



Sourcing
from
Within™

Splash! of Delight

By Jenny Werbeloff

Remember as a kid when you scrambled into your bathers and with delight jumped into the swimming pool making a gigantic *Splash!* You didn't stop to consider the impact of this burst of enthusiasm on others; you just followed your natural impulse to express delight. It is that urge, that impulse to live with delight and liberation that I am inviting you to remember and create.

When you recognise that your life is more about complaint than about appreciation, and your natural enthusiasm has faded, it is time to embrace change head-on, and be the source of your delight. There is really no reason to create anything except for the sheer delight to you. Make a *Splash!* by letting go of reliable and steady and embracing new, exciting and self-generative.

Break out of your mould by changing your pace and adding movement. Instead of walking in the park, skip, jump or walk backwards. Try something new – borrow a scooter and go for a burn; eat a dragon fruit, pink or yellow; dress in character on a workday or ...

Do something for no reason other than your desire to do it. The more you change your patterns, the more you create space to discover something new. Give yourself permission to enjoy life. Be creative.

“Living by rote and repetition replaces innovation and creation.”

As you begin to create delight, as a simple matter, you become accomplished at drawing on your creative ability for your own pleasure. Through this you gain freedom as your mind explores new possibilities. Your awareness of bigger possibilities will emerge and, before you know it, you will be living in a more creative and colourful way.

How much of you and your life is 'solid' and how much is 'fluid'?

Allow this question to float in your mind, easefully creating the possibility of embracing change by choice and authentic desire. Holding an on-going enquiry will deepen your relationship with your essence and sharpen your ability to step into sourcing joy and delight from within.

Journeying to the outer edges of possibility, and discovering there is more – and there is always more – is the journey, and this is the opportunity that lies within and before you as you kindle your passion for living life with a *Splash!* of your own delight.

Are you willing to be the source of your own delight?

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