

Don't Die with Your Music Still Inside You.

By Dave Markowitz

Wayne Dyer addressed a crowd of hundreds many years ago, and in an odd moment, or so it seemed to my friend, Mr. Dyer said to just him, "Don't die with your music still inside you." It hit my friend hard. Having been in the music industry for years as a producer, others reaped the benefits of his hard work. But not any longer.

Since that moment that seemed to be intended just for him, he's written some amazing material, both pop and ambient, and now he's opening for audiences of James Van Praagh, Dannon Brinkley and yes, even Wayne Dyer.

Each one of us has a unique gift, and part of life's joy is figuring out what that gift is. This process can also be life's greatest source of frustration or even embarrassment, but even from these we learn *what not to do*, so that *what to do* becomes clearer. Like digging for gold, you need to get through layers of dirt until you can claim the prize.

The first lecture I ever gave on mind-body medicine could easily have been considered a flop. At an expo serving thousands, I was given a room that holds 200. There were five people in the room. Another one I did a few months later with two co-presenters was attended by just one.

But I knew I had a gift. And I also knew that to refuse this gift was like slapping the creator in the face. So I figured I'd better not die with my "music" still inside of me. Learning from each of these alleged failures, I eventually got really good at speaking to groups, and in 2006 I preceded my own mentor, Deepak Chopra onto the stage in front of thousands at NYC's Javits Center.

So why are we so afraid to fail? Why do most of us never find our "music"? Even though many of our greatest discoveries in science and medicine are the end results of numerous failures, most of us have some degree of perfectionism in us, and it is very likely the reason we don't try new things, learn new material, or even go outside our comfort zones. While that may be safe, it's certainly not growing, and growth is why we're here. Our soul knows exactly what we need and directs us to the perfect opportunities for us to learn and for it to experience, but we let our fears take over.

Ask anyone who's accomplished anything great and they'll tell you that they were able to do so because they looked fear in the eye and stormed through any and all obstacles with tenacity. And people who accomplish more are always happier than those who don't. What have you accomplished in your life? What have you done and not celebrated? This spring, take a moment to write down your greatest accomplishments, and I guarantee you that all were done while acknowledging your fears, and yet you moved forward anyway.

Take an honest inventory of what's important and focus on these areas. No one ever died saying they wish they made more money. As author John Haines said, "Don't be one of the people who work hard and spend their health trying to achieve wealth; then retire and spend their wealth attempting to regain their health." The growth of your soul through experience and expansion is the only reason you are here. And that's most often done, or at least easiest done, while searching for and then sharing your gifts. What is your "music" and when will you share it with others? Don't die with your music still inside you!

Dave Markowitz is an Intuitive Health Consultant and Spiritual Healer who works by phone and in person in selected cities. He's been on the lecture circuit with Deepak Chopra, Gary Null, and more, and is a co-author in a best-selling book. His own highly anticipated book will be out in late 2009. Sign up for his free newsletter at www.DaveMarkowitz.com!