

Taking Flight

"You were born with wings, why prefer to crawl through life?"

— [Rumi](#)

There is a strong, vibrant energy within each of us called the Soul. Most people have experienced glimpses of this, even if they're not on a conscious spiritual path. Those moments of divine inspiration, joy, and unconditional love are expressions of the Soul. This energy is fearless in each step of the journey. It matters not to our Soul whether others approve of us, if we make mistakes or if we make huge amounts of money. The Soul lives in joy, innocence and enthusiasm for each step of our journey, knowing that everything is for our highest good and learning. When we open up to this energy and live life from a Soul centered consciousness, we are taking flight on the wings of which Rumi speaks.

So, if we were born with wings made of Soul, why do we often prefer to crawl through life? We crawl because that's what feels safe to us. And our sense of safety is a big factor in how we choose to go through life. Often times we learn to believe that our sense of safety is dependent on things outside of ourselves. We wait for guarantees in life before moving forward. We abandon ourselves and our dreams in order to gain the approval of others or stay in a relationship. We believe that we're safe only when we're in control and so attempt to slow down the rate of speed of change or stop it altogether so we can stay in the illusion of safety. Often times we hear the voice of sabotage saying, "You can't do that. Who do you think you are? There's something wrong with you. You're not good enough." All the many ways of convincing ourselves to crawl instead of opening up to the beauty and potential that lies within. We become victim to ourselves as we oppress our own spirit through our past conditioning and illusions. Fear and negativity are the tools the tyrant within uses to victimize us and pull us away from the truth of who we are. We become a victim to ourselves when we fear the Light, our own expansion and of truly being seen in the world. We become a victim to ourselves and block our flight when we are in a state of:

- *Doubt-When we doubt ourselves, our abilities, our right to express ourselves, even our right to say no, we are victims of our own negativity.*
- *Rigidity-When we believe we have the answers, know the right and only way to do something, not only for ourselves but for others, we block new learning and expansion.*
- *Co-dependence-When we make other people's opinions more important than our own, try to control their behavior and emotions, or when we ignore those messages from within that tell us something is wrong here and we need to make a change, we block our inner guidance that knows our destiny.*
- *Procrastination-When we continue to block movement by ignoring, putting off and resisting our responsibilities and not doing what we say we're going to do, we lose trust in ourselves and block the Divine energy and inspiration that is available to us.*

Become aware of the ways you are a victim to yourself. Sometimes it can be very subtle, so it's important that we pay attention to our motivations and where we're placing the focus of our attention. What are you creating, promoting or allowing in your life? Living in the essence of

soul requires being conscious and aware. It requires that we view life through a lens of our own integrity instead of resentment or despair.

Taking flight means to be fearless in our pursuit of who we are and opening to soul awareness. It means loving all parts of ourselves in each moment. It means trusting our true inner guidance more than the opinion of others. It means that we believe in ourselves and what we have to offer, and the voice of sabotage loses its power and takes a backseat. Taking flight means to go through life with our heart open, loving what is and daring to step beyond the norm, if that's where we're being guided. When we're taking flight we know that our sense of safety lies within. That the approval that is most important is our own. We tap into the beauty within and allow the Divine expression to come forward.

We soar when we see life as an adventure and fill it with joy.

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