



Be Open to Possibilities

By Karlene Forde

With all the current natural disasters going on in this country and around the world there is a tremendous need which could seem overwhelming. As a person who loves to help and one who has given of my talents and resources over the years, I'd like to offer some suggestions on how you may begin to make a difference now. I hope this article is especially helpful to women who have not been able to accomplish a long-held desire before, and to remind us to be open to possibilities which will allow us to live our lives as authentically as possible.

Sometimes we get stuck because we think money is the answer, whether it be helping others or fulfilling our own goals. Sometimes it's just a matter of being creative. This is especially true for those who may be currently financially challenged. Start by remembering the things you like doing, or have always had a passion for doing. The most important thing with giving is to do it willingly and do it from your heart. Let your heart and feelings guide you in figuring ways in which you may begin to live your authentic life.

Maybe, like me, you've always had a desire to do one particular thing, but have allowed doubts about your abilities to prevent you from pursuing that desire. For years I have wanted to write, but wasn't sure what to write about or where to start. I began to see the light at the end of my tunnel when I read about the possibility of submitting articles to this newsletter, in the April 2008 issue. I've taken this first step to move forward, and I thank my friends Steve and Char Anderson for this delightful opportunity. I believe that there are similar opportunities out there for you too; be open to the possibilities and act when you feel lead.

Since this newsletter is about leadership, this is for those of you who've felt that you could be a leader on your job, in your community, or in your family. Here are some ideas in which you may start that journey.

Sometimes charitable organizations need physical bodies to help them achieve their objectives. You could bring together people and resources to help with the many causes in different parts of the US and the world; let your heart/feelings guide you. Consider too, that this volunteer effort will not only help those in need, but could also benefit your place of employment.

There is a definite need right now with all the flooding occurring in the Midwest states. There is continued need in the Southern states where the waters have long since dried up. There is always a need for medical and mental health professionals in those areas just mentioned, in poor neighborhoods, and in many different countries experiencing similar challenging times. Sometimes people don't think about the arts, but that could also be used to help with returning to wellness and happiness.

For family members who seem to need a nudge to get back on track, maybe you or a friend could encourage them to help in your charitable endeavor. I often feel better when I am not self absorbed, and I help somebody else begin to see the light at the end of her/his tunnel.

These challenging times for many could just be the opportunity you've needed to begin to let your inner light shine. When you're genuinely giving from your heart people will feel that positive energy and welcome you.

Here is something that I have found to be true. When I hesitate (doubt) and do it anyway, the results are often negative. But, when I feel good and act upon that affirmative feeling, the results are most often positive; I am doing this more often lately. The world becomes better for each of us sharing our talents. Go give of your talents and live your true self.

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