

Life is a Journey

By Jeff Eisen

Life is a journey. Although we have heard this adage often, not many people are able to truly live it. Most of our conditioning has taught us that life is more like a race. Life tends to be about competition and getting ahead. We get caught up in accomplishments, goals and climbing our way to the top. We come to believe that the more you do the better you are and the more you earn the more successful you'll be. We start to judge ourselves based on our grades, money, possessions, positions, titles and wins!

But what if we stopped running the race of life? What if we slowed down and just smelled the flowers? I mean this literally and figuratively. What if we just quit the race? What if we reexamined and possibly changed all our conditioned beliefs? What if we were able to let go of all our self-limiting beliefs? What if we decided to go on our own private journey that would allow us to experience life to its fullest?

Think about this for a few minutes. What would your life be like if you gave up competition and moved to cooperation? What would your life be like if you stopped trying to prove that you were good enough? What if you stopped trying to accumulate possessions? If you let go of what others think of you — how you dress; how you talk; what you look like; what job you have? What would it feel like if you were totally liberated? What would you do differently in your life? What if the object of the game was to experience as much as you could in your lifetime? What if most of the things that seem to matter so much in your life now didn't matter at all?

What if you could start all over again?

I know what I would do!

I would not feel the pressure to perform. I would not spend as much time doing but rather spend more time being. I would give up on competing to win and begin competing to learn. There would be no such thing as mistakes — just lots of experiences that didn't turn out as I expected. I would learn from those experiences and never feel I was a failure. I wouldn't be in such a hurry. I would have less stress and anxiety and wouldn't worry as much. I would learn patience. I would take my time and appreciate everything I was doing no matter how mundane. I would not strive so hard to be first or best. I would love myself more. I would spend more time feeling good about what I have done and not dwell on what I have not done. I would focus on what I have in my life and not what I don't have. I would never be jealous of someone else because I would feel so good about me. I would consciously choose how I want to fill my hours and not be concerned with the expectations of others. I would always respect people whose opinions were different than mine. I would feel free from the treadmill of life. I would not get upset when things didn't go my way as I would know there is always a lesson to learn from my experiences. I would take good care of myself – my mind, my body, and my spirit. I would not feel threatened by people who are different than I am. I would embrace their diversity and learn from it. I would let go of many of my fears. I would appreciate the days that feel really good and would seek understanding in the days that don't. I would never beat myself up. It would never matter how well I performed at something but rather how good I felt doing it. I would sing out loud and not worry about who was listening. I would feel free to move through life knowing that what counts is each step of the way. There would be no real destination to reach. I would always strive to feel good no matter what I was doing. The mark of success I would work towards would be happiness and the freedom to be who I truly am, always. What would your life be like if you truly lived the adage; *Life is a Journey!*