

Discover the Power in You

Potential - Your Biggest Enemy



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We all have infinite capacity to perform extraordinary things in the world. We all, to one level or another, have infinite potential. Now while that can be a good thing, I offer to you that it can also be your worst enemy. Let me explain. Potential can be a dangerous concept. It can keep us stuck. The ego can always use the concept to keep you living in the future and not realize your magnificence today. I speak from experience. Potential can sometimes be a cruel joke. We are afraid today because we are afraid we may not be living up to our potential. There is no difference in potential of those who allow their lives to happen today and to those who do not.

Own what you are capable of now! Allow it to happen now. What we are afraid of is the light. We are not afraid of darkness. Darkness representing itself as pain we know, darkness representing itself as limitation we know, darkness representing itself as scarcity we know. These are our habits. We have learned to make do with them. But the light scares us. Because on some level, the ego realizes it would be overwhelmed by the light.

Potential can be used by the ego because what's our potential can hold us back. One day I'm going to... Once I get a little better at this, watch out... I just need a little more time to develop this... You see, with thinking like that, you'll never get to where you want to go. The greatest gift we have now is what we have to give to the world now.

I'm sure some of you have felt just like I have. An immense pressure on the inside waiting to burst out. Like a sprinter waiting for the gun to go off. That is because we feel at some level we were born to do great things. And we were. Everyone reading this at one time or another has thought they have had the capacity to perform greatly in the world. And you do have that capacity. Conversely, we can feel that the life lived small is a betrayal to ourselves. Funny thing is; the person holding us back is ourselves. It's nothing on the outside that is doing it, but rather things from within. In the words of Maryanne Williamson, "We're afraid to open the door and let it roar."

Fear is the great betrayer of self. The only way past fear is for a miracle to happen. The miracle is a shift in perception that you can do something and don't need to wait until some point in the future when you will be better prepared. The only way to live our potential is to live fully as we are in the present. Be yourself. There is no need to impress anyone or to think we have something special. Just give yourself permission to be. That is our gift to the world. There is nothing wrong with saying this is who I am and this is what I bring. The state of being is one of releasing the past and releasing the future. When we give up our defenses we have the opportunity to burst out and be our potential today as long as we do it honestly and with humility. As we live life that way, we blossom.

The power within is the power you have to fully heal yourself and others. You have the power to be brilliant. You have the power to be and do beautiful things. In most of us there is some internal key that hasn't been turned. It has nothing to do with either talent or the power we have in the world. It has only to do with what permission we give ourselves. Not in terms to think where we are going, but where we are right now. Not that we are manifesting our potential, but rather that we are giving ourselves permission to do it now. Don't wait for your potential. Know that what you have right now is good enough. Give yourself permission. Allow it to happen.

Join me Sunday, August 15th, 10:00 am at Unity of Ft. Lauderdale (1800 NE 6th Court, Victoria Park, Ft. Lauderdale) when I will talk about Discovering the Power in You. I will also introduce two workshops on Thursday, August 19th and Thursday, August 26th. For more information call (954) 779-7024.