



## **Unlocking Your Vision**

### **Eliminating Expectations**

I read an article recently about a researcher, neuroscientist Dr. John Lilly. He has worked with Dolphins for over 20 years and suggests that the dolphin's brain waves equate with those waves that, in humans, accompany the meditative state. This may explain why people who spend some time in the water with dolphins describe the experience as transcendental.

According to Dr. Lilly, by reason of the dolphin's peaceful, content, and compassionate nature, the dolphin has an energy vibration which exerts a powerful and positive influence on humans. In order for us to exert a powerful and positive influence with others we need to embrace our self and others for who we are and accept the beauty that is in all of us. When we can accomplish this then our nature will become that of peaceful, content, and compassionate. A person who is inwardly truly happy will make other people feel encouraged just by his or her presence and the stronger the personality, the more influential it will be.

Accepting our self and others for who we are, weaknesses and strengths, means letting go of our expectations. Expectations can set us up for disappointment. We can't control what other people choose to say or do. We can only control our own choices.

How can we eliminate expectations – by turning them into intentions? Once we have identified our expectations, there is a much greater possibility of attaining freedom from being disappointed in others behavior or reaction to us. You can learn how to reframe your expectations into intention. Expectations are what you think ought to happen as a result of what you do, say, or plan. It's dependent upon an outside source. Whereas, intentions are your approach to life based on the person you truly are – your essence. It's dependent only on you – your internal source.

What's so wonderful is that when you act out of intention instead of expectations, you are more likely to experience positive outcomes. When you approach life with intention instead of expectation, you expand the possibility for mutual satisfaction and support. When living in intention, accountability is a priority. Our life is in our hands, no one else's. We learn that blaming another is just wasting our time, energy, and creativity

away. This leads to regret and resentment, which leads to losing our power, our choices, and our courage to shine – our courage to be the person we were meant to be.

All that you seek or desire is in you. It's not in your environment; or the help of others; it is not in luck or chance; it is in your self alone. Trusting yourself and setting intentions will support you in moving forward and living the life you desire.

Please contact me if you would like to know more about this transformation process. My coaching will support your journey of self-awareness and make your transition smoother and easier. Your willingness to take this step of investing in your life is well worth what you will receive. You will begin to deliberately create and attract the people and things that support the quality of life you desire. My clients have experienced life changing results beyond what they ever thought possible.

My next newsletter on my “Fearless Living” series will be on “Excuses – How They Keep Us Stuck”. My intention is to support you in “Living your Intention as the Person you truly are and in Creating the life you desire”. My writing, my coaching, and my work are based on “Fearless Living” by Rhonda Britten.

Interested in learning more – go to [www.unlockingyourvision.com](http://www.unlockingyourvision.com) or email at [joyce@unlockingyourvision.com](mailto:joyce@unlockingyourvision.com) Phone - 858 945-4928

View my inspirational dolphin video [www.thedolphinmovie.com](http://www.thedolphinmovie.com)

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“Live the Life Your Soul Intended” quote by Rhonda Britten founder of the Fearless Living Institute and author of the book “Fearless Living”. [www.FearlessLiving.org](http://www.FearlessLiving.org)

*“Be the change you want to see in the world” --Mahatma Gandhi*

*“You are not stuck where you are unless you decide to be” --Wayne W. Dyer*

*“Do not fear going forward slowly, fear only to stand still” --Chinese Proverb*