



# Are You Living Fully Today?

By Giselle Felicia Vivian, BM CHT

Clinical Hypnotherapist & Performance Coach

[www.gisellefelicivivian.com](http://www.gisellefelicivivian.com)

To increase the greater expression of good in any area of life, it is helpful to become aware of our current thinking about what is possible. Both, our current behavior and state of affairs reflect the beliefs that are at work, positively, in our lives right now, and also, the stinking thinking that perpetuates internal and external lack of fulfillment.

While most of us have mastered a level of fulfillment in some areas of our lives, we may still find that it is not enough to fully satisfy us. We are all unique and are motivated by different values, priorities and needs at any given time. Re-evaluating this from time to time can aid us in recognizing if we are moving in the best direction for ourselves.

***Ask yourself these questions:*** Do you have a job that you enjoy? Are you paid well for your service or expertise? Are you in a healthy and satisfying relationship that nurtures you with unconditional love, respect, passion, intimacy, and/or joy? Are you healthy in mind, body, and spirit? Have you realized those long held dreams of prosperity and mastery? Are you inspired by the treasures of possibility in your mind? Do you feel loved and accepted today? Are you filled with inner peace? We have the free will to choose to live authentically, or, we can conform to someone else's list of what makes up a great life. What kind of life are you creating today? I hope it is feeding your soul. If it's not, there could be a variety of reasons why it is not.

Over the years, I have come to observe some of the reasons some individuals experience resistance to their good and why they may unconsciously create the painful road blocks to a more fully realized life. See if any of these 4 statements ring true for you:

***"It's not my fault...they did this to me and I can't change it."***

Victimhood keeps us stuck and powerless. Unless we decide to change the meaning attached to the stories of our lives, we cannot live into a new possibility of self. In addition, our unconscious needs can be sabotaging us. If you stop being the "victim", your subconscious mind may believe that you will lose the attention, sympathy or control that is currently working for you. Wouldn't it be better to learn how to make conscious and healthy requests of others and fulfill those universal human needs with integrity, respect for yourself and others? Once you see yourself differently, it's amazing how others begin to treat you differently also. Find a role model, or create an image of the ideal you. What would be the qualities that person would display in their thoughts and actions? Have fun daydreaming and visioning with all your senses. Your subconscious mind will begin to add this to your

life-script as a normal everyday truth the more you repeat it. Reclaim your unlimited possibilities today.

**“I don’t want to be one of those @%\$^ ^\$# \_\_\_\_\_ (i.e. “rich”)people.”**

Are you afraid of being guilty by association? Fearing that you will be criticized and judged by others? Maybe even as harshly as you have judged others in the past? Please realize that you don’t have to be like “them”. You also don’t have to be like that rebellious teen that has to prove they can do exactly the opposite of what they really want so they can be right, or, not be wrong. Define what success, joy, worth, happiness, abundance and prosperity mean to you. You will be the only one living as you. Give yourself fully to realizing **your** best life because you deserve it. One step at a time, you will find that you are now in a new place of self-understanding, mastery, and greater empowerment.

**“I’ve never done that before...what if I try and fail?”**

To experience success and mastery, risk of failure and courage are required. The most successful individuals have been the greatest failures. The difference is that they have learned from their mistakes and have not defined themselves by their failures. They have also come to understand that life is uncertain and they cannot control everything. Go for it! If you blow it, you just learned what doesn’t work. You are a little bit wiser and closer to your desired outcome. Live, learn and grow.

**“No one I know has ever achieved this before; not even my parents.”**

As human beings, we fear the unknown and would rather live in the safety and comfort of our limited yet, sometimes, pain-filled lives. This is because we would rather avoid the pain and uncertainty of something unknown to us. What we have experienced before can equal pleasure on a subconscious level even if it is not a positive or beneficial experience. When people ask that battered woman why she doesn’t leave that dangerous relationship, this is one of the reasons why she stays. It is a known and certain experience to her, even though it can be life-threatening.

What if not living life more fully and better than our parents’ or others means we can avoid the risk of losing their love and approval? Who are we to out-do anyone? Just as you have done the best that you can, so have your parents and others in this world. Some didn’t have opportunity, understanding, or simply didn’t make a choice at all and allowed life to happen to them, instead of shaping it. Many parents have sacrificed so that their children can live a better life. If this is not your case, decide to parent yourself in a healthier way and do your best. Celebrate the success of others as if it were your own. If they can do it, so can you. Let your transformation lift up those around you, even if just by demonstrating what can be possible. Being small never helps anyone.

## Get Ready, Set, And Go!

Creating the life we imagine begins with taking responsibility for our current earthly experience. We may have been impacted by others in the past, but, as long as we feel and only see ourselves as victims, we do not hold the power to change things for the better.

Every day is a day to choose to define ourselves anew. It is another opportunity to release a limiting story of whom we have been in this world, change the limiting associations and meanings or interpretations of the past, and give ourselves a fuller expression of a better life as we move forward. Take time to assess what is working for you in your life. Celebrate the good. Create an action plan that addresses all the pending opportunities for self-realization. Prioritize the urgency of these areas of your life and then, start giving yourself some self-love by investing your resources in supporting your priorities. This might mean, scheduling time and using that time each day to meditate/pray, vision, journal, write affirmations, etc...It can also mean, finding a coach or therapist to support you with the tools and expertise that will help you get where you want to be. They will keep you accountable to your vision.

So, what will you do? Repeat an old and limiting story, or, start living into the fullest and best life you can imagine? Remember, you get to define what that is for you. With your awareness, inspired action, and the law of repetition, you will find yourself living with greater satisfaction, understanding, and positive expectancy. The harsh truth is that no other person will care as much as you do about how your life is working out. Forgive and release the past so you can reclaim all that emotional, mental and physical energy to live more fully. Begin each day anew. Decide who you want to be and take action on what matters to you. Live with gratitude each day, making the most of it and enjoy the journey. While the path may be simple and clear, I know it is not always easy and comfortable. Be kind to yourself. Build a support system that keeps you on track, but that is also compassionate. Remember, anything is possible if you decide it is so!

**Giselle Felicia Vivian, BM CHT** is a clinical hypnotherapist and coach, based in Albuquerque, NM, who is passionate about supporting individuals in their unique journey of self-discovery, wholeness and mastery. She utilizes a variety of holistic tools, including Hypnosis, Imagery, Meridian Tapping and Energy Medicine; educating and empowering her clients so that they can take ownership of a more fully realized consciousness and create the life they imagine. Visit her online at [www.gisellefeliciavivian.com](http://www.gisellefeliciavivian.com).