

One Day You'll Wake Up & Do All The Things You've Always Wanted To Do

BY AMY DORNBRACK

"One day you will wake up and there won't be any more time to do the things you've always wanted. Do it now." –Paulo Coelho

That thing you've always wanted to do may seem silly. Farfetched even. Your friends may snicker. Your family may doubt. Your partner may worry. It's scary, that thing you've always wanted to do.

You may fail.

You may fall.

You may have to step way out of your comfort zone.

You may even lose it all.

But what does it all even matter? If it all isn't your purpose? If it all doesn't set your soul on fire?

You have no way of knowing how it will turn out. That thing you've always wanted to do leaves no room for certainty. You can't have a safety net, to do that thing you've always wanted to do.

You won't have a back up plan.

Another thing you won't have is regret. Because you will be burning so brightly from your soul, feeling so utterly alive.

That thing you've always wanted to do, that thing that excites your heart, was given to you and you alone.

You have a unique purpose. You alone can do that thing. And who knows, that thing may change the world. That thing may

save a life. That thing may make you a millionaire.

There's no way of knowing. But what I do know, is that whether you do or don't, do that thing you've always wanted to do, you will die.

The question is, will you die feeling alive or will you die feeling empty, dull, numb, knowing that you didn't do that thing you always wanted to do?

When in fact, those feelings are a certain kind of death on their own. Will you go through your life safely? Meekly? Timidly? Bowing to the conditions around you? Becoming who you are told to be? Or will you go through your life loudly? Passionately? Purposefully? Rising to the call that makes your spirit sing? Becoming who you were meant to become all along?

How do you know what your thing is?

Oh you know, trust me, you know. Deep down, it's already a part of you. Strip away all of the shit, the conditions, the expectations, the worries, the fears and it's there. Your thing.

Let's use one of my favourite quotes by Rumi to emphasize my point: "Respond to every call that excites your spirit."

Do you understand the power of those words? The depth of those words?

If you will just allow yourself to feel. To connect with yourself in a way that has long been forgotten. When you learn how to listen to your spirit, and I meant really listen, you will know what it is you are meant to do.

You will know what your things is. And the only way to begin

to listen is to come into stillness. Put down that pencil. Turn off that video. Get off social media. And listen. Close your eyes. And meditate.

What does meditating have to do with discovering that *thing*?

The answer is so straightforward, it's amazing that the whole world doesn't just sit down and meditate.

Meditation makes you more mindful. You become more aware of your thoughts. Aware of your feelings. You are able to break free of old patterns. You are able to strip away all of the shit. You are able to really listen.

To listen to what makes your heart soar.

How do you do that thing you were always meant to do?

Where to start? Well, stop writing in that journal. Stop reading that book. Stop the hoping and wishing. Close your eyes. Put your hand on your heart. Breathe in courage. Exhale Fear. Breathe in strength. Exhale worry. Breathe in power. Exhale doubt.

And then you open your eyes. And you decide. You decide to take one step today that is working towards that thing you have always wanted to do.

Maybe today it's something small. But then tomorrow that one step must be a bit bigger. And then the next day it must be even bigger. And the day after that, it's got to be the huge step. Because eventually it's got to be the day you leap. And if it doesn't make you quiver and shake, then the leap isn't big enough.

Maybe it's picking up the phone to sell that idea. Maybe it's speaking in front of a group of people. Maybe it's teaching a class that you never felt quite ready to teach.

Whatever your "leap" is, know that until you step off the

edge, you won't really be living. Trust me, once you've felt that feeling of aliveness, where every cell of your body is awake and excited and full, you will realise that your life before wasn't really a life at all.

What happens when you take that leap?

It's not always going to feelings of excitement. Feelings of aliveness. When you take that leap to do that thing you've always wanted to do, you will have to learn to take the highs with the lows. You must accept that it will be hard. Really hard.

You will face adversities and rejections and you will have to problem solve. A lot. And it is almost a certainty that you will have moments of despair, when you feel bare and open and your safety net has now been burnt to the ground.

You may have moments where you hit the floor wondering "what have I done?". Moments where you are overwhelmed by the crushing feelings of endless tasks to complete.

You'll still have those bills to pay. You'll have feelings of self-doubt when you realize that you alone can do that thing you've always wanted to do. But, on those days when you quiver and shake, you will rise up because you now know what it feels like to have that fire in your heart. And you will feel so deeply proud.

For doing that thing you've always wanted to do takes guts. You will realise that you are a superhero. For breaking those boundaries. For doing that thing.

You will savour that feeling of aliveness.

Do you know what else happens when you take that leap?

The best part of it all is that when you take that leap, things will align for you in ways you never thought possible.

There will be opportunities where there were once obstacles.

There will be inspiration for you to follow every step of your way.

Because when you make that choice, to do that thing you've always wanted to do, you are accepting what was meant for you all along. What the Universe wanted of you all along.

Don't live a life of death. Take this life by your two bare hands. And Live it. We need you.

In the words of High Valley: "Leave your mark. Love til it breaks your heart. And Live so goddamn loud that your forever echoes in the dark!"

Take the leap

To the dreamers.

The mystics.

The ones with ideas of light and love.

I need you.

Stop the thinking. And the imagining.

Stop the doubting. And the reasoning.

And Leap.

They need you.

Break free.

Free from the conditions.

Free from the smallness.

We need you.

Trust. And then Soar.

Spreading your trail of stardust behind.

Leaving lightness. Curing darkness.

The world needs you.

Answer the call.

Allow it to consume you.

To awaken you.

You need you.

Take. The. Leap.

For more self-study, [The Urban Howl](#) recommends [Llewellyn's 2016 Moon Sign Book: Conscious Living by the Cycles of the Moon \(Llewellyn's Moon Sign Books\)](#) .



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