

Stuck

Are you stuck? Can you move? Do you feel stuck?

Life is vibration, light, and flow. Life is the allowing and the accepting. To be stuck is to fight the natural flow of things.

Why are you stuck? Why can't you move? Usually the answer is fear. It is the fear of the unknown, the fear of failure, and the fear of ridicule.

Some say they do not know how to do something. The answer is simple. One can research and one can reach out and ask someone who has done it. The answer is always available. Some answers are easier to find but they are all available to those who make the effort.

What can you do if you are stuck? Move. Take action. Take one small step. The step can be as simple as making a phone call or opening a book. One small step will make you feel great. One small step tells you that you are not stuck and you have options.

What if you 'can't'? There is no such word as can't. You can, I can, and the other person can. If one can do it another can, also. It is a matter of confidence, effort, and practice. It is that simple and that difficult all in one.

Know that you are not stuck. You may feel stuck. You may act stuck. You may allow yourself to be stuck. However, you are not stuck. You are moving to stay in the same place. So, move, reach, and take a chance.

How many times do you remember being fearful of doing something and putting it off and worrying about it? Do you not also remember it took less time to do and it was not nearly as hard as you had imagined it to be? Yes, we build things up in our minds to be bigger and more time consuming than they are.

The time spent worrying over something can be spent doing it. Then, the fear will disappear as it will be done. It will usually take less time than the time spent worrying about doing it.

So now you know you are not stuck. Now you know the only problem is you and your perception of the situation. So, are you going to change your perception? Are you going to take one small step? If not, there is no one to blame but yourself.