

Co-Create Your Life Journey

Most people stumble through their teens, stagger through their twenties and meander into their thirties. By forty, they suffer a mid-life crisis before bumping into the Big “5” “0”.



(On life's highway, you meet wonderful people co-creating their lives. Hang out with people who love living, thrive at every venture and love to share their secrets. Keep listening and then, take action.)

Photo by Frosty Wooldridge

From 50, they face the last third of their lives with a sense of a downhill slide. Most never lived any “great” moments or vanquished any dragons let alone navigated a great sailing ship called the Black Pearl like Captain Jack Sparrow. None took off through space like the Next Generation on the Starship Enterprise.

Most Americans enjoy two-week vacations with scant time to climb Mt. Everest or raft the Amazon. Others feel so locked into their jobs that nothing or no one can change their fate.

What if teens and twenties changed the course of their existence by co-creating their lives with a greater power, a higher understanding and a plan to enjoy their way of life?

Captain Jean Luc Picard said, "Time is a companion that goes with us on a journey. It reminds us to cherish each moment, because it will never come again. What we leave behind is not as important as how we have lived."

Breathe that statement into your spirit. Incorporate it into your mind. Engage it with your passions.

What turns you on in your daily existence? What moves you to action? What calls you?

For every human being on Earth, a little engine inside calls for "something" to activate a life-calling. How do you find out which path calls you?

What heroes do you follow? Why? What great moments in history move you? How do you feel when you study a certain subject? What books engage your interest? What famous movie role inspires you?

It's my contention that you discover your life path by following the slightest thread of your desires. From there, you make your intentions.

If you remember Star Wars, Luke Skywalker landed his fighter space craft in a bog where the fabled Yoda lived on some far-flung planet. The bog felt dense, steamy, depressing and foreboding. Luke's spacecraft sank into the muck.

After some time, Yoda discovered the young Luke Skywalker.

"Why have you come?" asked Yoda.

"I need to know how to engage the Force," replied Skywalker.

"You must believe in yourself," said Yoda. "The Force moves in and through you. It engages every cell in your body. You must open up to something better. You must open to and flow with your beliefs. You need to align with your higher energies. The universe moves in your favor. Understand and

harness that Force.”

“But how?” asked Skywalker.

“You see your fighter space craft stuck in the bog?” asked Yoda.

“Yes, it’s stuck,” said Skywalker. “Just like me with the Force.”

“You must open to the creative energies of the Force,” said Yoda. “You must surrender and receive. You must believe. In the end you must weave your own story.”

“That’s a bunch of grand claptrap,” said Skywalker.

“Okay, use the Force to lift your craft out of the bog and set it on dry land,” said Yoda.

“I’ll try,” said Skywalker.

He engaged his mind. The craft moved a little, but quickly, Skywalker gave up.

“I don’t think I can do it,” said Skywalker.

“You can’t just ‘try’ young Luke Skywalker,” said Yoda. “You must know you can do it.”

With that, Yoda raised his hands, aimed his mind at the craft, and lifted it out of the bog onto dry land.”

“I don’t believe it,” said Skywalker.

“That’s why you failed in your own attempt,” said Yoda.

On this long journey of your life, you must co-create your life path with the creative energy within you. You possess all the tools and all the ingenious energy to engage a positive, useful, purposeful and happy life.

Open to possibilities daily, engage the flow, and receive the

favors of the universe. Finally, weave your story toward co-creating your dynamic life. Take action toward your chosen destiny.

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