



42.containment

“The secret to creativity is knowing how to hide your sources.” - Albert Einstein

Suddenly you have a crystal clear vision of who you are and where you are going. You know exactly the next step to take that will launch you into the life of your dreams.

What do you do? You think you have to tell someone, so you call your life-long best friend who, unfortunately, is having trouble with her marriage and doesn't really care for her job. She is, however, your best friend no matter how negative she happens to be and you have to share this glimpse into the vastness of your being.

An hour later, you put down the phone, much subdued, grab a pint of ice cream and find a sucky movie to watch on TV. She's right, you tell yourself, it is impossible. I'm delusional, thinking I can go back to university at this point in my life. Besides, I was never even interested in quantum physics before.
Oh well.

Contain yourself. Moments like that - of self-revelation - are a secret between you and your soul. Nobody needs to know. If they don't know, they can't criticize. If they can't criticize, you keep the power. Then you grow into it.

