

Constraints of "Reality"

I always want the things that seem so far out of reach, and the only reason they seem so far out of reach is that I have allowed myself to think in an egotistical manner. I say egotistical as in allowing fear to get in the way. When we lead with our egos, we are also allowing fear to play a role in not letting us get what we want, who we want to be, and where we want to go. The things that I want are literally in my control, in my power. I have all the power in the universe, and so does everyone else. We all live in our own worlds, a place that we are so consumed in, that at some point, we may not even be able to dream beyond the constraints of our current realities. Reality is a word that I like to use cautiously, and I don't necessarily think that it belongs in the previous statement I made. Reality is what you make of it. You are in control of your reality. Just because you are living in your current reality that you are not satisfied with, does not mean that there are not an infinite number of realities out there for you to explore. The decision is always yours, regardless of if it feels like it or not. We as humans have allowed outsiders to interfere with who we really are. We have allowed beliefs, thoughts, actions, etc., that others have about and towards us to define us in some way along the line. We become so conditioned to assume, to be so in our heads about every little thing, that we cannot possibly see beyond the constraints of our own realities that we have allowed others to build for us. We must tear the city down and rebuild it as our own. All the things that we are afraid of, we must embrace rather than try to escape. When we can admit to ourselves that we are the only ones in charge of our lives, the world becomes so much brighter, our world becomes our own. We can transform our realities just by adjusting how we treat ourselves and what we do and do not allow others to dictate for us. Why do we even care what anyone else in the world is thinking of us? Why do we place so much pressure on ourselves to impress those around us, when all we're doing is sacrificing our genuine selves? We give into the peer pressure of being exactly what everyone else wants us to be. Once we decide to take back our power and take back our control, we start to live less and less by the beliefs of others and begin to live exactly how we want to.