

# ONWARD & UPWARD

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*The future is unwritten – write your own*

One of the single most positive things we can do as individuals is to lean ourselves away from being dominated by anger and fear, to instead being inspired by Love; and I congratulate you for doing just that ... choosing that better ‘way’ and naturally making more valuable choices, nurturing not only yourself, but everything around you.

You can’t always foresee the long-term results of your thoughts, words, actions and habits, but you can feel their worth, through your ripple-effect.

This isn’t the end, it’s a beginning; so keep on showing up, stay aware, accepting and understanding, and apply yourself towards your own personal mastery. It doesn’t all fall into place overnight, but it does when you repeat and refine what you do over time.

Life can be as broad as you want to make it and your experience can be whatever you choose it to be. This human world has been shaped by people just like you, with the same or similar wants, needs, desires and dreams, doubts, worries and fears, and you, like them, don’t have to spend your time just fitting in.

Those who have gone before you with a smile on their face often didn’t. Learn from the past and create a future that fulfils you and others, and most of all, do it now. The ripple-effect you are now producing has you taxiing down the runway ready for lift off so ...

***Decide who you really are and who you are going to be,  
and then direct all of yourself into being just that.***

What things do you want to change, influence, improve and create? Start answering those questions and things will never be the same. Poke, prod, mould and explore as you journey down the path before you. Life truly is what you make it, so embrace it, revel in it and leave your corner of the world that little bit better than where you found it.

Go forward with your heart in your hands offering yourself and others love. Pour it into your thoughts, words, actions and habits, and feel the darkness slip away as you help yourself and others find their way to 'smile at fear' as it drifts on through.

Yes, you will fall, yes, you will trip, and yes, there will be bumps in the road. That is where faith, love and gratitude are there, waiting to embrace you as you build character by picking yourself up and going again.

As you run into uncomfortable situations, always know that however far out of your comfort zone things may seem, you have a little magic to fall back on in the shape of the following question ...

*How can I share the best of myself with this moment?*

... a question that helps you shift your perspective away from the conditioning in our society, which normally reads ...

*"What can I get from this moment? ... What's in it for me? ... What advantage can I hold over another? ... and ... How can I then hold onto that by any means necessary?"*

That shift of perspective away from the agenda of ... *"What do I need to give to get? ... or ... Get to give? ... to ... How can I share the best of myself with this moment and those around me?"* ... opens up endless possibilities, and from that intent to 'share' rather than 'take', flows an energy launched by love, instead of one pushed by fear.

Seriously, what kind of wonderful world could we find ourselves in if groups of like-minded people moved past the need to 'get something' and came together with a common goal and no more agenda than preparing and sharing the best of themselves in the moment?

## *A Little Help Along the Way*

It's a magical place where every thought, word and action is set to creating flow, feeding everything your ripple-effect touches on its way out, returning to you over time, with exactly what it seeks ... true fulfilment and abundance.

By now, I'm truly hoping that *The Ultimate Power of You* has offered enough of a taste of what 'your way' can be, to stimulate you to live above the rule of that inner serpent of discontent that can writhe away inside you.

Keep at it, stay focused and keep on striving, but don't take it all too seriously. Learn to laugh at the little things and make sure you set yourself up to enjoy the journey. In the grand scheme of things, we're here for such a short period of time it's tragic when it becomes all so business-like that we have to book in time to stop and smell the roses.

*Experience life as it was, is and will be, and revel in the journey.*

Don't wait to smile and laugh, do it now, and please stay in touch with me and share your stories. I love to hear about people's adventures and how they are reaching out for their dreams.

Don't wait for us to meet by chance; share your story at [www.theultimatepowerofyou.com](http://www.theultimatepowerofyou.com) or any of the other countless media that are there to connect on.

That contact between people on similar journeys has immeasurable value and can sometimes, more than anything, be the lift that someone needs to re-energise themselves and set their ripple-effect flowing again. So not only stay in touch with me, but connect with other people too, who just like you, are willing to learn and grow. Seek them out, share your story and listen to theirs.

Never underestimate the power of like-minded people putting their heads together for the betterment, not only of themselves, but even more significantly, for that of others.

*Here's to living with Love as Our Guide for Life ... PLH*