

## **What's Stopping You Moving Forward?**

Sometimes we take on a major goal and then over months and maybe years, don't seem to move forward towards achieving it. A lot of the time this is as far as we go. We chant about it, but it's as though the goal remains on the back burner. We aren't really examining the issues that lie behind our reluctance to move forward.

We can sit in front of the gohonzon and think we are chanting, but inside we are allowing doubt, disbelief and fear, fundamental darkness, to influence us. We are running away from our problem. We might be chanting but without the determination necessary to move forward. At some level we are trying to protect ourselves, to avoid connecting with the real issue. As Linda Johnson's guidance based on Reply to Kyo'o says, if we are not taking 100%

### **Vicky's Experience**

This happened to Vicky. She had a goal to finish writing her book. She had been chanting for this goal for several years and then began to ask herself why she wasn't achieving her goal. Every time she began to make progress with her book, she stopped writing.

When she seriously examined what might lie behind her inability to move forward, she discovered that she was afraid first that people would look at her differently. Then she examined what she was afraid of. Being a published author does change the way people see you, but it is out of respect for the fact you have had it in you to finish such a large project. She decided that wasn't a real fear.

Her second concern was that if she finished the book, she would be required to travel to market it. She felt she couldn't leave her husband who has Parkinson's. That realization changed everything. She added a second goal. She started chanting to find a way to market her book that would fit with the requirements of this stage of her life.

Sometimes we don't alter how we are chanting for a goal because we believe that the goal can only be achieved a certain way. That was part of Vicky's issue. She had made the assumption that every successful author has to travel to market their book at bookstores around the country, and travel in order to be interviewed on the radio or television.

You have to be willing to face the reality you aren't moving forward with your goal and face that fact with 100% responsibility. If you aren't realizing your goal, it is due to something inside you, and you need to discover what that is.

### **Try this Exercise**

If you are finding you are not moving forward with a particular goal, ask yourself the following question. "How will reaching this goal change my life?" Then list the answers. You may discover one of the following:

- You may find you don't have the faintest idea of how to handle the demands, which might be required if you achieve your goal.

- You think reaching your goal might require changes which you can't accommodate or feel you can't handle in your current stage of life.
- You may find you are afraid of taking certain actions towards your goal.
- Or perhaps you are listening to that little voice that whispers you are not worthy or don't have the abilities to support this goal.

## What to do

Once you recognize the issue you have been avoiding, then you can chant much more effectively as you will be chanting about the real issue.

- If you're afraid your current life needs won't allow you to meet the demands, chant for a way to accomplish your goal that fits within your current life needs.
- If you find you don't know how to handle the demands that might be necessary if you achieve your goal, chant for ideas on how to handle the coming changes.
- If you're afraid of taking certain actions, chant until you raise your life condition. Then take the actions when you have more courage. We must have the courage and guts to use our practice for the things we don't think we can do. You may have to feel the fear and do it anyway. As Nichiren says:

“I, Nichiren have inscribed my life in sumi ink so believe in the Gohonzon with your whole heart. Muster your faith and pray to this Gohonzon, then what is there that cannot be achieved?”

- If you feel unworthy, chant to realize who you really are. You are dealing with fundamental darkness. Fundamental darkness obscures our vision, so we forget who we are. Remember you are a Buddha. If you didn't have the ability to achieve your goal, you wouldn't have the desire to do it. You undoubtedly will have to make internal changes as you grow into your goal as we all do. Chant about next steps and take one small step at a time.

## Summary:

In this vlog we discussed what might keep us from moving forward with a goal we know we want. We suggested an exercise to ask how your life might change if you achieved your goal. This will allow you to look at the issues you have been avoiding and think of ways of chanting about them that will allow you to move forward.

Here are some blogs, vlogs on related topics you might find interesting:

1. Are You Sure You're chanting for What You Really Want? <http://wp.me/p3V1J9-Qu>
2. Do You Know Why Your thoughts Are So Important? <http://wp.me/p3V1J9-PB>
3. I've Been chanting a Lot. Why Isn't Something Happening <http://wp.me/p3V1J9-Oi>

Thank you all for your comments. Keep them coming. Maybe some of you would have suggestions for other ways a person facing this issue could chant about the problem.

Thank you for your ideas for future topics. I will get to them in the order I receive them.

The last vlog on fundamental darkness resulted in a lot of readers. I'd be very interested to know what it was about that topic that interested you, and if there is an issue I should address. As always, I want to make this vlog useful.