

Sometimes We All Need A Little Push!

by Claire Knowles

There's an inspirational and heart-touching video from Simple Truths about the mother eagle having to **push** her fledgling eaglets from the nest that is situated on the highest pinnacle. It is the hardest thing she has to do, because the eaglets have never flown and there's only one chance to get it right. It's a test of courage and a tribute to her inner knowing that in order to be an eagle and fulfill the eagle destiny, her eaglets have to fly and then, and only then, will they soar! She has to trust that there will be sufficient wind beneath their wings!

Sometimes each of us needs a push too. A push to set personal and professional goals. A push to follow-through. A push to move forward with a leap of faith. A push to do what we know we need to do. A push to get on with it! A push to start again. A push to move something through to completion.

There's an old story of two coaching gurus, (made famous by Joe Vitale in The Key). The one guru is well-experienced and the other a novice. The novice asks the elder, "Why is it that when I coach someone and they say they are going to do this or that, that several weeks later I find that they haven't even started to do this or that? Instead, they've just muttered the words of wishful thinking and there's been no real action?" The wise guru shared "That is because they just aren't hungry enough." The novice then asks, "Well, how can someone become hungry enough to do what they say they really want to do?" The elder guru then shared, "Something else is feeding them....and you have to find out what that is....because until they are ready to stop feeding on what is keeping them in their current state, they'll not be hungry enough to act; their words of intention and their actions will remain in conflict."

The moral of the story: Perhaps you need a push to get you started toward your goals. Get really clear on what it is you really want to have happen, to do or to be. Then find out what is keeping you stuck right now? What's feeding your present comfort zone? What's kept you from moving forward before? Whatever has been keeping you from moving forward needs to be worked on...at the same time... as knowing what you must do to move forward. There are chains to break; and there are new things to do!

Then, start anew!

Be the person you are meant to be...fulfill your destiny...just as the eaglet has to learn to fly before she can soar, so you can succeed at the change you're focusing upon...with just a little push from your inner personal courage. Go! Don't be afraid of falling...there's wind beneath your wings!

We have all walked the high-wire of circumstance at times.

We recognize the gravity pull of the earth, yet we choose not to fall.

~Martha Graham (dancer & choreographer)