

Passengers on the Bus of Life



Did you realise that you are on a wild journey in a magnificent bus throughout life? Your destination is being free, filled with love, light and living in your purpose. But, as with any adventure, there are obstacles to overcome. That's inevitable. That's just part of this crazy ride called life. So it is important to just accept these aspects of our life, and try to see them as teachers and embrace them with an open mind, kind heart, and tap into the brave soul you are. I also know that this is easier said than done, but that's why it is so important to have a network of people you value in our life to help you along this crazy ride.

One way to think about barriers in life (or life traps, unhelpful behaviour) is to think about them as passengers on the bus of life.

Imagine life is like a journey, and you're the driver of your bus.

You want to go places and do what's important for you.

Over the course of your life, various passengers have boarded your bus. They reflect your thoughts, feelings, and all kinds of inner states and energies. Some of them you like, such as happy memories or positive thoughts, and some you feel neutral about. And then there are passengers that you wish had not boarded the bus; they can be ugly, scary, draining and nasty.

So, you are driving your bus of life with all sorts of passengers on board. The scary passengers can threaten you and want to be at the front of the bus where you see them. You take this very seriously and stop the bus to struggle and fight with them. You may try to avoid them, distract yourself, or throw them off the bus, but they are your inner states, so you can't get rid of them.

However, while the bus is stopped, you're not moving in the direction that's important to you. You may also try to make deals with the passengers; you'll give in and do what they tell you to do if they agree to keep quiet in the back of the bus. This may feel a little easier than fighting with them, but it means the passengers are in control of the direction your bus is heading. By fighting and struggling with the passengers or giving in to them, you, the driver, are not in control of your journey of life, and it's likely that you are not heading in a direction that is important to you. But what if, even though these passengers look scary, nasty, and threatening, they can't take control unless you allow them to? There can be different ways to respond to the passengers so that you can head in the direction that is important.



BIRDY O'SHEEDY
HOLISTIC PSYCHOLOGY

 @birdyosheedy

 @BirdyOSheedy

 birdyosheedy.com

 hello@birdyosheedy.com

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Next Stop: Free Spirit

Imagine how nice it would be if you would be a free spirit, and these passengers no longer have power over you and tell you how to live your life and how to drive your bus. Wouldn't that be amazing? Wouldn't it be amazing to feel free and be in charge of how you show up in life?

Then let's have a look at what types of passengers could catch a ride with you and how they impact your ride.

Ask yourself these questions over the next few days and see if you can answer them:

- What are my unhelpful behaviours?
- What are my strength and values in life?
- What relationships would I like to nurture more? What relationships am I hanging on to, despite knowing that they are unhealthy for me?
- What gives my life purpose and meaning, on a deep, fulfilling level?
- What areas/events of my life have I locked away and not dealt with, despite them frequently interfering with my inner peace?

The important thing is to notice who is riding with you in your Bus of Life. I will be offering more resources over the next few months to help you identify them, give you tools how to deal with them and hopefully, assist you on your epic journey. The crucial step now is that you start becoming curious about your life and start observing who is part of your bus ride.

You've got this.

Lots of love,

Birdy  



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HOLISTIC PSYCHOLOGY