



## **New Beginnings**

Every day we awake and get to face a new day. The possibilities for what we can achieve in this day are endless and so we are faced with new beginnings. So what then do we do? We look for the comfort of the known and we slip into the habitual way of being. We re-enact a process that is familiar to us and that keeps us trapped in a state of mediocrity. We want so much more for our lives and yet are not willing to stretch ourselves into the new beginnings to get it.

Life's real challenge is the journey of discovering our internal barriers and finding ways of releasing ourselves from their limitations. It is these internal barriers that prevent us from embracing the new beginnings that we are gifted every day. These barriers are handed down to us by our families and our communities because it is what they know and believe to be true. So without judgement we have accepted them as the truth. Then one day realise that our lives are not the way we really want them to be and it appears to be too late or too hard to change.

Life is so simple, we just love complicating it. We believe life to be difficult and filled with challenges and let downs. Now knowing that this belief comes from outside of ourselves, from our parents, communities etc, we still choose to believe it to be true. With a limiting belief like this, we are sure to find the experiential evidence to support and re-affirm it. The truth is we do not have to believe this anymore. We have choice, very powerful choices we can make in our lives.

Our lives are a series of lessons. We have experience after experience and each one is a lesson for us to learn something new about ourselves. The lessons we do not learn keep repeating themselves until we do learn them. If our lives are in a constant state of dissonance where we do not resonate with our experiences, we are probably not learning the lessons. There are 2 kinds of people in the world: Depreciators and Appreciators. When we find ourselves in situations where we are challenged, we have a choice to be a victim to our circumstances (depreciator) or the master of our lives through taking responsibility (appreciator). The victim will blame those who have caused them the injustice and will approach the situation from an emotional state of disempowerment. They will ask themselves "WHY ME?" The master of their life will approach the situation from an empowered place where they take responsibility for their situation and the choices that are made are always about moving forward. They ask themselves, "WHAT IS THE LESSON?" What kind of a person are you?

Life is a series of choices, moment by moment; nothing else. This is all we have. The choices we make in each and every moment determine the quality of our experiences. We are the creators of our lives and we create our lives through the choices we make. Rumi said, "When we are born our work is placed in our heart." This is very powerful because who we are and what our role on earth is within our hearts. We just need to discover it and make the choices that have us live this. This is the doorway to creating new beginnings in every moment.

So what are the choices you are making in your life? What kind of life are these choices creating for you? What we have to acknowledge is that whatever choice we make, we are saying YES to something. This also means we are saying NO to something else. Here's the deal. What we mostly say NO to is what is actually important to us. We deny ourselves the life we really want with the following types of excuses: there are so many people depending on me, I have responsibilities, doing what I want is selfish etc. This is our conditioning which tells us that in order to fit in we need to make choices that others believe are right for us. Reflect on your life right now and ask yourself, "What big choice have I made in my life that was for someone else and that has me where I am at present?"

EGO or Edging God Out as I like to call it plays a major role in us living the life we do not want to live. When we are born we get given this little thing called EGO and it grows and grows as we experience and learn the ways of the world. Slowly our EGO grows in stature and starts defining who we are by what we have, what we do and what others think of us. These are all the external validations that have us believe that who we are and our self-worth is based on things outside of ourselves. This is very dangerous because when all this is gone then who are we? We need to define who we are from what is inside. This is where our power lies. This is the place where our world exists and where we can create the new beginnings we dream of. The world (external experience) is just a mirror of what is inside (internal experience).

Humility is a choice and is a lesson we learn new every day. Humble people don't think less of themselves; they just think of themselves less. When we are humble and grateful for all our lessons, God has a way of giving us more of the same. Creating new beginnings becomes our way of life. We truly understand the power we have to create our life and we start creating the life we most want. Yes, we have ambition and yes we have material things. The big difference that sets us apart from being egotistical is that we are not attached to these things. When we are very egotistical, these things define us. We are very much attached to them. When we are humble we know who we are and we define ourselves from an internal source of well being. We are not attached to material possessions.

The purpose here is to create awareness that we have choice and that through this choice we can create a series of moments that when strung together define an experience that we desire and which we can call our most magnificent life. This is our power to create new beginnings for ourselves. If you feel uncomfortable in an area of your life and want change, chances are you are not living on purpose and your soul is longing for a new beginning, for you to live the life you were created for.

"There is no journey more fulfilling than the inner journey of self-discovery." This has huge meaning for me because it is here where my life changed so radically. I had the courage coupled with the frustration of a mediocre life to discover my truth and face my limitations. I delved within and started asking myself big questions as to why I showed up the way I did. I was no longer content with mediocrity and wanted to connect to my most magnificent self. This I knew was the path to a fulfilled life. This was my new beginning.

I have dedicated my life going forward to self growth and development. The more I grow myself, the more I have to share and serve others and my life's purpose is to connect, share and grow people. By embracing my new beginning I have created the gateway for connecting to my purpose and aligning my daily activities with being on purpose. I know this to be true for me because every day is a gift for me; a gift to connect, a gift to share and a gift to grow and serve people. Yes I fail and I do it every day. What keeps me moving forward is the burning desire of being connected to my higher self and living my life from this place.

Where can you start?

1. Acknowledge that a greater, more fulfilled life is available to you and that life is merely a series of lessons moment by moment.
2. Have the courage to face areas of your life that make you feel unhappy and discover what is going on inside of you through coaching or therapy
3. Be committed with head and heart to being a better you
4. Look for New Beginnings and lessons in everything you experience
5. Invest 15min a day in YOU – Read, listen to personal development audio, meditate etc
6. Enjoy the journey of life and discover the happiness that lies in this

Be inspired, live life, love always... Love is the key!!

With love

**Stephen Light**  
[stephen@peopleactiv.com](mailto:stephen@peopleactiv.com)  
[www.peopleactiv.com](http://www.peopleactiv.com)  
**+27825649024**