

Are you Thriving or just Surviving?

Research has shown that the human drive to move away from pain is far stronger than the drive towards pleasure. What this means, in effect, is that it's not uncommon for people to stay in situations that don't fulfil them if they believe that leaving the situation would pose a threat to their security. If things are not uncomfortable enough, you may be unwilling to take active steps to make changes and as a result drift, perhaps staying in an unsatisfying job or relationship for many years. Sometimes it can feel as if you are just going through the motions. When you function at survival level, you may be constantly adapting to situations in an attempt to protect yourself from perceived threats, which may not have any real foundation. Then you often end up having a sense that you are just coasting and that you have a lot of unfulfilled potential that isn't being expressed. When you are just doing what you need to do to get by on a daily basis, life can feel flat and loses its vital spark.

What is it that facilitates the flourishing of human potential and allows people to thrive rather than just survive? Thriving is about being fully alive and expressing your highest potentials. It requires a certain orientation towards life. You have to be prepared to dive in fearlessly, engage with whatever challenges life brings and stay connected with the possibilities inherent in them. When you do this, it inspires and energises you. To live a vibrant, energised life you have to be willing to face head-on any fears that may be holding you back and be willing to move through them. It's very important to engage with life as a co-creative process and actively seek out and participate in activities that are attracting you, rather than passively waiting for things to come to you. When you are thriving there is a real sense of being in the flow, as if life is unfolding in the perfect way and with perfect timing. It's the complete opposite to feeling stuck and stagnant.

Just like a plant which needs the right soil in which to flourish, having an environment and conditions which are nurturing plays a big part in supporting the flowering of human potential. But, perhaps the most important factor is being able to come from a place of possibility consciousness. This can then guide the way you live your life and the choices you make, which enables you to really thrive. When you have a real sense of the unlimited possibilities that life has to offer, you become magnetic to the very things you are seeking and it can often seem that doors start to open as if by magic. To live your best life, rather than living in survival mode, you need to be bold, take risks and move out of your comfort zone. Is there anything calling to be actualised in your life right now? Take your courage in both hands and step up and claim your greatness.