



LIFE AND LIVING

Written by Elmarie Möller

We know that everybody dies and every time it is the **BIG** reminder to say yes to life itself and to allow ourselves to start living, every day. They say that it is not death most people are afraid of, it is getting to the end of their life, only to realize that they never really and truly lived.

A study show that the biggest regret always comes down to the things we didn't do, the risks we never took and those amazing dreams we never pursued. We will always have dreams, but what dream will encourage you. What is holding You back, what do You not know about Yourself?

What will Your last words be ... We don't know ... We are still alive ... with all the opportunities and possibilities available to us ... We still have time ... time in this life to start living.

Please wake up and realize the real reason why You were born, why You exist. Life is so much more than just work, paying bills, big houses and fancy cars. What is Your gift, Your talent ... who are You ... what have become of **YOU**? What is needed in You and needed in your LIFE to allow Your dream? What level and amount of courage is needed for You to become You? And not allowing Yourself to slip and fade away, again.

Be Your own power machine. Cancel all Your storage reasons, the hiding, the protection of placing Yourself behind the curtains. Come out of Your comfort zone, You were not build to be put in storage. Power machines are born and build to bring change, to grow and to work. Don't stay where you are, start walking, use Your feet, Your hands and Your brain ... allow the power machine to be alive again. We are

built to fly, gaining from the experience of falling.

We cling to the norm, the small world, the zero development, the no thanks for opportunities and challenges ... always dreaming in blame, fear and shame of the possible new. Take off, don't live on the ground, live the dream of life. The biggest and most dangerous thieves are people's minds, it is called doubt with those powerful excuses and reasons.

Doubt has killed more dreams than life ever did and possibly will. Doubt is like the COVID we experienced, the deadly virus. It leaves you blind, divided, filled with guilt, keeps You stuck. It cancels all possibilities, telling you whom to fear and whom to blame.

Guilt is the act teacher. You act in a way that is not allowing change, growth and progress. You want to make a career change ... You want to get in shape ... You want to be successful ... You want to be happy ... You want to be a better partner... You want to stop the bad habits. A lot of wants, yet there is no action.

Love is the lesson. Learn to love Yourself ... accepting Yourself ... be the real You ... be specific ... chasing Your goals ... be on Your phase ... leaving behind Your victim mindset ... finding Your spark ... be Your excitement ... be Your reason to move forward. Stress, depression, fear and tired will always be part of life ... keep going, stay focus, move forward... choose Your pain.

Sing your song, every day, every time ... anywhere. Apply the rule of forgiveness ... stay busy with just Yourself.