

Hiding Out?

- By: Barbara Bassill

When I went for a walk the other day I had an incredible revelation about some aspects of myself that I wasn't aware of before. I also realized that this is something many women have in common.

Most of my life I have been considered a "go-getter" or a "doer." However, at one point in my life a very dramatic experience took me for "a real ride." I began to feel fear, experienced anxiety and at that time, unbeknownst to me, placed some major judgments on myself.

I realized that as much as I thought I was fulfilling my life's purpose, living my dream and manifesting my goals, I really wasn't. I saw a pattern emerging. I was hiding out! What was I hiding from? Why was I hiding?

I know how to act, like many women, so the "world" believes I am "doing and creating," when in reality I was just acting like some kind of "Tinker Bell" and spreading "Pixie Dust" all over my actions, so they looked all sparkly and great. Many of us have our special ways of spreading Pixie Dust to look good or we choose to hide out in different ways that may not look so good. One of mine was cheese and wine and if those were not available then chocolate or ice cream would do just fine.

Once I recognized that I was hiding out or actually numbing my feelings, I dug deeper to see what was holding me back and why I was hiding out. What came up for me was a feeling of un-deserving. I questioned my confidence and ability to do what I deeply wanted.

During this fateful walk that morning, I realized that if I continued to do this and to live like that, I would die without having given myself the chance to let my light shine. That would be a terrible pay-off for hiding out. My life and my dreams were more important to me in that moment than all the fear, angst and anxiety I had experienced for years.

Like a Phoenix out of the ashes or as I often refer to like a caterpillar coming out of its cocoon and turning into a butterfly, I pulled myself out of fear and anxiety and into the loving, the light side and into the willingness to live my purpose and manifest my dreams.

It was not too late — as my fear tried to convince me — it is never too late. We deserve to be who we are destined to be. All women deserve to live the life they are passionate about.

I am also a mother of three and when my kids learned to walk they often fell down as all little toddlers do. I would gently pick them up, smile and encourage them to try again.

This is what each of us deserves to do for ourselves: to be gentle, kind and encouraging. With our willingness to take action (sometimes in baby-steps) create that which we really want in our lives. In this way we change our patterns and manifest our dreams and goals.

To move forward here is a delicious recipe that when followed will come out like the yummiest dessert:

- Ask yourself if there are some areas in your life where you are hiding. It could be family, career, relationship, finances or your health.
- Discover how you are hiding out. How do you do it? What do you do?
- Are you possibly keeping overly busy?
- Are you staying away from the gym and instead choose to work, or meet friends or get a cookie to eat. Have the loving willingness to take action, corrective action, choose to say to yourself “I deserve to live with joy, in joy and do that which brings me happiness.”

These three steps below will help you along the way. They are the road to manifesting your dreams:

1. Make a list of where you are hiding out. Does not have to be perfect, just anything to start with.
2. Write out why you are hiding out. This is an inner question; the answers will come from your heart.
3. Sit down and create your recipe for happiness, joy and abundance in your life by starting out with 3 simple steps to move you forward.

This process is actually a lot of fun. Let the inner creativity come out. Creating your vision for your life and allowing yourself to win in your mind's eye, is a splendid feeling.

My suggestion to all of us is:

Do this in baby-steps, little by little. It's a cinch by the inch. After a while, you will create and manifest exactly what you wanted and with this begin to feel really good about yourself. Then you will see the rewards and the good feelings will get bigger and bigger. And then you can pass it forward, either to your kids, your friends, or anyone you choose to. You will be an angel to yourself and others!

Women and mothers are strong and brave and we deserve to manifest our lives the way our heart tells us to.