



## Showing Up For Life, by Author Unknown

The way we walk into a room says a lot about the way we live our lives. When we walk into a room curious about what's happening, willing to engage, and perceiving ourselves as an active participant with something to offer, then we have really shown up to the party. When we walk into a room with our eyes down, or nervously smiling, we are holding ourselves back for one reason or another. We may be hurting inside and in need of healing, or we may lack the confidence required to really be present in the room. Still, just noticing that we're not really showing up, and having a vision of what it will look and feel like when we do, can give us the inspiration we need to recover ourselves.

Even if we are suffering, we can show up to that experience ready to fully engage in it and learn what it has to offer. When we show up for our life, we are actively participating in being a happy person, achieving our goals, and generally living the life our soul really wants. If we need healing, we begin the process of seeking out those who can help us heal. If we need experience, we find the places and opportunities that can give us the experience we need in order to do the work we want to do in the world. Whatever we need, we look for it, and when we find it, we engage in the process of letting ourselves have it. When we do this kind of work, we become lively, confident, and passionate individuals.

There is almost nothing better in the world than the feeling of showing up for our own lives. When we can do this, we become people that are more alive and who have the ability to make things happen in our lives and the lives of the people around us. We walk through the world with the knowledge that we have a lot to offer and the desire to share it.