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The Things That Go Pop! and Perceived Obstacles

You've spent some time remembering what you loved as a nine-year-old.

You've identified at least one word, a label bestowed on you when you were younger, likely not in a positive light!

You understand the Transformational Voice® Cycle of Breath-Based Vocalization.

And you've completed your ME NOW exercise, walking yourself through a perfect day in the life of your authentic self.

Now it's time to identify one to three things that jump out at you and go Pop! – This is what I want to bring to the Wish-weaving mastermind group!

The best way to identify where your authentic self wants to go next is by your feelings.

Read through your ME NOW perfect day. What first new reality really grabs you? How do you feel when you read and envision it? As you continue reading, are there more aspects to your ME NOW reality you can begin implementing right away?

List one to three here:

This Pops!

How I feel about this:

Our minds have a way of going from “This is what I really want!” to “I can’t possibly do this because...” quicker than you hit the brakes when you’re speeding in a 35 MPH zone and see flashing lights from a police car in your rear view mirror.

This is how our mind works, which is why we train our mind and those unbidden thoughts. To quote Martha Beck, one of my favorite writers, we need to treat our mind and thoughts like we would a new puppy who isn’t fully house-trained yet. Picture that puppy, right now. Is she a yellow Lab? He a Border Collie? An English Mastiff, Chihuahua, a mixed breed mutt from the shelter?

Treat yourself, mind and thoughts with love and patience, just like you would that puppy. You wouldn’t kick the puppy. Don’t kick yourself.

This is how we and our puppies look at perceived obstacles:

I could do X if it wasn’t for Y.

X = Dream, desired change.

Y = Perceived obstacle.

In my experience, **Y** is almost always something outside ourselves. Money. Time. A family member. A boss. What we perceive as lack of talent or experience.

For example:

There’s no way I can be in a play now! I’m too old and I’ve never acted before. I’d be laughed out of the audition.

Sure, owning an antique store would be great, but there’s no way my husband would support that. I’ll just keep refurbishing furniture here at home.

Traveling to Italy is a pipe dream. There’s no way I can afford it.

Once you move forward with your dreams, with the support of your Wish-weaving Circle, those perceived obstacles start to dissolve.

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All

sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way. I learned a deep respect for one of Goethe's couplets:

*Whatever you can do or dream you can, begin it.
Boldness has genius, power and magic in it!*

-W. H. Murray

*Someone tells you about an audition at a new community theatre inviting all ages and experience levels.

*At an estate sale you wandered across, you meet an antique aficionado who befriends you.

*That antique aficionado's wife is a travel agent, who knows the best time to explore Tuscany, Rome and Positano at the most affordable price.

This is what happens when you commit.

How committed are you right now?

Be honest with yourself about this. If you're not fully committed right now, today, you might be tomorrow. Or two weeks or two months from now. Just be honest with yourself about where your commitment level is right now.

Then, move forward.