

Unblock Your Life – the World is Waiting!

By Jeanne Loehnis

Are you ready to blossom into the amazing uniqueness that you are? Or do you believe that “living large” and “creative expression” are for someone else while you follow the norm and do as you are told?

Do you desire a life with more freedom and joy yet find yourself locked into caring for the physical demands of home, family, health with no energy left over for the extravagance implied by the words like “joy” and “play”?

Do you long for the day when it’s your turn to receive, to nurture your inner spirit?

The freedom to live life creatively, to discover and develop personal talents, to honor our individual perspective is not just possible, it is a *responsibility*!

Each one of us has been gifted with one life, one chance to have an impact on this amazing world we live in. Following the leader and doing as we are told have their place. But, without the original ideas, creative thinking, and action steps of all who have gone before us, we’d still be living in caves!

What is yours to put forth into the world? Are you ready to find out?

Creativity, self-expression, and the confidence to share it with the world begin with attention to body, mind, and spiritual health. Opportunities abound in the areas of fitness, healthy eating, massage and other natural healing modalities, intellectual stimulation, and spiritual support. Going one step further, by honoring our emotional body, paying attention to its joys and sorrows, fears and anxiety, we find ways to release all that blocks us from living full out and offering our gifts to the world.

Author Julia Cameron, in her book, *The Artist’s Way*, guides the reader through discovering, uncovering, and releasing the old tapes, messages, and beliefs that may have worked at earlier points along our life journey but now simply serve to block us. She encourages an inner journey as well as play and “artist’s dates” in order to embrace and develop the very personal, creative spirit that lives within each and every one of us. Hers is also a spiritual walk as the reader learns to trust that time, energy, and support for self-expression really do exist.

Julia also reminds us that we are not alone. Navigating our way to emotional health and unblocking our inner resources is best done with the support of others. “Believing mirrors”, as she calls them, are those persons who encourage us, who listen, and who themselves value wholeness and health from the inside out.

Some of us are fortunate to have such persons in our circle of friends and family. Others find them in 12 step programs and support groups. Group exploration of *The Artist’s Way* is another option for bathing yourself in an environment in which your creative, childlike

spirit can safely come out to play. If you are fortunate enough to be able to work with a personal life coach whose purpose is to guide you to uncovering the answers within, then you are well on your way!

It is your journey, your life! The world around you is waiting for the unique ideas, talents, and skills that can only come through you when you are free to unleash them. Let go of any old messages that imply it's not okay or that you don't have time. Gift yourself now with some simple, healthy, playful activities. Nurture your inner spirit with time and attention.

Discover your amazing uniqueness and trust that the world is waiting!

Jeanne Loehnis, Life Coach, Artist's Way facilitator and spiritual singer/songwriter, shares her uniqueness in many ways. Check out www.SongsForYourSpirit.com to find Artist's Way offerings, musical experiences, and to learn how life coaching can support your personal journey. Contact Jeanne at SongsForYourSpirit@new.rr.com today!