

## Walk on the Wild Side: Outrageously You



Let today be the day you start doing you. And let the world accept you and get used to you. Lisa Nichols

Jennifer Burrows

How might you experience life if you decided to be outrageously you in every instance? I can hear you thinking, "Ridiculous, of course I'm me. From the instant I landed on this planet I've been me because here I am, for all time, in full living colour, me."

I thought I was consistently and completely me until a simple event prompted me to take a closer look. Certainly there were earlier prompts but this one caught my attention.

A while back I found myself listening to someone describe his daring dos and his increasing passion for unpredictable adventures and new challenges. And while I truly value what makes me tick, in this situation I felt as inspiring to me as a closed book.

This started me wondering what had happened to the creative, spunky kid who was determined to individualize, follow her passions and approach life head-on. Here in place of that explorer stood someone clearly choosing to keep insightful and thought-inducing ideas unsaid. On this occasion like others I was holding back by not 'talking me'.

Clearly I hadn't brought my whole self to this party. And why would I choose to keep the unique and individualizing parts of me hidden like the shy kid who retreats to the corner when asked to sing for Grandma?

It came to mind that in certain situations I was afraid to be everything I am because I was more comfortable being a reduced, subdued version of me. This shift happened every time I allowed a critical voice to pop into my thoughts sufficient to cork my spontaneity and willingness to speak outside the box. It also happened whenever I gave too much weight to someone else's truth or their manner of expressing it.

"Good grief, Charlie Brown. Just because something is said with a loud voice or a convincing tone doesn't mean it's true".

Since discovering this cosmic joke, I've helped myself to live joyfully and creatively by taking very little personally, reducing my sensitivity to external events while increasing my inner alertness. It's a process of changing guidance systems, getting over oneself and stepping past the comfortable edges.

It's widely known that the thoughts and actions we choose today form our most powerful determiners of tomorrow. Take a minute to imagine. What might you experience as the fully expressed, outrageous you?



I often wonder if there's a higher purpose to opinion. Rather than to hold us down, might opinion help us to identify what is authentic within us and to find the unique voice that speaks this freely.

I like the way Oprah says it, "Life is about finding a way to live your own truth."

*"Like a snowflake .....*



*We are the beauty of one." (Kathleen Arnason)*