

Greater Potential

Are you living to your greater potential?

We are all born with a mind boggling amount of potential! As we grow and experience the ups and downs of life, we are molded and shaped by our experiences. The people we grow up around, the values, and society we are born into greatly influence who we become.

In psychology, it is said that we are really only using approximately ten percent of our full potential. That's a whopping ninety percent deficit. There is so much wasted potential in the world.

At some point most of us reach a time in our lives where we feel disgruntled and stuck in some way. It's at these times of dissatisfaction and discomfort that we start to dig a bit deeper inside ourselves. It doesn't feel good, but perhaps this inner search has a necessary and positive side to it.

If we look back on history, people like Alexander Graham Bell, Albert Einstein, Plato, Wolfgang Amadeus Mozart, Claude Monet, Edgar Cayce, Mahatma Gandhi just to name a few; we look upon these people as having extraordinary talent, we think of them as exceptional, which of course they were... however, what if we are all born with this incredible potential? I believe we are!

What did these extraordinary people do to tap into their greater potential? What is greatness? My definition of greatness, is someone who dares to listen to their innate instincts and to follow their inner promptings, and then match their rising inquisitiveness and passion with action. To follow through on their deeper desires with heart and perseverance... that's how "greatness" is born.

We tend to live to our lesser potential rather than our greater potential and I have often wondered why this is. What stops a person from living to their greatest life potential? From my own personal experience and after many years of working with people in this area, I have come to the conclusion that we are frightened by the possibilities of our greater potential.

Every person has their own gifts and talents, and those gifts are unique to that individual. When you become aware of an inkling, a feeling inside you that is "calling" you to do something; that's it, that's your own unique potential calling out to you... *come this way, yes, yes, yes!* It's your guidance system telling you it's time to uncover your unique gifts and talents and share them with the world.

And then there's the other part of you that says, who am I to do that? What do I know about that? What right have I got to do that? That smaller part of you is the culprit that quashes your greater potential.

Your greater potential is sitting in wait, longing for you to gather up your courage in your old kit bag and smile, smile, smile. Will there be fears to face? Yes, there will. There will also be excitement, aliveness, passion and ultimately, freedom. Yay!

Stepping into your greater potential can mean many things for many people, it's really about tuning into yourself, listening deeply and then taking action. You never know what you are capable of until you try. What have you got to lose? Absolutely nothing, at worst you can only end up in the same place you are now, but at best you can step into your greater potential and fly.

This powerful piece of writing by Marianne Williamson, which was read out as part of Nelson Mandela 's 1994 inaugural speech, says it beautifully.

Our Deepest Fear

By Marianne Williamson

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.

We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you *not* to be?
You are a child of God.

Your playing small
Does not serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.

We are all meant to shine,
As children do.
We were born to make manifest
The glory of God that is within us.

It's not just in some of us;
It's in everyone.

And as we let our own light shine,
We unconsciously give other people permission to do the same.
As we're liberated from our own fear,
Our presence automatically liberates others.