



Stripped and Fully Exposed....

Jim Phillips

“We are vulnerable anytime we step outside of what has become comfortable, even though what is comfortable might not be true.”

As I consider my life's journey to this moment, what I have accomplished, and what I have experienced, I realized that the most rewarding experiences are those when I am stripped and fully exposed. Some of you might question what I mean by stripped and fully exposed, and for some it will conjure images of a middle aged man with no clothes on. For that, I am sorry!

What I am speaking of is removing the clothes of humanity and stripping off the doubts, the fears, and the limitations of being human. Instead, you should be fully exposed and present to your magnificence.

What does it mean to step into your magnificence? It means fully accepting who you are and knowing your Self to be. It means to live with a deep level of knowledge that you are, were, and always will be all that you need to be in order to create and experience all that you desire. It is taking that joyous leap of faith into the truth of who you are.

When I am present to my magnificence, I allow my Self to see all that I am capable of and all that is possible. It is in this most vulnerable state, stripped and fully exposed, that I am able to see and understand my magnificence. It is from within my magnificence that I can create, experience, and receive all of the goodness that life has to offer.

Some might say that to be vulnerable is to be at one's most weakened state when, in truth, to be vulnerable is to be at one's most heightened, most available, and most powerful state. When we stand in our vulnerability, pure and innocent, everything that is not of our true essence has fallen away which, in turn, gives rise to our magnificence.

Vulnerability is at the core of living in full expression. Living in full expression of who we are is, or should be, the way we approach each day and each moment. Living in full expression means to be naked, raw, authentic, and fully available. It means to be courageous, bold, vulnerable, and receptive. Life

provides what you ask for and what you need so that you can live in full expression of who you truly are.

If we are not in full expression, we are in Self-denial. We are denying our Self the love, beauty, passion, and the very reason for living. When we live in full expression, we are true to ourselves, expressing who we know our Self to be in that moment. It is allowing our authentic and divine Self to be seen, enjoyed, embraced, experienced, and appreciated by all. More importantly, it is seeing, enjoying, embracing, experiencing, and appreciating our Self for who we are now and who we are becoming.

We are vulnerable anytime we step outside of what has become comfortable, even though what is comfortable might not be true. We become vulnerable when we feel things are out of our control. The truth is, life is precarious. At any moment we are subject to the vagaries of life.

In what might seem an apparent contradiction, it is when we are our most vulnerable that we are most powerful. When we replace who we believe our Self to be with the truth of who we are, we enter into our magnificence where we are the most creative, most passionate, and most alive version of our Self. Our true power lies in knowing that whatever life presents, whether challenging, difficult, or grand, we are always capable of handling it, and it is always for our benefit. Otherwise, that challenge would not have been presented.

Dare to be stripped and fully exposed. Dare to live in your magnificence.

*Jim Phillips is a certified Life and Spiritual Coach and author of *The Key to LIFE, Living in Full Expression*. For more information visit www.prosperitybydesign.com or email jim@prosperitybydesign.com*