

Commitment and Follow Through The Difference between What If and What Is

Adrian Mitchell

In the last article I was exploring what was required to lead ourselves into our promised lands. I looked at what things or factors might get in our way when trying to bring something new and vital into place for ourselves and what we would need in order to bring into manifestation a new aspect of us which is trying to emerge from within. As I was writing that article I realised that I would need to continue with some of the themes that presented themselves as they are very powerful and perhaps the keys to physical creation. I know that sounds like a big statement but as I was writing I was aware of the power of the energy behind what I was writing and as I read back over the article I am once again acutely aware of a sense of urgency being carried through the message. Though I am the writer and as such all of this is very much “my stuff”, echoing as it does the information flowing through the Organising System that is Me, I am aware that my role in writing these articles is to act as a channel for this information to be passed on to others also. So perhaps “my stuff”, but not “my information”!

The gap between the unmanifest and the manifest

The gap between what we want in our lives and what we have in our lives (if there is a gap) can range from very small to apparently huge. Having a gap is not a sign of weakness, but perhaps not filling that gap is. All growth is about gaps, whether it is physical, psychological, spiritual or emotional. Until we feel we want something that we currently have not there is no gap. When we become aware there is something that we want to manifest in our lives the gap appears. This is the gap between the unmanifest and the manifest; between the conception of something and its birth in the physical world.

We all know how long it takes for the growth of an embryo to the birth of a baby and what is required to bring it to that point (at least the women do!! Well the lads probably do as well, but we don't “feel it emotionally”, apparently!!!). But there is no uniformity in other conception to birth time frames. Whereas the internal system within the womb and the natural growth process of the embryo combine to account for its development to its birth, what brings about the development of other important aspects of us from conception to birth? What fills the gap?

The important players

In the last article, I identified some of the factors involved in this process. Qualities such as passion and motivation, resoluteness and perseverance, mental toughness and self belief and commitment and follow through are required to bring the new identified energy or idea to fruition. Our ability to be present helps us first of all to become aware of the new energy presenting itself to us (either externally or internally) and then helps us to make appropriate responses, choices and decisions relating to the new energy on an ongoing basis so that we are consciously nurturing, developing and growing it to its birth point and beyond. Our Presence allows us to see, sense and know what needs to be done and the other qualities mentioned above will all play important roles in helping us to actually do what needs to be done. After all it doesn't happen by itself!

Commitment and follow through

In this article I want to focus specifically on two of those qualities, commitment and follow through. What are we doing when we commit ourselves to something or someone? We understand that we are “giving of ourselves fully to it or the person”. We are 100% fully there or fully involved with it or the person. We are fully engaged with it or we embrace it completely. In terms of commitment there is no gap between what we say we believe in and what we say and do to, practically speaking, bring it to its conclusion. In other words commitment is nothing less than 100%. In the last article I said that when we commit to something we can fully believe in we activate a sacred agreement that runs through all levels of our Being. This agreement doesn't come in the form of words although we can form words to represent it. It is essentially a crystal clear “resonation” within, of our “oneness” with the new energy. This is why there is no gap.

Summer and Winter Olympics!

However, just because we are fully committed to something doesn't mean it will automatically happen. Our “resonation” or commitment can be interfered with by the insidious power of our small mindedness. This will only happen if we are not present. In our absence all hell can break loose and momentarily at least paradise is lost. The Small Mind can host The Emotional Olympics at the drop of a hat! All our fears, emotions, doubts, procrastinations and sabotaging voices come out to play and can get very competitive. The Small Mind can also host the Ice Cold Logical and Analytical Olympics at the drop of the same hat! In this Olympic Games, all emotions are frozen over and our logical and analytical natures get free reign to bobsleigh, ski and skate on and around the frozen emotions without any interference from them, our heart or our intuitions. When either of these Olympic Games is in play our ability to be present and thus watchful of our inner processes and outer behaviour and their consequences is sorely challenged.

Follow through and the Small Mind

This is where follow through comes in. Being committed won't make something happen. As mentioned in the last article *follow through is the expansion of commitment through time*. Follow through together with its loyal bodyguards and companions, resoluteness and perseverance, help to steer the new emerging energy through the chaos and stormy and sometimes icy waters of the Small Mind until it finally reaches the shore of its ultimate deliverance, hopefully. As we know from our individual experiences, unfortunately follow through doesn't always reach the shore! It gets sidetracked and distracted amidst the various experiences generated by and in the small mind or the fragmented mind.

It is small and fragmented because it doesn't concern itself with the bigger picture. The interconnectedness of all things (the bigger picture) has no meaning for the small and fragmented mind. Its sole concern or focus of attention is on the antics of its residents (fears, doubts, negative thinking, etc). Actually focus is the wrong word to use here as that suggests a degree of presence or conscious thinking. When the small and fragmented mind has been activated it is because of the lack of presence, so a better way of putting it is probably “it gets locked into, and gets mesmerized by, the antics of its own residents”. It can't see past itself and it can't stop or get off its own merry go around. This can only

happen when presence replaces absence again and balance and peace is restored to the residents of the small and fragmented mind which incidentally is then no longer a small and fragmented mind, as it has become One once again with the Being behind its creation (you or me or whoever).

Follow through is commitment with legs!

For follow through to reach its destination a lot has to happen. Follow through's outstanding quality is that it is the living expression of commitment on an everyday basis. It is commitment with legs. It is commitment with heart. It is commitment with head. It is commitment with breath. It is commitment with vision. In other words it is inextricably linked to its master, commitment. As long as we allow follow through to be our driver, our leader, our motivator, we will get the job done, we will create the new idea or design, we will achieve the goal, or we will give birth in the physical world to the new energy emerging from within us.

Creators and creations

We need to keep firmly in mind that it is us, each one of us, who powers all these aspects of ourselves, including the small and fragmented mind and its residents! You and I are the Gods of our creations and we are also the creations of our God! As such we carry within us the divinity of our God which is the energy that allows us to be creators ourselves. This God energy is pure, vibrant and alive. It is the blueprint of Itself, presenting Itself in a myriad of ways to each of us on a daily basis for the purposes of multiple creations. It is the bigger picture giving rise to innumerable smaller pictures reflecting Itself back to Itself as each smaller picture carries within it the full bigger picture in much the same way as each cell in our bodies carries within it the DNA for the complete body.

The Jigsaw Puzzle

Living life is about creating these smaller pictures. But life can go from being a very relaxing experience to a very bumpy ride to a hell on earth drama very quickly and sometimes seemingly all too easily. Each one of our smaller pictures (our creations), bring something different into the mix, but all are re-presenting us back to ourselves. The idea is not to bypass these smaller pictures. That is impossible. As we know any "bigger" picture is always, and can only be, made up of many, many smaller pictures. Think here of a jigsaw puzzle. Without the smaller pictures the bigger picture wouldn't exist. It would in theory of course, but nowhere else. After all there it is, the bigger picture, finished in all its glory, on the front of the box. So it exists, potentially! Inside the box are all the pieces, waiting for us to firstly create some smaller pictures, and then when we put them all together, the bigger picture, as showcased on the front of the box, is finally and fully re-presented in real life...and then we die. Ah come on, get over it! It happens to us all at some stage! But without that bigger picture on the front of the box, it would be next to impossible to recreate it in life. This is why it is so important for us to create a good communication link with the bigger picture within us so that we can keep referencing it when we get stuck with our smaller pictures.

Tuning in to the frequency of follow through

It is also important for us to be able to follow through on our smaller pictures, otherwise the bigger picture will suffer. So, the bigger picture needs the smaller pictures and the smaller pictures need the bigger picture. When we hear that “call” coming from deep within urging us to create something new in our lives and we know that it makes perfect sense, we need to make sure we can follow through on our commitment to ourselves to create this. Like all things, follow through is an energy, but it is a unique energy. The more we allow follow through to be our driver, the more attuned we will get to its unique energy and therefore the easier it is to call upon it when we notice we are struggling with the creative process.

So, what is follow through? It is energy that carries the blueprint of the proposed new creation, and therefore the energy that is most closely attuned to it (the new creation). It is dogged, totally committed, clever and purposefully single minded. It is totally tuned into the vision or the bigger picture of the new energy and carries it with it always. It requires the assistance of resoluteness and perseverance which always travels with it and it needs mental toughness to ease its way through the potentially hazardous small and fragmented mind which it is likely to encounter at least once and maybe many times on its journey. Self belief must be only a phone call away from follow through on this journey as without self belief backing it up, follow through cannot reach its destination. As mentioned in the previous article, passion for the new emerging energy and motivation to see it created are also crucial in this quest.

For any one of us trying to bring something new into our lives, be it small or potentially life changing, we need to tune in to the energy highlighted in the previous paragraph. Sometimes we will be aware of this energy driving us to our destination. When we are aware, we should note the impact of the energy. We should meditate on it, or at least sit with it in our silence and tune in to it fully, so that we can programme this energy into ourselves, so that we recognise its uniqueness and its exact frequency or wavelength. If we do this on a few occasions and have it pre programmed, we will be able to tune into it when we need it and realise for whatever reason it is not there. We need to be able to do this to help us to create what we need to create, to help us finish what we started, to help us through the difficult times when we get seriously sidetracked or distracted and to help us to keep energised with the vision of our new emerging selves.

The difference between What If and What Is...

When we can do this on an ongoing basis we are aligning ourselves with our true nature. Our smaller pictures are re-presenting our bigger picture back to ourselves and this motivates us to continue to re-present ourselves as fully and completely as possible. Our ability to commit to a new emerging aspect of our true nature and to be able to follow through on it, bringing it into the physical world really is the difference between what if and what is. We know only too well about the “what ifs” and the “if onlys”. We’ve experienced them ourselves and we have seen many others experiencing them. We know the impact of them on our lives. But we can exchange the “what if” for the “what is” by following through on our commitment to ourselves. Imagine the difference that will make to our lives. A life of no regrets! A life of gratitude! A life of fulfilment!

Coaching or helping others to follow through

Following through on our own commitments is our first port of call. But we may need to help others to follow through on theirs, either in a professional coaching capacity or as a friend, a work colleague, a partner or a parent. Regardless of which role you might be playing, you will need to keep in mind the same important points. First of all, help the other person to tease out the new energy. Help them to create a vision of it – how it will fit into their life and what it might look like and feel like. Help them to make sure it really does re-present them. Spend an appropriate amount of time on this as it is important that a person is spending time on trying to create something that brings them into the flow of their true selves, rather than further away from it. Only the other person will know this, but they may have some confusion surrounding the issue. Your help (and coaching skills) will be important here. When they do commit to this new energy (this could be anything from something seemingly very small to something seemingly very big), you will then be helping them to follow through on their commitment to themselves. This obviously includes action plans and steps and goals. It also includes the qualities mentioned earlier, such as passion, motivation, self belief, perseverance and resoluteness. Check these out in the other person. Bring their attention to them. Also help them to tune into the energy of follow through as outlined earlier. As you know you can't make someone else create their new energy. Only they can do that. But you can play a very important role in others creating their new selves. Use the information in this article and your coaching skills wisely and well. Use your intuition and be guided by the other person.

Self Belief

Finally, if you find you are not following through particularly on important things and you know that these things, these energies are right for you, then you need to check out your levels of **Self Belief**. Do you believe in yourself? What is stopping you from believing in yourself enough? What is getting in your way? What are the sabotaging voices that you are locked into? What are the obstacles you are putting in front of yourself? Remember, there is nobody else in the equation, just YOU. Take time to tease these out. Write them down. They are all your creations, even the sabotaging voices that you can pin on others! You have held onto them. You have made them yours. These voices, these obstacles, these problems are designed by you for a reason. Yes, they may reside in your Small Mind, but they are still yours. See them as a deliberate challenge you set for yourself to help you go the extra mile not to stop you in your tracks. Small Mind or no small mind, you are the creator of everything about you and within you. So use your self appointed challenges to work with you rather than against you. Believe in Your Self and in your ability to recreate yourself in the physical world. Your dreams are closer to you and to reality than you may think!

Believe in yourself and allow follow through to deliver you to yourself and the world.