

THE SCOOP- March 2009

Getting Unstuck

Once, when I was six years old, I got stuck in a muddy corn field behind our home. The more I struggled and shrieked the deeper I sank. Each move I made sent me lower into the muck. Tears streamed down my face as despair engulfed me. Loud hyperventilating sobs took my breath away. The tugs and pulls of assistance (while well intended) only made me more trapped in my sticky situation. Crows flying overhead laughed at me with each caw. Eventually, too tired to do anything else, I stopped fighting my circumstance. I realized (with some help from my cousins) the only way out was to leave my little red boots behind. I had to reach for the outstretched hands, step out of the hole gently, and walk home barefoot. Shaken and cold but free.

Getting unstuck in career transition is similar. It can be an overwhelming, frustrating, and confusing experience. If however, we're willing to stop wrestling with fate, blaming others, or judging the choices that got us into our mess in the first place, progress is possible.

As we acknowledge and eventually accept what is (usually after some tears or curses), the way out becomes clear. Creative solutions reveal themselves and resources come to our aid. We become willing to let go of and forgive whatever is keeping us stuck, whether it be a belief, a person, or a feeling. The guidance that is available to us all the time can be heard once again. We are more able to take the courageous, sometimes challenging steps that only we can take.

For more ideas on how to get unstuck, explore the following resources. (* Available through www.soundstrue.com)

- "Essentially You @ Work: A Career Transition Guide" by Shawn Snelgrove (<http://stores.lulu.com/brainstormingalamode>)
- "Getting Unstuck" by Pema Chodran
- "Get Hired Now: A 28 Day Plan" by CJ Hayden
- "Getting Unstuck: How Dead Ends Become New Paths" by Timothy Butler
- "Clear Mind, Wild Heart" by David Whyte*
- "It's Not about the Money" by Brent Kessell
- "Living with Intention" By Lynne McTaggart*
- "The End of Your World" by Adyashanti*
- "The Power of Now" by Eckhart Tolle*



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