

The Secret To An Instant Makeover

Have you ever noticed how people who are the same age as you look a lot older than you? Or at least they look a lot older than you see yourself. I can not count the number of times I have met someone and been blown away that they were the same age as me. They looked so old. They actually look like an adult. Surely I don't look like that. That is the issue right there. Our image of ourselves usually gets frozen at some age between 18 and 25. I still remember a mentor of mine in college telling me he always thought of himself as if he were still 18. Since he was near 40 at the time, I remember I just thought he was seriously delusional. The truth is that we know we are an adult, but for some reason we just don't feel like we should be that old. That is till we see the wrong unflattering picture of us or catch the wrong view of our naked body in the mirror. Then the truth hits home hard. When we are confronted with this truth we tend to do one of three things and sometimes a unique concoction of all three. We might reason that if we just start acting and dressing younger we will be younger. This really fools no one but ourselves. Then we might actually start applying the lotions and creams to tighten up our skin, or maybe we go as far as some type of cosmetic surgery. This may or may not affect aspects of how we look, but it definitely still leaves us secretly lacking. Lastly, we find ourselves actually bragging about our age. We talk about our ailments as if others are interested. We lament our lack of being in shape as if it places us in some elite club of the aged and experienced. Maybe we even get together and discuss the way things used to be. All of this is a self soothing move to under gird our waning self perception that we aren't what we used to be and have not realized who we hoped we would become. As we age we often feel lacking not because we lose flexibility or memory - or even our waist band. It is because too often the truth is that we have spent our life in the slave, save, retire rat race. We bought into the myth that we must trade who we are for what the world has to offer. Then when we get older we realize that what the world had to offer wasn't what it promised, and now we don't remember who we are and panic at the scope of how much time has passed. This aspect of our lives is always reflected in our eyes. You can do all the surgery you want and use all the creams, but your eyes will still reflect your story. Several months ago I was viewing a photo exhibition that was focused on people and the lives they lead. Each photo had a description of the person in the photo along with some key aspects of their life. As I walked around the room I found that I could identify what was in that description before I ever read it. You know how? I looked at the people's eyes. They told me everything. Their eyes told me if they had hope, if they were sad, if they were beat up, if they were fearful, and how much of their life they had lived. The reason our eyes tell everything about us is because, as it has been said before, they really are the window into our soul. If you want an instant makeover then you need to do some soul work. It isn't as difficult as you may think, and it won't take years to do. You must start by taking responsibility for every thought, word, emotion, and result that is in your life. Stop blaming anyone else for the fact that you don't have the life you want. Secondly, embrace the truth that living a memory is insane, and then forgive yourself for the past. Lastly, give yourself the permission to discover again who you are. Realize that God didn't design you and then hold back essential ingredients for your success. As you live organically from this place your eyes will change. They will reflect the energy, joy, and abundance of the life you were designed to live. This in turn will actually change how you carry yourself and appear physically. In addition to the physical makeover you will also discover that the secret to living the life you want is not in some new technique or get rich quick scheme. It has been with you your whole life; you just haven't been aware of it.

About the Author

Craig Miller is a life designer, nationally known speaker, and experience creator. He has helped thousands learn to dream again, get unstuck, and successfully make the leap to the next level of abundant living. Read more of Craig's work at <http://www.neverlandlifedesign.com>.

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