

**HAVE YOU EVER LOOKED** at the moon through a telescope? It's awesome, depending on the strength of the telescope you can see so many details. All the things you thought were there but when you looked with the naked eye you couldn't see.

If you move the telescope slightly you can quickly lose sight of the moon, it may take you quite some time to refocus. *Extract from 'Wellspring' – finding the source within. Author Sylvia Marina*

This is true in our whole-of-life experience too.

When we shift our focus, even slightly, it will make a significant difference.

**Beginning with** our essential self, from the moment of conception certain values and expectations are instilled in us. These influences, impose beliefs that are not necessarily ours, they emerge from external (parents, teachers, society) sources not from the inner self.

**Think about this.**

If your beliefs and values from external sources have restricted your personal growth, limited future opportunities, clouded over your capabilities and influenced unhealthy behaviour you are imprisoned by your role model's view of the world, beliefs and limitations.

If what you learnt by rote creates conflict with what you believe in your inner heart you will struggle with your own truth and knowingness of what you are **truly capable** of. You doubt your own wisdom.

The moment you realise the significance that limitation has in your life, from this moment forward take responsibility.

Purposefully adjust your focus, and your life direction will change.

**There is no blame!**

In this short article I mentioned parents, teachers, society!

From their perspective 'in the moment' each acted or reacted with the capacities they had at that time.

The only **reason to glance back** is to benchmark your forward progress.

I've worked with thousands of people of all ages and varied walks of life and in reflection, without exception all wish they had done different.

**Self responsibility.** With the options for self education and personal change available, there is no reason for us not to shift focus –just a little bit, and 'do better now'.

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HELPING PEOPLE THROUGH TIMES OF CHANGE.

*'Wellspring' – finding the source within. Author: Sylvia Marina.*

Available from our office

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