

## **LOST WOMEN**

**By Ginger E. Blume, Ph.D.**

We all had dreams that began a long time ago in childhood. For some people, their dreams and heart's desires have become buried under busyness, duty, and "shoulds." Women, especially, have become snagged in a web of over-doing and over-focusing on others. Along the way, when dreams are forgotten, life becomes dull and uneventful. Life becomes rather robotic and a chronic sense of dissatisfaction sets in.

### **LIFE WITHOUT PURPOSE IS DANGEROUS**

Hence, I believe it is a dangerous thing to live without purpose. Why? Because people who have a personal vision can control and run their own destiny. People without a life vision are pawns in life and are generally controlled by others. If, along the way, you've forgotten your dreams/purpose, it is never too late to recapture them. Today is a good day to begin.

If you feel dissatisfied with your life you may have a sense that something is missing from it. Perhaps, that something is "you." The world constantly tugs at us, pulling us outside ourselves, away from our center. We are captivated by the promises of the media, career, money, bigger, faster... We are living in a world that honors human doings, not human beings. The way back to our center is through remembering our dreams.

Many people tell me they don't know the purpose of their life. I tell them the purpose of their life is paradoxically, **"to live a life of purpose."** Why do so many women lose sight of their life goals? I suspect, in a society that raises little girls to be caretakers, we become distracted with the on-going needs of others. While I agree with Martin Luther King who said, "Everyone can be great because everyone can serve," I also believe many women have served others much to their own detriment. Does this mean women need to become selfish? No. It means they must become absolutely clear that they were each put on this earth to do something only they can do.

### **BOOT YOUR CRITIC TO THE DOOR!**

As women, we already know how to nurture. We already know how to create, communicate and love. With the psychological action of a boomerang, these natural strengths can be recaptured and turned inward to support one's Self. By discovering the power to say, "No," women can stop the compulsive tendency to say, "Yes." Too often a woman's internal self-critic dampens her sense of self-worth by instilling a paralyzing fear of rejection and loss of love. The critic hides in the shadows, waiting to say she is never quite good enough. Today, it's time to boot your critic to the door. By balancing your attention between Self and Others, you can transform your need to "give" with an equal ability to "receive."

### **GUILT SERVES NO PURPOSE**

What prevents women from practicing positive self care of their bodies, minds, and spirits? It is usually guilt. Guilt is a huge boulder on the path to selfhood. Guilt is fed by superwoman fantasies and messages. Women must realize that the in-box in their lives will never be empty. They'll never have that time for themselves "after everything else

is taken care of.” It is important to take charge and reclaim your life. However, this will require a deliberate action on your part; not a reaction. Reactions are the behavior of victims. Actions are the behavior of those who are free. So confront what is holding you back and decide to **S T R E T C H** yourself from now on. Decide to take some risks. Go ahead and risk being judged; being a failure; being rejected; being criticized. Live a little bit more each day.

### **FIND YOUR INTERNAL COMPASS**

Confucius explained that we learn wisdom in one of three ways: One, by **Experience**, which is perhaps the toughest way; two, by **Imitation**, which is the easiest way; or, three, by **Reflection**, certainly the noblest way. To engage in reflection simply requires taking time to nurture ourselves. If we stop to listen to our internal sleeping giant, we will understand more than knowledge can provide. We will understand with our imagination and with our hearts. Knowledge has never motivated anyone to greatness, but passion has. We must search for what makes us feel passionate. Passion is soulful. But where do we search?

We can begin our search through uncharted territory with a simple compass. We all have an internal compass that can guide us and keep us on course. Foremost, we must consult our compass. This is how:

- 1) Listen to your dreams. They are the key to your hopes and fears.
- 2) Write in a journal. Let yourself speak without censorship or judgment.
- 3) Support yourself with uplifting books and surround yourself with supportive people.
- 4) Take time on a daily basis to listen to your internal voice with meditation, prayer, deep breathing, or simply quite time. This inner guidepost is connected to your soul and the soul of all others.
- 5) Focus on the positive. Move the negative into the background and keep your eye on the positive. We truly become what we think about all day long.

I'll end today's article with the words of David Thoreau: “Go confidently in the direction of your dreams. Live the life you've dared to imagine.”

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