

FOLLOW YOUR HEART

“Go not where the path may lead, but where there is no path and leave a trail.” - Ralph Waldo Emerson

“To go wrong in one’s own way is better than to go right in someone else’s.” - Fyodor Dostoevsky

“Your talent is God’s gift to you. What you do with it is your gift back to God.” - Leo Buscaglia



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Imagine a time in your life when you felt strong, powerful, peaceful and centered. What were you doing? My guess is that you were following your heart.

When I speak of following your heart I am not advocating selfish or impulsive behavior. To follow your heart means to have the strength, courage and love to embrace your highest nature, and to share that nature with the world. It also means to tune in to your intuition...honoring your ‘gut reaction’ and inner voice over external expectations.

There are times when we do things for the wrong reasons... for money...for respect...for acceptance....for power... to live up to someone else’s expectations....etc. Ultimately all of these things stem from fear or need. Following our hearts stems from strength and clarity.

When our actions stem from fear and need, we fill the world with like energy. When our actions stem from strength and clarity we not only share our gifts with the world, we give others permission to do the same.

Personal Story

When I first started my marketing agency, DivaDesignWorld, I was filled with passion and joy. Within two years I became disillusioned. The primary source of frustration was that I felt ‘taken advantage of’. I felt like nobody appreciated my work, and that no matter how much I gave it was not enough.

I was operating out of a position of fear and need. I was afraid that I wasn’t good enough, that my clients wouldn’t like me and that I wouldn’t get the ‘next project’. So, I over-compensated, by giving too much, working ridiculous hours and under pricing my services.

I wanted to close up shop, but I feared failure. I didn’t want my professional peers to see me as a ‘failure’, my husband’s family and coworkers to see me as ‘just a housewife’, or my family to think of me as a quitter. For over a year I struggled, trying to figure out what path to take.

Then, I began to pray, meditate and journal. Soon the voices of fear and pride were quieted. I was left with just one voice...gods. In that quiet space I discovered that it didn’t matter if people thought I was ‘just a housewife’. It was not important if people viewed me as a ‘failure’. What was important was to follow my heart.

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So, I began to invest less time in DivaDesignWorld and more time into thinking about what I truly wanted. Then one day, quite suddenly, I decided that I would become a personal trainer and yoga instructor. I wanted to feel good about my body and help others do the same. I also knew that I felt most balanced when I was physically active.

Within in one week I developed an entire plan to manifest my desire. Within a few months I was teaching a full schedule.

During that transition I realized I didn't want to close DivaDesigWorld. What I wanted was to give it less prominence in my life. I now only accept clients from a position of strength and clarity. In doing so it has become much easier to draw boundaries and mange client expectations. Since readjusting my attitude I've found that my clients are happier, projects go much more smoothly, and DivaDesignWorld is more profitable.

As far as the wellness career is concerned, it has brought me a tremendous amount of physical and spiritual wealth. Since becoming a yoga instructor my scoliosis no longer troubles me, I feel much more confident about my body, and I feel more connected to my community. The greatest gift I receive is from my students, who I love dearly. When they tell me how yoga improves their lives, I feel like the most successful person in the world. I feel like I'm living my highest calling and making a difference in the world.

By following my heart I not only 'saved' DivaDesignWorld, I started a new career that fills me with joy.

And, the adventure continues....

Next chapter....author and speaker

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