

NAVIGATING 'FAILURE AND SUCCESS'

*“Don't pray for things to get easier,
pray for you to get better”*

Better at what? Better at soul alignment.

It's time to re-evaluate what the terms 'success' and 'failure' mean to you.

The terms success and failure come from a dualistic viewpoint. The minds interpretation that there is a right or wrong way.

From a oneness perspective there is no right or wrong, there only IS. Any limitations you feel you come up against are because of your beliefs rather than your ability or worth.

Enquiry of beliefs

What beliefs do you hold about yourself that affect/limit your actions and the outcomes of your actions?:

ARE THEY 100% TRUE?

Getting 'better' in terms of the sacred path, is getting better at BEing an unwavering presence no matter what.

This does not mean that you don't feel disappointment, upset, frustration, joy, inspiration, celebration or gratitude. That's just all part of the human experience.

It means allowing the feeling of ALL of it, from a place of pure awareness that is non-judgemental and therefore in non-resistance to what is.

When this occurs, the feelings become more transient, you move through them quicker – but they may be more intense initially, especially on the side of mentally perceived failure.

WHY? Because the contrast between your higher vibrational presence and the old emotional pain arising is greater than it was before.

Likewise, as you start to expand and receive what you feel are 'wins', take care of ownership/attachment around your so called successes. When we get attached to these outcomes, there can be a feeling of loss or failure if they aren't sustained.

THE GOOD NEWS is these emotions are unable to take hold like they may have used to, less likely to trip you up or hold you back for long.

You are training the abiding peace and joy of your Soul Self to be aware throughout your human experience, allowing a release of old contracting patterns and stories.

Inspiration for what may need to come next arises spontaneously, rather than through judgement, comparison, should, worry and mental stress.

*“You have a right to your actions,
but never to your actions' fruits.
act for the action's sake.
And do not be attached to inaction.*

*Self-possessed, resolute, act
without any thought of results,
open to success or failure.
This equanimity is yoga”....*

*“Though the unwise cling to their actions,
watching for results, the wise
are free of attachments, and act
for the well-being of the world”....*

*“The resolute in yoga surrender
results, and gain perfect peace;
the irresolute, attached to results,
are bound by everything they do”....*

*“When one has mastered oneself,
he/she is perfectly at ease in cold,
in heat, in pleasure or pain,
in honour or disgrace”....*

*“They do not rejoice in good fortune;
they do not lament at bad fortune;
lucid, with minds unshaken,
they remain within what is real”....*

*“Pleasures from external objects
are wombs of suffering, Arjuna.
They have their beginnings and their ends;
no wise one seeks joy among them”....*

*“The whole world becomes a slave
to it’s own activity, Arjuna;
if you want to be truly free,
perform all acts as worship”*

*“He/she who sees that all actions
are performed by Nature alone
and thus that the self is not
the doer – that ‘man’ sees truly”...*

Excerpts from Bhagavad Gita: A new translation by Stephen Mitchell.

PRACTICE

What may you have perceived as a failure or disappointment from the last year?:

Is there something that feels like it still has an emotional or mental charge to it?

Sit in deep presence with the feeling of it, allowing the fullness of the feeling to arise without resistance. Connect deeply into your vertical core, back in your body, allowing. What happens?

What wisdom have you gained from this experience of 'failure/disappointment' that you may not have realised if it hadn't have happened?

List any perceived successes/celebrations from last year:

Sit in deep presence with the feeling of that 'success', allowing the fullness of the feeling to arise without resistance. Connect deeply into your vertical core, back in your body, allowing. What happens?

What wisdom have you gained from this experience of 'success' that you may not have realised if it hadn't have happened?

Feel into an affirmation you can use to bring this wisdom together :