



Marcy: Welcome. Welcome to the HeartShift Solution Series. Today we're going to be talking about what it is that you need to let go of so that you can experience true success.

So we are going to be discussing why your inability to let go of something is ruining your chances of true success. Let's begin by exploring what true success is to you.

You know, if you have a GPS system there are two things that need to be in place in order to get you from where you are to where you need to go, or want to go.

The first thing is, is that you type in the address to where you're going.

The second thing is, is that your GPS needs to be able to pick up the signal about where you are presently. Where are you now? So it's so important that you know where you are now.

I want you to just take a moment, of course close your eyes, take a nice, deep breath. I want you to ask yourself the question, what is my definition of success?

Call upon your higher self to give you a very clear answer so that you know exactly what it is that you are looking to create.

We've talked a lot about the difference between being reactive and proactive and particularly when you're talking about success it's so important that you get in to the proactive phase where you're taking action to create what it is that you want to experience.

Success does come in many shapes, many forms, many dimensions.

It comes in many ways, it shows itself so differently. Again, it shows itself so differently to every person because it's defined differently within each person.

But regardless of what success is to anyone else, most importantly is that you know what success is for you.

So after you've defined it, take some more time and actually write out what even those points of success look like, feel like, smell like, taste like, what it sounds like to you.

I'd like you to begin by taking a moment to actually close your eyes and utilize that profound imagination that you have and conjure up an image, an image of you successful.

Are you alone or are you surrounded by others? What are you wearing? What kind of music do you listen to?

What sort of activities do you engage in? Is it associated with your job or your profession or is it more of a feeling?

Is it more of an abstract success?

Define it in the form of an image and then breathe deeply into that and feel it, feel your success so that you can determine at any given point along your path whether or not you're getting closer or further away from it.

Do you remember that game that you played as a child; hot, cold, warmer, freezing? All of those indications; were you getting closer or further away from your target?

Play this very same game with yourself. Now here is a very important key, as you are playing that game with yourself, really pay attention to how you're feeling.

Do you find yourself shying away from the very actions that would create your success? Do you finally come to this point where you throw up your hands and say, 'It's just not achievable for me,' or do you allow yourself some latitude to say, 'Let me explore further, let me try some new things, let me see what will take me there.'

If you can let go of the resistance of not having, not yet being there, you can have everything that it is that you're looking to create.

Let's talk about the Heart***Shift***.

What might be some things that will come up that could actually be sabotaging your chances for true success?

It may show itself as envy, or jealousy, it may show itself as competitiveness, it may show itself as unworthiness, unreservedness, as being incapable of and yes, may even take you to those depths of just not being enough.

All of these feelings are actually symptoms; symptoms of nothing more than the fact that you're out of alignment with your truth.

Whatever your success is connected to, it's also connected to something that is your passion and your purpose. So the success is a sense of fulfillment, it's reaching the place of self actualization where all of your gifts, all of the wonders of who you are being expressed.

So when these things show themselves in your life remember that each and every one of them has a particular frequency of energy and so your job is to soothe that energy and in fact give it what it needs to be healed because each and every one of those things is an energy of density that rather than supporting you to take flight and to be successful will instead hold you down.

It will hold you back, it will keep you small and separate from everything that you want to experience as well as from who you truly are.

You see, within you is all the potential to be all that; that's what's connected to your success and to your sense of fulfillment that you know you're successful brings you.

That's why it's so important that you define it for yourself so that you are not waylaid, so that you're not finding yourself off on someone else's path rather than your own. Your definition by feeling is what will set you free and will take you exactly where you need to go.

What might be the Heart**Shift** solution if you're feeling envious of someone else?

Well, first and foremost of course you need to give yourself some compassion and rather than beating yourself up over the fact that you were experiencing that envy or that jealousy, know that you experienced it only because you forgot for a moment who you are and all of your potential and that at no time do you ever have to compete for being a full expression of who you are because there is no other you.

You also need not compete for being a full expression of your purpose because only you can fulfill it. So it's very important that you recognize that you just forgot that for a moment, give yourself some compassion.

Now take a look at that energy of envy and jealousy, what do you need to remember more than anything?

That you are enough and that when you follow your heart you'll be able to trust every one of your choices and your actions and the results that they will create. What else?

What do you need to soothe and to heal that jealousy, that envy that's keeping everything that you want at bay?

It's remembering, remembering that you have been created to do just this; to be successful at being you.

So, your job in healing that frequency of energy is to let your own light loose. It's the one that you've been keeping small, it's the one that you've been keeping behind some curtain, waiting for the right time unsure that there is a place for it to land or perhaps afraid that it won't be welcomed or afraid of how you'll be judged or the conditions that might be placed upon it and this is what I want to share with you.

When you give up your judgment you will no longer be judged.

When you give up the conditions that you've created for its expression and delivery the conditions for it to be delivered will no longer be experienced by you.

And when you remember who you are and that you are here to deliver you, you will deliver you and you will get to experience the heart shift that will create your success once and for all, your sustainable success.

So I want you to just close your eyes for a moment and feel that, feel what it is to be fulfilled to know that you are all that you are meant to be

right here and right now. So as you go about really defining success in your everyday life know that you can create whatever you need to bring it fully into fruition.

Until next time, I remain your HeartShift coach, and I'm sending you so many blessing for your continued success and for your success unleashed on this world and from your heart. Thank you.