

The Energy of Success

Aligning with Greatness

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Everything has energy. Even our words and thoughts have energy. They, too, create a response in the outer world. The need to compare ourselves or *measure up* to others creates a profoundly negative energy that affects our ability to succeed. Aligning with our Greatness requires that we release this need to compare.

Somewhere we learned to judge our success by comparing ourselves to others. Whether it is how our holistic health practice is doing compared to someone else's or how busy "they" seem to be versus how busy I am. We seem to get stuck on how we *measure up* against our competition - why someone prefers their service over ours - how much money someone else is making versus what you earned - or how big their home is or the car they drive versus the one you own. This can make us feel as if we are never going to reach our goals - leaving us disappointed as we strive to be like someone else instead of being Ourselves.

Comparison creates the energy of frustration, discontent, and letdown -- polluting our path with an energy that drains us from the life force necessary to create success. We compare ourselves to others even though our needs and desires are different from those to whom we compare ourselves. Spending useless time comparing apples to oranges takes us further away from reaching our real goals. This treadmill of *measuring up* to others' definition of success is never ending. It creates an energy of *lack* and *judgment*.

Untangle yourself from this sticky web that keeps you trapped in someone else's definitions by stepping out

of the energy of comparison. Right now release the negative mindset that continues to create limitations for you and your growing practice. Your success is all about You, not them. Align with Your inner Greatness that is naturally a part of Your make-up. Focus on your inner strengths that fire your success engine. Begin by asking yourself -- *What does success mean to me? What is my ultimate image of how success looks in my work life, home life, and relationship life? What are my strengths? What is unique about me and what I have to offer in the field of holistic health? In what areas do I need to improve and what resources are needed to help me to improve in these areas? How can I effectively use my inner and outer resources to reach my goals?*

Count your past successes. Acknowledge them and smile. Align with the Greatness that is uniquely you. Let the energy of those successes stoke the internal fires to energize you to move forward. Step into the flow that comes from within and let it guide and direct your next steps. Align your mind to consciously choose the ideas and thoughts that support only success.

Make sure that you are being realistic with regard to your goals based on where You are, the energy that You are investing toward your goals, and the amount of energy needed to accomplish your goals. Remember timelines are guidelines. Pressuring yourself with strict timeframes compresses energy and can drain you of the valuable energy that you need to accomplish your goals.



YOU are an incredible, brilliant, and creative person. Release the need to compare, *measure up*, or judge yourself. This will free your energy and allow you to express your gifts, wisdom, and creativity that are uniquely you. Success will define itself in its own distinctive way, which may not look like anything that anyone else is doing.

While you are holding the image of success for yourself see the entire holistic community finding success. When each person lives up to his/her potential, we are collectively able to help heal and transform the communities where we live and work. We are here to celebrate the success of each practitioner.

The world around us is constantly changing. Therefore, we must continuously evaluate our goals and change accordingly. The energy of Greatness is within each one of us and is waiting for an opening to be released into all areas of our lives. We can open that door now and align with this Greatness or continue to wait another week, month, or year as we look to others to define us. Answer the call for Success by aligning with the energy of Greatness within. €