

## "Staying in Your Lane"

There are so many lessons that life is offering us, if we are aware and allow ourselves to receive them. Staying in your lane is a metaphor that informs our life. Picture yourself driving your car on a busy street or highway. Traffic is moving fast. There are cars in front and behind you, as well as on your left and right in other lanes. It's important to get in your lane and stay there. That will get you to your destination. As you imagine yourself headed toward your destination and staying in your lane, don't you feel a sense of peace and relaxation? Staying in your lane is comfortable, contentment, and satisfaction.

However, some drivers don't want to stay in their lane. They want to change lanes and switch back and forth. What is usually underlying this behavior? Sometimes it's impatience and rushing. In some cases switching lanes can seem to save you time. In other cases, it can cause accidents: damage to physical objects, cars and bodies. Sometimes this could have been avoided by staying patient and staying in the lane. Eventually the traffic pattern will change and you will more easily reach the destination.

How can this simple example about a daily experience inform you about your life? You are in this physical existence for a specific purpose.

You have a personal mission to fulfill. There is a reason why you are here. It could be to accomplish pouring love into children; raising a family; teaching; inventing new products; adding new services in your industry; writing, etc. Your gifts & talents have been given to you so you will make a unique contribution to society and the world. *This is your lane.* The more you discover your uniqueness, develop your gifts, and share them through service, then the more you are "staying in your lane." It looks and feels like being the "thing" you love to be and doing the "thing" you love to do.

You know this is true because you send off and receive certain energy when you are being and doing what you love. You'd much rather do the things you love than do the things you don't love. Why? Because it feels good when you do what you love. You feel joy and it brings you joy. You send out joyful energy and it comes back to you. Then the love grows.

So staying in your lane means doing what you love. Make the contribution in line with your purpose of service. Here are three things you can do to get ready for your travel:

1. *Identify your gifts* - There is something you can do better than anyone else. What seems to come easily to you? What activity do

you do where you are so intensely engaged that time seems to stand still?

2. ***Decide how you can serve through your gifts*** - What specifically will you do to provide service through your gifts? Examples: teach a class, write a book or an article, create a product, start a business.
3. ***Focus on an audience to give your service*** - Who needs your service? Who could benefit most from your service? Identify them and how you can gain access to them. Set a plan, call for an appointment, follow through and have the meeting. Jointly plan how you might bring your serve to them.

Thereafter, stay in your lane. Enjoy the journey to your destination!

- Dr. Zayd Abdul-Karim