

## Springboards created by friendships



*By Véronique  
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I am blessed. I have friends that are opened and available and that bring me joy and inspiration. These people do not live on cloud number nine where everything is bright pink and smell like rose. Like any average person, they do live unpleasant situations and have their own personal challenges to overcome, but the grace they use to face the shadow that separates them from their light is simply exquisite. With spring slowly unfolding and the fresh start of a period of renewal, I decided to write this simple hymn to friendship.

During the past few weeks, I realized that everything we need to be happy and get to our full potential is right here right now. We mistakenly believe that our dreams are out of reach and that we need to undertake dramatic changes to achieve them. These past few weeks have proven the contrary.

In each of my friends I saw the potential he or she conceals. I discovered that their potential is a precious opportunity for me to connect with what I like and what makes me happy. More importantly, their presence in my life and our discussions allow me to get closer to the person I aspire to become. Today, I had a great time revising the article of a friend who trusted me and let me operate my magic. I love writing and want to make more room for it. This friend helped me getting one step closer to my dream.

Last week a friend came for tea. One thing leading to another, I've shared my sense of urgency to define more clearly my future. Life being full of surprises, my friend had learned an exercise that she made me do. It helped me to create a more structured and complete view of what was, that same morning, complete cacophony in my head.

My immediate family has also many gifts that I benefit from. Naturally optimistic, my mother always encourages me to sustain a positive outlook towards life. My father, with his hyperactive brain, teaches me to stay true to what feels good for me whenever he gets too excited. Despite his secretiveness, my dear brother has a hidden interest in my young career as a tarot reader. And my partner, with his strong personality, helps me to solidify my confidence and self-esteem. Close people confide their doubts and fears to me. Again today, I was walking with a friend who helped me tapping into my potential as a coach. I realize that what I had asked from life, which is to assist people in their awakening and growth, is available every day. My wish has been answered.

What you have just read is a brief overview of what stimulates me. Now is your turn! What moves you? Does the gap you think exist between your desires, projects and ambitions, and what appears to you right now is what really is? Do you think you can be fully satisfied right now while cherishing dreams of improving certain aspects of your life in the future? Do you feel like a prisoner of your daily routine or feel that you are living your life without much excitement?

And if people around you would be the first piece of the puzzle towards achieving your full potential, would you see them with different eyes? I bet you would!

A friend recently told me that we have all the resources we need to make our dreams and projects come to life. These resources can be found in any shapes and forms. They may be a contact from someone you know. They may be found in a book that you recently heard about. You can also find them on a board while waiting for you bus. Open your eyes to the signs and don't be shy to talk about what you like and want. People around you are like springboards towards your happiness and self realization.

I am blessed to be so well surrounded. You also have this opportunity because life always "conspires" to making you happy.