

What Are You Waiting For?

By Amy G. Martin APRN, RhD

How many times have you told yourself you were going to do something, something significant, but came up with one excuse after another for not doing it, giving yourself all the reasons why you couldn't do it, and then getting to the point where you lost all enthusiasm for your original inspiration?

Maybe this idea just popped into your head, or it is something you have been thinking about for years. We all catch thoughts that excite us, like changing careers, going back to school, taking a much needed vacation, patenting that invention you thought of, or doing something for someone else, making that call to apologize or make amends, take a month off to volunteer your services overseas, write that book, organize your life.

Why do we always find excuses? What mental obstacles stand in your way? Yes, despite any external situation or burden that seems insurmountable, it is the internal road blocks that are even more daunting. *Do you really want this or not?* Is it self doubt standing in your way? Are you comparing yourself with others and falling short? Are you afraid of failure, or even more fearful of success? It seems so easy to say, "Not now, I'll do it sometime later...when I have more time, when I have enough money, or when I know more." We all know the disappointment of people who procrastinated endlessly, never accomplishing those things they had really hoped for.

So the question is: "If not now, then when?"

What's it going to take for you to move forward with your ideas, so you can feel that you truly are the master of your own life? It seems that vision, confidence, motivation and the willingness to make mistakes, are the four keys to accomplishing anything.

1. Clear vision: When you can see, with perfect clarity, doing that which you desire, and sense with all of your faculties, what it feels like to have accomplished your goal, you are being a true creator of your life.
2. Self motivation: Maintaining the mental, emotional and physical energy to support a forward motion is what leads to success. It may take time, but it will be worth it.
3. Believe in yourself: Trust yourself to know that your idea is worth your time and energy. Find the self confidence to try something you've never done; it will make you feel more alive than ever before.
4. Be willing to learn and grow from the experience: Everything we do is an experiment, and even when things don't turn out as we expected, we can discover a better way, and hopefully gain knowledge about ourselves. We develop the understanding that any movement is better than no movement.

“If it is to be, it’s up to me”. When something is our idea, no one else will do it for us. The vision we have, comes from within us, and moves out into the world through us. We are the ones who must take full responsibility, take the reins and move ahead. Any forward motion comes from the belief that we are here in this life for a reason, to learn, to grow, to fulfill the measure of our creation and to share what we know with those around us. Whether yours is a small circle or a larger one, extending yourself out into the world is how anyone ever accomplishes anything, and that is a gift you give to yourself as well as to those around you.

So, be clear about what it is you desire, know that any effort in that direction will move you closer to your goal, enjoy the ride and learn as much as you can in the process. And so now, the question of the day is: What are you waiting for?

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