

Look Where You Want To Go

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Imagine that you are learning to ride a bicycle for the first time. You've enlisted the help of an experienced bicycle rider for coaching, and you pick a quiet street to practice riding, giving yourself plenty of room to wobble and roam. As you push off for your first practice ride, your experienced friend gives you the first rule in riding a bike: *Look where you want to go*. If you want to ride on the right-hand side of the street, don't look at the mailbox on the left-hand side of the street; if you want to safely move around a parked car, look toward the open space next to the car; if you want to guide your bicycle into a driveway, don't focus on the big tree next to the driveway. Decide where you want to go, and look in that direction, because you'll quickly realize that where you are looking is the direction that you are moving!

It turns out the first rule of thumb in bicycle riding is also one of the best rules of thumb to live by:

Look where you want to go!

Can you imagine what would happen if you pedal your bicycle forward, and then turn your head to look to the side, while still trying to go forward? Within a few seconds it quickly becomes evident that moving forward while looking in another direction is nearly impossible to do, because we automatically turn and steer in the direction of where we are looking.

And yet, that's how many people attempt to live life: Looking in one direction while trying to go in another. We go where our attention goes, and if we want to go in one direction with our life while looking in another direction using our thoughts and memories and inner focus, no matter how much we may say we want to go in the first direction, we'll quickly find ourselves moving wherever we keep focusing our mind. When we keep looking in a particular direction, whether we want to go there or not, that's where we will begin to steer our life!

For example, let's say a woman named Helen wants to feel lighter and healthier in her body. She wants to eat foods that leave her feeling energized, and exercise in a way that leaves her feeling strong and fit. Helen has decided where she wants to go...

But instead of looking in that direction and beginning to imagine how wonderful she will feel in her lighter, healthier, energized, strong, fit body, Helen begins to look in another direction. She starts to remember all of the times in her life when she wanted to feel healthier but failed to make lasting changes. She begins to use her mind to look at statistics of people who temporarily succeed in changing their eating habits, but then end up returning right back to where they started. She then starts to imagine how hard this just might be for her to stay motivated and to make changes in her daily routine, and she now begins to feel it might not be worth it. Even worse, she looks at her body and sees all of the things that are "wrong", and feels shame even when she looks in the mirror. Helen is now fully looking where she doesn't want to go, but because she is still looking in that direction, that is where she is now going; that is the experience she is now beginning to move toward.

How can we use Helen's example to remember to look where we want to go, so that we can experience what we have decided we want to experience? Here are three simple steps to help you decide on the direction that you want to go, look in that direction, and keep moving there!

How to Look Where You Want to Go

Step 1: *Decide where you want to go...*

Deciding where you want to go in your life means deciding what you want to experience. Practice asking yourself, “From where I’m standing right now, what do I want? What do I want to experience? What do I want to feel?” Sometimes the best starting point for answering this question is to begin to ask what a better-feeling experience would be like. For example, instead of Helen saying, “I want to lose 50 pounds”, she said, “I want to feel lighter and healthier in my body”. Deciding on the feeling that you want to experience is the best way to know where you want to go!

Step 2: *Look in that direction...*

After deciding on the experience that you want, and asking yourself what you want to feel, you have a powerful starting point for looking in that direction. When you know what you want to feel in whatever experience that you choose, you can begin to match that feeling right now with what your mind is focusing on. *Looking in the direction that you want to go* means looking with your thoughts, your words, your attention, your imagination, and your feelings...looking with your whole mind and body.

In Helen’s example, by taking a minute to imagine feeling lighter and healthier in her body, and making that felt-experience real in this very moment, she can then ask herself if what she is beginning to focus on fills her with a light and healthy feeling. As she thinks about all of the times that she believed she failed in the past, and if she becomes aware of how those thoughts feel, she will realize that thinking about past failures doesn’t match the feeling of light and healthy, so she will know that she’s starting to look in a direction that she doesn’t want to go. If she uses her mind to begin imagining how good she will feel as she moves her body through walking or her favorite activity, for example, she will then point herself in the direction that she wants to go, opening herself up to more and more inspiration and new ideas to help her on her new journey.

Step 3: *Move in that direction...*

Looking in the direction that you want to go starts you moving in the direction that you want to go. Many people attempt with great effort to move in one direction while looking in another direction, and as we can see from our bicycle riding example, we will eventually move in the direction that we are focusing on. Awareness is the key, and as you become aware of the focus of your mind, and whether your thoughts are leaving you feeling pointed in the direction that you have decided on or are taking you off course, then you regain full control to make small changes that keep you looking and moving in the direction that you want to go. Momentum is a powerful event, and the more you look, think, focus and feel your way in the direction you want to go, the more you will move in that direction, and your action on the journey will become more and more effortless. In Helen’s terms, the more she focuses her thoughts in a way that leave her feeling light and healthy, the easier and easier her choices become to keep moving in that direction so that she experiences the powerful intention that she set forth for herself.

Words for the road...

As you practice these simple but powerful steps to help you decide where you want to go and how to keep looking and moving that direction, may you be reminded of the true power that is within you to go *wherever in your life that you want to go!*

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