

## SPLASH! of DELIGHT

In 2008, I invite you to *embrace change from the very core of your being* – to ignite that spark of undiluted ‘you’ that gave you life and is the source of your being.

Remember the times 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.

I invite you to ‘Make a SPLASH! in 2008’. Possibility is ever-present and it’s fuelled by desires that arise from the core of your being. In 2008, resolve to engage actively, directly and creatively with change to make it personal and make it real.

The impetus for change right now is huge: in Australia there is a change of government after 11 years and both parties have elected a woman as deputy leader; in the USA, a black man (of mixed race) is running against a woman for the chance to be president; the environment and public health have taken centre stage internationally as fundamental concerns; and, for the first time, delegates from Israel, Palestine, USA and the Arab Nations are meeting to seriously find a way towards lasting peace.

This is energetic; it is big; and it directly affects us all, so why not latch onto this great, gigantic, exuberant, dynamic, sweeping wave for change? Join the momentum – grab onto the coattails or be at the forefront of creating delight and expressing *a bigger you in a fuller life*.

In 2008, engage with that urge, that impulse, to live fully, live freely and express your magnificence with a SPLASH! of delight.

- ♥ Are you bursting with enthusiasm for yourself, and your life?
- ♥ Is there *any* aspect of your life that evokes this whole-body response?
- ♥ When did you last SPLASH! with delight?

*“When we let go of what confines us, new possibility is already emerging.”*

When you add movement, new awareness and authentic choices into your day, every day, moment by moment *something begins to open*. **You open**, and Life gets bigger, fuller, and increasingly abundant.

When you alter your pace and your rhythm and let go of your validations, rationales and beliefs from long ago, you *embrace* change.

Change brings vitality, and an ever-fresh newness about things. In our late teens and early twenties we put an extraordinary effort into defining ourselves, our values, beliefs and our direction in life. We believe that we have created a blueprint for our life that will create happiness – and then we get on with the busy-ness of living.

So now, if your natural enthusiasm is fading, if you have lost the spring in your step, and if your life is more about complaint than appreciation, these are strong indicators that it is time to press the pause button. *It is time to embrace change head-on, and be the source of your delight.* Imagine that this is possible. Know it always is!

Fanning that deep yearning to express your aliveness is what is required here, and then taking action to create something new, for the sheer love of it. No longer being content to live with yearning day-by-day, year-by-year, but converting this into actions that stimulate your senses, and your involvement, and then stepping forward boldly in the direction of creating something new that you have a real enthusiasm about.

We all know the delicious feeling of falling in love. There is a whole-body involvement that says ‘YES’ – this is no humdrum experience! I would like you to recapture these peak experiences from your direct connection with yourself and your own creations. Simply put, *there is no reason to create anything, except for the sheer delight to your heart, mind, body and soul.* Live by promoting your aliveness, and be involved with what you create. Notice how much more vitality you have as you stop waiting for ‘life to improve’, and create, create and create. Revel in your enthusiasm as you create more by letting go of reliable and steady, and replacing this with new, exciting, and self-generative.

Just in case you are thinking you need to ‘find something really meaningful’ here I suggest you let go of serious and have some fun. Remember the **SPLASH!** Allow space and experiment with some new opportunities.

Break out of your mould by changing your pace and your movement, so instead of walking through the park, skip, jump or walk backwards. Borrow a bike or a scooter and go for a burn. If you’re right handed, then use your left hand to brush your teeth or write a love note. Do cartwheels on the beach.

In the kitchen, again? – Put on some music and dance as you prepare muesli and toast for dinner or ice cream and cake for breakfast, just because you feel like it, *and really feel like it.* Try a new cuisine, add different spices. Enjoy the aroma and the taste. Have fun.

Shopping, again? – Buy a fruit, vegetable and other delicacy (Gorgonzola if that’s your wish) that you haven’t tried before, *and enjoy them.* Savour the new taste on your tastebuds. Share this with friends. Enjoy.

Do something for no reason other than your desire to do it. Do not discuss, rationalise or ask permission. Just do it!

Learn something new. Do something new. Be spontaneous. Feel free. Experiment. It's fun.

Remember: 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 in drawing on your creative ability for your own pleasure. Through this you gain in freedom as your mind explores new possibilities, as you open to them. This will occur naturally. Your awareness of bigger possibilities emerges and, before you know it, you will be living in a more creative and colourful way. Delighting in your newfound freedom and spontaneity feeds your spirit.

I leave you to consider...

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

Consider these questions deeply and continually – allowing them to 'float' in your consciousness *easefully* creates the possibility of embracing change by choice and by desire. I recommend that you engage with this question as an ongoing enquiry for the year ahead. You will deepen your relationship with your essence, sharpen your knowing of your authentic impulses, and step into sourcing your joy and delight from within. This core knowing of yourself lived fully and in the moment creates a way of living that is unedited, authentic, joyful, vibrant, ever-new, celebratory, and totally 'you'.

Reigniting your unbridled enthusiasm, regaining your sense of self, renewing your spirit and 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.

How about a '**SPLASH!** Mastermind'?

Imagine adding to and drawing from a huge **SPLASH!** of intention and delight around the globe. To help create this, email [jenny@sourcingfromwithin.com](mailto:jenny@sourcingfromwithin.com) with **SPLASH!** Mastermind in the subject line and become one of the scintillating sparks of energy in an ever-increasing wave of delight.

If being the source of your own experience fills you with excitement and enthusiasm, and if you are interested in Your BIG **SPLASH!** visit Jenny's Place at [www.sourcingfromwithin.com](http://www.sourcingfromwithin.com) to check out courses and happenings and sign up for the newsletter.