

EVOLVE YOUR FUTURE

Written by Sylvia Marina, Master Trainer and Personal Development Mentor.

What life-long goals and dreams do you have for your life, health, relationships, spirituality and wealth? Are you actively pursuing them?

Or, are they squirreled-away at the back of your mind for another time, another season?

I'm writing to you from my sister's home in Auckland, New Zealand.

So much has happened in our lives since the recent sudden passing of her husband.

It is in the clear thinking moments and the in-between moments of times like this that internal questions regarding life and what it truly means to people like you and me, that more is revealed. And it is in resolute moments that our life path is clearly visible and our purpose refreshed.

December is often a time of awakening as people think of family and friends and prepare their homes for celebration. Last week as we prepared for the celebration of my brother-in-laws life so many remembrances came to light. People spoke of the gift he had given and how those life-skill gifts would live on.

Sad it will be, if today in the times of life-reflection we revisit life-long goals and dreams and as tomorrow dawns we commence the day with clarity of purpose and then, slip back to sleep, back to the known life.

Are the old ways really what you want?
Are you really living your best possible life?
Are you repeating self destructive behaviour over and over again?
Do you have a clear direction for your life?

One thing I know; as a child I was a 'sometimes sleepwalker'.

In my adult life I know it is up to me to purposefully 'evolve my future'. I also know you don't do that unless we consciously wake up to our behaviour patterns.

Are you a 'sleepwalker', a wanderer of life hoping that life will turn out the way you daydream about it.

Many people are physically awake, yet living unconsciously!

Have you ever seen people who have no clarity in their life? Living on a day-by-day basis, never thinking about the future or what they really want or the message they could be instilling into the lives of those around them? These people are not able to articulate what their life is about. Every day, they are just running around doing various activities such as working, playing, partying, sleeping, but none of it has any relation to the bigger picture of life. They are not fully aware of who they are, or the larger context of life that they are a part of and their real purpose in life.

If you identify yourself as a sometimes aimless sleepwalker and wish to stop living other people's vision and goals; if you have a desire to evolve and express your life more effectively so that your life becomes a gift that inspires the life of an observer, you can begin now.

We help people connect to their inner quiet space where you can unite and be at one with your purpose, to be clear on your life's path and become 'The Gift' and Master of Your Life.

HELPING PEOPLE THROUGH TIMES OF CHANGE.

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