

## Full Speed Ahead!

It was a beautiful day, and I was sitting at the park. There was a low water crossing, and cars would slow almost to a stop before they drove through the water. It was later in the afternoon, and the school busses began bringing children home from their day at school. Just like the cars they would come almost to a stop, and then proceed slowly through the water. As I watched one bus approach, I realized that it wasn't slowing down at all. The bus went through the water with a huge SPLASH! I realized that the bus driver wasn't being reckless, but instead was doing his or her best to bring joy, excitement and happiness to the children in the bus.

The afternoon progressed, and soon the busses began coming back from delivering their precious cargo. One by one I watched the busses as they crossed the water, once again almost slowing to a stop before they proceeded. I was mildly disappointed that no bus driver created the huge splash they had created before. As I kept watching though, a bus came down the hill without slowing down, and created another SPLASH! This time I watched carefully, and I could see and hear the remaining children in the bus cheering with exuberance and joy.

I thought about how this related to my life. I realized that I have spent most of my life like the majority of the busses, slowing down, almost stopping, and proceeding cautiously through my days. "Where's the fun in that?" I thought. "I want to live my life with joy and exuberance. I want fun!"

How much fun do you allow in your life? Where is the joy in your life? Do you even know that we are here on this earth to experience great pleasure?

There are many things you can do to begin moving towards a life of joy. The first is to look at the limits you have placed on yourself. For instance, you may feel that you are only worthy of earning a certain amount of money. Perhaps you feel you must act in a certain way to earn the respect of others. Maybe you censor what you say to earn the approval of others.

Once you have found the limits you have placed on yourself, you can decide if you still want to live by those limits, or if you are ready to break free to begin living a full, exciting, joyful life.

Living a life of exuberance and joy is within your reach. You are capable of it, and worthy of it. Begin to change your life. Don't slow down - instead go full speed ahead!

*Kathy Mursch is a life coach and giver-of-hope who helps people around the world live their lives Full Speed Ahead! For more information check out her website at [www.TheHealingPathway.com](http://www.TheHealingPathway.com)*