

Living Is Easy With Eyes Closed

By David Rude

“Living is easy with eyes closed...” so wrote Lennon and McCartney in their song “Strawberry Fields Forever.”

When we open our eyes, ears, and minds to our realities and experience all those things we may not wish to deal with, such as the pains of childhood, the fears associated with making major, even minor, decisions and the discomfort of simply trying to be ourselves in a world that seems to frown on individualism, it can be frustrating and downright unpleasant.

Uncertainty and fear can be frequent components of our lives and they are always looking for ways (and physical places in our body) to manifest themselves. When we least expect they can show up and change our plans and moods. Instead of simply allowing pain and fear to remain in our lives when we don't want them to, why not take charge and face our them deliberately?

One reason we choose to not deal with these challenges in our lives is because it takes a lot of work and effort. It's hard to make the changes necessary to move in a different direction. It's difficult to get away from painful memories, losses, and mistakes we have made. A student once suggested that “Why *not* try a life without these negative distractions? If you don't succeed you can always go back to the way it was.”

Another reason we choose to not deal with them is because we may lack the skills and/or knowledge necessary to face them. When our parent(s) and/or caregivers fail to exercise integrity, good modeling, and when they provide an environment that is without good examples we might have a more challenging time moving forward, too.

A third reason for not facing our fears and pains is simply the unknown. What might happen if we actually look at our hard truths? It's common to feel that since I have been “this way” for so long I might not like who I am if I change. Friends and family members may not want to be with us either if I move away from my current situation.

We can come up with lots of reasons for staying right where we are and for learning to (continue) to live with our fears, doubts, and pains. Again, living is easy with eyes closed.

Those who know me well know that I am all about hard work and effort. If we want to live a happier, more successful and less limited life we may have to break a sweat. We have to try. My life coaching business is, after all, for those who are ready to get on with life. I understand why many of us will stay put. It's hard to even know where to start to make changes. I understand why many of us will continue to live lives with fear and pain. It's easy to not think about things and to accept your situation.

Just remember, if we do choose to open our eyes to the possibility of a life without pain and fear we will not be alone. There are many people who are trying to live full, meaningful lives. We may not know them now, but I promise when we take steps away from negativity and a life that is less than lived we will find yourself on a journey with many other people. Imagine losing pounds of emotional weight and doing personal and professional things you previously thought impossible.

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