

Come Out Of The Shadows & Allow Yourself To Be More

BY CHIZELLE SHARON SALTER

"The real violence, the violence I realised was unforgivable, is the violence that we do to ourselves, when we're too afraid to be who we really are." ~ Nomi, "Sense8"

I don't know about you, but it seems to me that we're constantly told to be less than we are.

Less loud, less quiet.

Less political, less sitting on the fence.

Less vocal, less passive.

Less demanding, less of a doormat.

Less forceful, less gentle.

Less friendly, less standoffish.

Basically less than what we already are.

We begin life exuberant, excited, every day is a grand adventure in itself.

We wake up not just refreshed, we wake up *ready*.

And slowly we seem to lose that enthusiasm and I've finally worked it out.

We lose our enthusiasm to the same degree we lose ourselves.

We lose our readiness for the day in correlation to the day we've created for others.

I'm tired of being something I'm not.

I'm tired of shrinking down my personality.

I'm tired of trying to be less loud or less positive. (Yes, I've been told off for being too happy! And what's worse is, I toned it down!)

No more.

No more.

NO MORE!!!

I'm embracing and celebrating *me* exactly as I am.

I'm reclaiming all the parts that I've been told are too much.

I'm giving myself permission to show up as me *fully*.

And I'd love you to come play with me and do the same.

Aren't you tired of hiding your light to make others feel better?

Aren't you exhausted trying to be less than the greatness you know you are?

Aren't you over resigning yourself to this half-lived life, when you *know* there's so much more you could be creating?

You *know* you were born for more.

You *know* you're more amazing than you've been showing up.

Deep down, you *know* you're here to change the world.

You can't do that when you're pretending to be something smaller than you are.

You can't do that when you're more concerned with how others perceive you than with fulfilling your purpose.

You can't be of service the way you *know* you're here to be until you start being *more* and stop being *less*.

I know that you're already doing amazing things in your life. Imagine how much

more you could do if you allowed yourself to be more of you!

What are you afraid of?

What do you think will happen if you be who you really are?

Will your husband leave you?

Will you lose your job?

Will your friends disown you?

Will your family?

Or is that simply what you fear?

And if all of the above *does* happen, is that really the worst thing that can happen?

Or would it be worse for you to die with your song still inside you?

Could it be worse living a lie, day in day out, when there are other people who would love and celebrate you as you really are? I know that may seem impossible right now but wouldn't you rather take the chance than remain in hiding?

Isn't it worse to keep compromising yourself, your dreams, your being?

I don't know if I believe in reincarnation.

I don't know if I believe in Heaven.

Hell, I don't even know if I believe that we have to die anymore, maybe we can just live forever in these physical bodies that we have now. Maybe we can regenerate them and be and stay whatever age we like.

I *do* know that I don't want to waste another minute not being fully me.

I *do* know that I don't want to waste another second toning myself down or hiding aspects of myself that others deem too much.

I *do* know that I don't want this for *you* either!

It's time to come out of the shadows and be.

Be whatever it is, whoever it is we are, whoever we want to be, whoever we choose to be.

It's time to step up and begin creating *and* living the life of our dreams.

It's time to take ownership of who we are, how we want to live our lives and to release anyone who doesn't want to love and celebrate us as we are.

It's time to be *more*, not *less*!!!

#theworldneedsyou

For more self-study, [The Urban Howl](#) recommends [Courage: The Joy of Living Dangerously](#) .

Sip a little more:

[It's Time to Celebrate Our Artists & The Beauty They Bring To Our World](#)

[Now Is Not The Time To Give Up – The World Needs Your Uniqueness](#)

[Honor Your Needs Before You Burn Your Life Down](#)

Be brave.

Go for your heart's innermost desire. Unleash it into the world. By doing so you unveil the most needed treasure for the multitudes who's hearts beat through the same desire system. Each beat is a prayer.

Leahanne Woods Smith

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