

Week 50 Practice

Last week, we focused on how our fear may be lying to us, warning us of future risks, trying to convince us that we cannot handle the discomfort and the pain. Sometimes, as we trust the voice of grace, draw upon the encouragement of our people, and pursue our passions, the risks we feared become a reality. And sometimes, that painful reality comes to us in the form of *people*. You see, at some level, most people feel like they're in competition for a finite amount of love, respect, and success. It is the storyline of life. So, when someone exits that competition, quits playing the same old games, climbs the ladder of their passion, walks out on the board, and struggles to do what they want to do rather than what everyone thinks they should do, people can get pretty critical.

There will be naysayers.

During this year of becoming, we have done a lot of talking back to the voice of shame, the voices from our past, and the voices all around us. But this week, our practice is to say nothing at all. Defending oneself and justifying oneself are just distractions from the climb and the jump. Our practice this week will be to mimic a brave little boy who didn't say a word in response to all the words being said to him but, instead, just kept climbing back up.

Who is mostly likely to be a naysayer in your life, as you struggle with living out your passion? Pick one person. Now, write a detailed explanation to them about why you are pursuing the passion you are pursuing. Justify your decisions. Try to convince them it is worth your time and effort and that you could be successful at it. Likely, you have been unconsciously rehearsing these justifications for a very long time. Get it all down on paper now. When you are finished, fill a sink with water. Set the paper in it, and let it soak into mush. In this way, let go of the urge to respond and retaliate. Then, quietly, keep doing what you want to do.

Don't let anyone's words—or your defensiveness—keep you from truly living what wants to be lived in you.