



Finding More Ease in The Moment

Today, I want to continue our discussion on finding more ease in the moment, and I will start by reading your poem from Danna Faulds called Self Observation Without Judgment.

"Release the harsh and pointed inner voice. It's just a throwback to the past, and holds no truth about this moment. Let go of self judgment, the old learned ways of beating yourself up for each imagined inadequacy. Allow the dialogue within the mind to grow friendlier, and quiet. Shift out of inner criticism and life suddenly looks different. I can say this only because I make the choice 100 times a day to release the voice that refuses to acknowledge the real me. What's needed here isn't more prodding toward perfection, but intimacy - seeing clearly, and embracing what I see. Love, not judgment, sows the seeds of tranquility and change."

I just love that. Love sows the seeds of tranquility and change not judgment. Most of us are full of judgment. And I see this with my clients all the time. Just this morning I was on call with a young entrepreneur. He was just talking about how he beats himself up, how he judges himself if he's not constantly achieving. And what we discussed this morning is that he has collapsed achievement with his identity. He's collapsed those together. And whenever you do that, it's a big trap. Because if you believe that your achievements tell you anything about who you are, you are going to suffer. You might feel pretty good when you believe that you're achieving well. But when you fail, when you make a mistake, when you believe you aren't measuring up, then you are going to suffer terribly. And I know this personally as well.

I'm seeing several high performing entrepreneurial clients, most of whom are men, and they are having incredible success. They're making so much money but and they feel like imposters. They beat up on themselves. They believe that they are their business. They come to me because they're suffering. And until we can tease that out and get a little bit of space between our true essence, who we truly are, and our achievements or accomplishments, or lack thereof, we are going to suffer terribly. And so I want you to get a little bit of space today between your achievements and who you really are.

I think of achievements as the game of life. Being very successful is a game, it's not who you are. It never has been and it can't be who you are. Your achievements, your successes or your lack of achievements or your lack of successes, tells you absolutely nothing about who you are. The true essence of who you are is divinity, is starstuff. It's life and love. And that's the place from which we want to move.

So I recommend to my client this morning that when he's feeling all of that agitation and annoyance in his words that that's simply and purely his alarm clock to wake up, slow down,



and to let all of that noise settle. Once he settles, I recommended that he then tap into his big, good, beautiful heart, his heart that is love, and to move from that place. And as we do that, then, we will experience more ease in this moment.