

Who Did You Use To Be?

By Barbara Ashcroft B.A.M.ED.

Are you really in touch with your authentic self? We all start out in life with longings and interests that often get pushed aside for what we call "life". What was it that stirred your heart at 6, 10, and 15? Do you even remember? What were your childhood aspirations? Have they been buried so long that you can't even recall them?

In her book, Something More, Sarah Ban Breathnach encourages us to become our authentic selves. She points out that our lives at this moment are a direct result of choices we made once upon a time. "Conscious choice is creative, the heart of authenticity-unconscious choice is how we end up living other people's lives."

Sometimes we make choices based upon what we think we *should* be doing, what our parents wanted us to become, what society has encouraged us to pursue, what we feel we need to do to gain prestige, power and status, and of course we chase after the best job that will afford us the luxuries of our consumer-oriented materialistic culture.

But have you ever asked yourself what truly brings you joy? Something more is needed to fill our spiritual hunger. We often feel that something crucial is missing, but can't figure out what it is. What is it that will fill this sense of emptiness? Sarah suggests we ask ourselves, "If I died tonight, what would I regret not having done today? If we are to lead deep, rich, fulfilling lives that are anchored in what's important, what's precious, what's real, so that our souls can soar, **passion** must fuel our flight."

Are you settling for a passive, rather than a passionate life? We often lose ourselves little by little, day by day settling for "something else" instead of Something More. Sarah reminds us that, "each one of us has enough power embedded in our being to set the world on fire." Many of us have that "someday" syndrome. Someday I'll write a book. Someday I'll start my own business. Someday I'll take up piano. Elizabeth Kubler Ross points out, "when you live as if you'll live forever, it becomes too easy to postpone the things you know you must do."

Someday comes sooner than later.

"It's a funny thing about life. If you refuse to settle for anything less than the best, that's what it will give you."

W. Somerset Maugham

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