

Write a New Story

I have always loved taking pictures and people say they are good enough to sell. Even though I hate my boring job and dream of doing photography for a living, I don't see how that can happen. I feel miserable and mad at myself for not believing or trying. I'm sick of being stuck and feel doomed to stay like this. Is there any hope for me? — Photographer

Dear Photographer,

The author and poet David Whyte says, “If you want to achieve any sort of enlightenment (or change), you must first arrange to get really tired of yourself.”

It sounds like you are there. This is good news! And, yes, there is absolutely hope for you. Perhaps now you are finally ready for a whole new story.

Here is where you must start. I was immediately struck by the language used to describe your situation: hate, boring, miserable, mad, sick, stuck, doomed. Wow! This takes me back to my roots of working with Louise Hay. She says, “There is tremendous power in our words. When we think a thought, speak a word or write a sentence, it goes out from us and comes back as our experience. Words are the foundation of what we continually create in our lives. Start listening to yourself. If you hear negative or limiting words, change them.”

Next, make a photo date with yourself. Don't tell anyone, just do it. This is not to take pictures to sell. If Universal Good wants to bring you income from your creativity and passion, that is *Its* job. For now, just take pictures! Enjoy the process. Give them as gifts. Share the joy. This will loosen your “all or nothing” thinking, unravel your stuck-ness and suffering, and open you to even *more* miraculous shifts.

Finally, find a practitioner, mentor or prayer partner. (I have all three. How do you think this column came about?) This world needs more of us honoring ourselves and enjoying our lives.

You have the key (or the camera) in your hand. Use it! *That* is a picture I will keep in my mind and prayers. ☘



STEF SWINK, RScP, has been a Practitioner and Licensed Heal Your Life® Teacher since 1999. As the personal assistant to Louise Hay, she was a frequent ghost writer for the “Dear Louise” column. She is also a “Deep Currents” facilitator and a Loving Life coach, assisting individuals and teams break through into deeply fulfilled living. Connect with her online at StefSwink.com.