

CHARLYNE GELT, PH.D.

Encouraging Self-Discovery and Empowerment



Woodstock: A Pivotal Moment in History by Charlyne Gelt, Ph.D.

“There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance.”
— John Lennon



Woodstock was a milestone, both as a documentary and as a pop-culture phenomenon. Woodstock was a pivotal moment in history which brought a sense of connection and limitlessness, demonstrating the power of the idea that “if 400,000 people can get together and have absolutely no violence, absolutely no conflict, it could change the world.” Woodstock showed us that the values we had begun to embrace were indeed a real possibility.



Sovereignty

“We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.” — Buddha

According to the Celtic tradition, *sovereignty* is being in right-standing with the Earth, the Heavens, and your own soul. It means having *rulership* over your life which starts with an awareness of just how much of your life you are actually living, and how much time you are allowing for self-expression and self-care. When you answer the call of your soul, everything else comes into alignment and the universe offers its support.

Are you living the life you were meant to live? Or are you living the life that has been shaped by the demands and structure of the outer world? Once you become aware of how you may have been limiting yourself, your reaction may be anger over “missing out on life.” Look at the ways you’ve been a boulder in your own stream.

Breaking the Patterns of Self-Imposed Limitation

The idea that you can change the way you think and feel is an exciting one! From psychologists Albert Ellis and Aaron Beck evolved the mind-blowing idea that our thoughts create our moods. Transformation in our personal lives is a multi-layered challenge that requires conscious awareness and the interaction of body and mind: “We are what we think.” This means we don’t have to stay stuck! We can break the chains of *self-imposed* limitations and become the best we can be. We can transform interpersonal impoverishment and disconnection to fulfill our own potential. The possibilities are — *limitless*.

Is your present mindset full or empty? What is your best potential? Are you challenging yourself to be all you can be or are you bound by the ghosts of early family-of-origin restrictions and beliefs that hold you back from manifesting your emotional and creative muscle? You may be certain that the binding agent is *anxiety*!

Stuck Thinking into Wisdom

Of what (or whom) am I afraid today? How many children grew up hearing, “What will people think?” Identifying the source of your self-defeating inner talk gets you to the starting gate: “*I need to be perfect,*” or “*If I’m not helping others, I’m not a good person.*” Begin to identify the internal scripts that separate you from your purpose, such as: *I don’t have time. . . I’m no good at that. . . I don’t have what it takes. . . No one understands or appreciates me.* These thoughts whittle away at the sovereignty that’s required to live one’s full potential, your “soul’s calling.” Just as a boulder blocks the river’s flow towards its destination, negative thoughts block your intentions and impede your growth. Sometimes that blocked energy that you cannot see and or deal with when it comes to yourself, instead gets used to reach out and help a friend get over the hump. Yes, it’s easier to feel for *another’s* pain than it is to address that same vulnerability in oneself. Unbeknown to most of us, your strength and empowerment actually lie buried in that wound.

Limitlessness

Clarify your unmet needs, identify what you want for yourself, and convert that resistant energy into a *self-*determined goal. Begin by manifesting an attitude of “limitlessness,” Give yourself permission to be a warrior on behalf of *the Self*. Now, with recognition, motivation, and support, your life becomes a new set of possibilities, and you become a mixed bag of potential just waiting to happen. You can begin to take sovereignty over your own life and open up a bountiful second chapter.

Schedule an appointment to work on your own struggles in individual, couples, or group therapy. Please call: Charlyne Gelt, Ph.D.; www.drgelt.com; 818.501.4123

Thank you for your support!

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