Don’t Hold Back!

No matter what subject you choose to talk about, there’s always something higher: finances, self-understanding, speech making, mastering the piano, anything. There’s always something higher; there’s always something more.

So where are you holding back?

Lack of understanding is all that prevents us from rising to ever-higher levels. The Oracle at Delphi summed up the instructions to becoming wise in just two words: Know thyself. This is ancient wisdom. Sages, prophets, gurus, and the enlightened repeated this in so many ways.

The way to know and understand anything is to focus your attention on it and consciously test it. Wonder about, question, and challenge that which you wish to understand. A boulder beneath the dirt weighs the same as one on the surface. Although we may cover up, ignore, avoid, or not even see a buried psychological boulder, it still weighs us down and burdens everything we do.

Want to understand your fear of failing? Look at it; think about it; wonder what if . . . ; focus on it; try out the new ideas that come to you; go out on a limb psychologically — whatever that means to you. If you’re the life of the party, for example, and realize that something within you compels you to seek attention in this way, don’t be the life of the party next time. And then watch what happens.

But what if you’re a wallflower? Then challenge that which tells you to remain in the shadows. Learn a few good jokes and mingle at your next social gathering. And then watch what happens.

A Common Example

Here’s a common example: Many of us tend to hold back from wearing certain clothes that we own. We may consider wearing a particular shirt or pair of pants, but then our mind says “Don’t wear that; it’s too good to wear today. You should save it for a better occasion.” But that “better occasion” never seems to arrive, does it? A year later, that shirt and those pants are still hanging there, unworn! If this is true about you, we’ve just stumbled upon a submerged boulder here. And rather than continue tripping over it and leaving it submerged to weigh us down, we can expose it and work at digging it out. We can deliberately go against the voice that tells us not to wear that item, and see what happens.
A man in his late 70s who attended one of our seminars said he had paper traded judiciously and was completely successful, consistent, and confident with his price charts. But he hadn’t yet begun to trade. “Why not?” we asked. “I’m afraid there’s going to be a huge market crash, so I’m waiting for it to occur and then I’ll get started,” he explained.

“So,” we asked him, “suppose that happens. There you are: standing among the rubble of a market crash. Do you really think you’d get started — or do you think you’d say ‘Well, this may not be the big crash, the real bottom; I should wait . . .’?”

“I see what you mean . . .” he said thoughtfully.

At what point do you stop? When do you withdraw? Where are you holding back?

You know. So don’t ignore and avoid it any longer. Get to work on that boulder.

Uncover — Discover — Discard.