

Walk on the Wild Side: Smoothing the Road Ahead



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In your own way, love everyone from your past, including those who won't come with you to your future.

It's exciting to realize that every day we get to write ourselves a fresh script. We also get to choose many of the actors. And at certain times when we find ourselves smack in the midst of rapid change we get to write even faster.

Right now many people are enjoying the process of writing new life scripts and editing out pieces that no longer support the person they've become. As worn out value systems disappear and new ones aren't clearly defined we can feel a bit fuzzy about what and who to bring into our next chapter.

I can't help but feel that our capacity to love ourselves and others through change goes a long way to smoothing the road ahead.

Each person holds a lifetime of experience and enough inner wisdom they can convert to inspired actions once the fog clears, and it will.

Spring; *sighhhhhh!*..... long seen as the season of growth and renewal is finally here. Especially now while hope is being seeded into world affairs, it seems a fitting time to fertilize ourselves with hopeful, new beginnings.



photo: Jeff Moore

I have yet to meet anyone who has experienced life without going over some rough spots. It's a twist to realize that in most cases we create the bumps ourselves. Said another way, we stop ourselves when we believe less in ourselves than our Selves deserve from us.

Like a rose blooming under a rock, our talents can be unseen and unappreciated until we realize we need to remove the rock.

I presume that a majority of families, work situations and friendships include some amount of drama. Most likely each of us remember experiences that were heart warming and funny and others that hurt if we took things personally which most people do.

Many current books and thinkers agree that one way we can smooth the road ahead is to come to easy terms with our past. I can't remember who spoke this gem, "*Very little is personal unless we make it so,*" but it might ring true if we give it time to sink in.

Whenever you follow through by changing a long standing feature of your life you also adjust your past. I can hear you say, "Impossible", but maybe not. When you let go, I mean really let memories gooooooo, energetically you rewrite your personal history and alter your memories by making them as delicious as you want them to be.

It often happens that the first bump you hit is a heap of cultural conditioning designed to halt you in your tracks. Perhaps our poorly fitting pieces are exactly the ones we can't imagine letting go, so we don't. Or possibly some of our awkward pieces are agreements we made with people who don't want us to change the conditions, so we don't.

There's enough evidence to conclude that we become exactly what we repeatedly do. So if we would love ourselves enough to do only what we loved to do, wouldn't we love doing everything we did? Does this sound smooth?

Any type of event can prompt us to clear out our emotional antiques and to hold the mirror up to ourselves once again. And those feisty souls who do align their relationships and responsibilities gain rich insights into their power to love.

You are as unique and as changeable as any star among the billions and billions of stars forming the billions and billions of galaxies. And the same is true for each person you meet from the beginning to the end of your lifetime. No one can halt change but each of us can choose if and how we will adapt.

Especially now as most of humanity is facing uncertainty it seems important to set a greater intention that we release certain ways that are no longer useful. Understandably, everyone won't choose to become comfortable with the inevitable changes ahead.

There's hope that reviewing the what, how and who of our lives as a way to achieve greater balance only strengthens everyone. Whatever it is we need to let go we can release with love. And once we stop second guessing ourselves into exhaustion our scripts will become transformational.

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