

SOUL LIGHT - Fifteen

HAVING NO EXPECTATIONS

Last week I asked for people to share their acts of Boundless Self with me so I could share with others.

Cass from Adelaide spent the week with Rod, a paraplegic since birth, in Tasmania.

In 2006, Rod created a vision for himself to become a photographic artist with an international reputation. Over the last 18 months, his unique photographs called "slices of nature" have been shown in 15 galleries in Tasmania, he has been awarded Tasmanian Artist of the year and has been interviewed on ABC radio and commercial TV.

His next step in his vision is to exhibit in mainland Australia, Europe and Asia. If you google: 'Rod Westbrook', or 'Rodergrams' you can see more information about him. During the week Rod told Cass: "It's not what's wrong with you, it's what you do with what you've got that counts"

Having no expectations is a vital step on the path to re-integrating our Boundless Self.

This doesn't mean not bothering about what happens.
Or not visioning a great future for yourself, your family and the world.

Having no expectations simply means what is says – not expecting anything in particular to happen.

When we put all our energy into a project and totally expect a certain particular outcome we set ourselves up for disappointment. Such disappointments, if repeated, cause us to limit our sense of Self-worth and appreciation.

Some of us start to see ourselves as failures, people who are incapable of achieving their dreams.

Eventually, “having no expectations” becomes synonymous with “accepting we’re not good enough” or “knowing our place”. We have no expectations that anything good or wonderful will happen in our lives.

Thinking such thoughts, putting them out into the universe, unfortunately manifests the lacks we think we’re due.

Our thoughts deliver us the minimal requirements we wrongly think we deserve.

Having no expectations doesn't limit who we are, what we can do or what we can achieve. Instead, properly understood, it helps us to acknowledge our innate greatness, free of any particular outcomes.

For example, Rod Westbrook doesn't need any particular outcome to feel good about himself. He knows he's OK.

He has no expectations - but he's still brimming with ideas, opportunities and visions!

In the next fortnight, affirm Rod's philosophy daily "It's what I do with what I've got that counts".

Love and Blessings,

Les