

Moving Forward While Being Still

My girlfriend and I are in our 20s and live with her dad. We keep trying to accomplish goals, find ways to earn money and stay motivated, but there are so many roadblocks due to COVID-19 and other personal issues. I want to know how to maintain a feeling of momentum. How do we stay sane and patient when it feels like we can't move forward?

It is interesting you chose the word *momentum*. According to physics, one type of momentum is angular or spinning, the other linear or forward. You may seem to be spinning in place, but productive energy is still in motion. You have the power to put that energy to use right where you are.

Though you feel blocked, nothing can impair your internal capacity to create. Nelson Mandela spent 27 years in prison, mostly in isolation. He emerged to become the first Black president of his country and inspire people around the world. That reality was birthed in his mind while in his cell. He said, "There is no passion to be found playing small, in settling for a life that is less than the one you are capable of living."

Despite past and present circumstances, you have the capacity to create fulfilling lives you love. Begin by using one of the most powerful tools at your disposal: your imaginations. Everything begins there.

Individually write out the most fulfilling future scenarios you can think of in the present tense. Describe what you are doing to earn income, further your education and make a difference. Where do you live? What are you passionate about and enjoy doing? Go all out and be playful. Know that nothing — not the limited belief of others or the negative images others may hold of you — can restrain your dreams and ideas.

Next, collect visual images that reflect your visions. Make them visible. Don't worry about "the hows" right now. Focus your attention and conversations on what you want. This energy will begin to attract what you desire. The miracle of life has shown up as the two of you and has no limits on what it can create through you. ☘



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