

Turning Life Inside Out

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As you thump your heels on the turf of the rat-race track, there is little time to think – leave alone ponder. “Why am I running”, “Where is this taking me?”, “Is that where I want to be?” If you are a leader of men and women (even if it is a family) then the question may come to mind “Who is leading me?”

Who would you like to be lead by? I would like a leader who is candid, has the courage to look at the whole truth and live life in line with reality. I also need my leader to be a stable kind of person who doesn't fly off the handle every time there is a crisis. With such a leader I may be able to find out why life sucks and sort it all out. But why should someone else lead my life? Leadership has to be an inside job.

Life sucks when I look at it with jaundiced eyes and enlarge the unpleasant parts to fill the screen. Zooming out I find there really is a lot to be contented about, so why fuss? Unsucking life is an inside job. I could take it a step further by actually feeling good about life. I could take a moment off to feel grateful about some of the small blessings, especially this that I can really be my own boss. I can choose my attitude, my level of commitment and the energy with which I will pursue my passion. This is a good feeling and I think “Is this Happiness?” Being happy is an inside job!

Some people are so contented that they seldom do anything worthwhile. I would much rather be useful while I am around, but where is the motivation to even get out of bed in the morning? Shall I get dressed because someone will yell at me if I don't or go to work on time because there is a prize for the one who gets there first this week? No carrot, no stick, I do what I do because I like to do it and I have my reasons for doing it well and better than the last time. Can I then conclude that motivation is an inside job?

I often get madly impatient waiting for things to happen. I also feel a crushing disillusionment when I have to give up something I set my heart on because of more pressing, urgent considerations that cannot wait. It is difficult but not impossible to hold on to that dream while fulfilling other worldly responsibilities. Is there no rule or legislation to help me with this? Is there a law which has forced me to take on these responsibilities? I take on tasks and make sure work gets done, adapting to the environment and outer conditions so it appears effortless and enjoyable and a deep inner wisdom guides me in how much to laugh, how much to cry, to balance criticism with praise, to tight-rope walk between the demands of work and home. I discover that discipline is an inside job.

Empowered by being my own driving force I stop to think “What really is my passion?” Mother wanted me to be a doctor and my spouse says do anything, just bring in some money. When I asked my friends they say I could be a stand up comic and my publisher just wants another manuscript. So I invoke the spirits of my ancestors to find what my true calling may be. They smile benevolently and say “Don't hurt anyone – just make us proud”. Still searching – I realize that finding my true passion is an inside job and could be a continuing search; one that makes life worth living – from inside out.