

The Mid-Life Opportunity

The path laid in front of us is certainly an opportunity to make choices and create a transformational life, just as the compilation of past choices has led us to this point in our journey. It appears that at varying stages of life (some say mid-life in particular), we will question our purpose and wonder if we have truly achieved what we dreamed (prosperity may be part of this). Having experienced this myself, the wakeup call comes in different forms, whether you experience a life-changing event or you suddenly wake up one day to the truth of your life, there begins a point of departure. When this experience happens, the plethora of choices made that led to this point has mounted to create the life you are living. We then evaluate and begin to analyze where we are going from here.

I have some thoughts on this matter that may resonate with you. It seems that at this juncture, we are thoroughly assessing two choices – living authentically or living in what I like to call “the fog.” Living authentically is about getting in touch with who you are, the core of your self – loving that, nurturing that, and making decisions from the essence of you. This may look and feel different for each individual, but authentic living means that your choices flow from your center and that even in moments of challenge, there is a sense of peace that you know the choices you are making and have made resonate with your truth. It is the point at which you are tapping into your



intuition which, in my opinion, is when you are balancing heart and head and making decisions from both simultaneously. The focus is internal to find happiness.

Living in “the fog” can also manifest in a variety of lifestyles, but what is happening here? Essentially, the individual is ignoring his/her truth and living a life that is providing short-term pleasure or avoiding short-term pain. It is living from a lower level of consciousness and making decisions completely analytically or completely from emotion. This happens when an individual is unsure of who he/she is, sometimes exploring or searching for the answers outside of himself/herself to create the life they have dreamed of or merely experience the *joie de vivre* – the joy of living. The focus is external to find happiness.

What I have found is that money can be an element that influences the chosen path, and both paths can have different results. I have encountered many individuals with money who are so externally focused to experience joy that they cannot see themselves nor prosperity, even if they could afford to “buy it.” Living in “the fog,” it is very challenging to experience prosperity for external factors are ruling

decision-making and your life.

Prosperity resonates from individuals who are internally focused to create happiness and are living authentically. Certainly the short-term *party* of life (going out and having fun) can boost the ego and bring about laughter and smiles, but engaging in the long-term *celebration* of life through self-love and authentic living is what creates true happiness and can ultimately enhance the intermittent *party* into a sustainable level of happiness that reaches beyond the short term. As you assess your two choices and make decisions that shape your life, ask yourself if the *party* is good enough or if you really want the *celebration!*

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