goal
- Feel success, feel the energy surrounding you when you discover that success
- Hear others around you congratulating you on achieving your goal
- Now move yourself right into that picture of success, feel your body shift and change
- Look back from that time of success to now, and notice the change in the thought process and the steps you took to get you to that success

- Notice how you decide differently
- Look and see what were the first three steps you took on your path to success
- Make a commitment to take those steps within the next three days
- Open your eyes, write down your commitment

And you are now ready to get going!