

## Say **YES** to Life!



**I** recently watched the movie, *Field of Dreams*. It amazes me...it doesn't seem to matter how many times I watch it, I am always inspired. What's so inspiring to me is that Kevin Costner's character hears a voice..."Build it and he will come." He doesn't know whose voice it is, who will come, or what he is supposed to build, but he remains open to the voice and eventually has a vision of building a baseball field. Even though it doesn't make any logical sense, he follows his heart and builds the field.

Despite financial set backs and almost losing his farm, he continues to listen to the voice and follow his heart. In the end, miracle after miracle happens. Not only does he experience financial prosperity and get to keep the farm, but all who are involved realize their dreams.

When my husband, John, quit his job in October, he didn't know what he wanted to do next for work. He just knew that he wasn't happy and his heart told him it was time to leave. Since then, he has been following the bread crumbs so to speak...listening to his intuitive nudges. As a result, he has started a ski tuning business, gone back to school to get re-certified as an EMT, and is currently in Honduras, volunteering at a medical clinic for six weeks. Doors continue to open and he is fulfilled.

Just last week, my intuition nudged me to take a bold step. As a participant at a book event for a well-known, best-selling author, I felt inspired to ask him if he would consider writing an endorsement for my next book. Nervous, with my heart pounding, I ran up to him as he rushed off for his next event. Quickly, I conveyed the essence of my book and asked for his help. Not only was his response positive...yes, but he gave me a big hug!

Following our hearts, we say YES to inspiration - that feeling of excitement, when we are open to all of the possibilities for our lives, just before our logical minds kick in and say, "No...I don't have enough time, energy or money. Or, I don't have what it takes." Our logical minds often keep us trapped in fear and limitation. They keep us from saying YES to life and thus from experiencing the joy of fully living.

Henry David Thoreau said, "Most men lead lives of quiet desperation and go to the grave with the song still in them." Are you holding back from fully expressing your song in life? Or, are you saying YES to life despite your fears?

My good friend, Boadachia, likes to use the words...let it rip, referring to getting out of our own way, blasting through our fears and saying YES! What might happen if you let it rip...if you spoke your truth, followed your heart and dreams, and said YES to the infinite possibilities awaiting you?

***"Always say "yes" to the present moment. What could be more futile, more insane, than to create inner resistance to what already is? What could be more insane than to oppose life itself, which is now and always now? Surrender to what is. Say "yes" to life -- and see how life suddenly starts working for you rather than against you."*** - Eckhart Tolle

***"Relax and enjoy your adventure. The time to live is now."*** - Matt Guest

***"Wherever your heart is, there you will find your treasure."*** - Paulo Coelho



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