



## Walls

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Walls imply safety at some level for many of us. So, we build emotional and psychological walls that make us feel as if we are being protected, but they also inhibit growth, limit our ability to evolve and can make it difficult to get beyond the self-imposed limitations in the walls. To remain within the confines of perceived safety of what we believe we know, who we believe we are and what we believe we deserve, condemns us to stagnation, imposes limitations on our abilities to live the life we say we want and often significantly reduces opportunities to expand “our territories” and receive opportunities.

What is not always understood is that these walls we built are self-limiting and represents a delusion of safety whether imposed on us by others or by ourselves. We must dissolve the wall. We created these walls from the bricks of our experiences, the mortar of our conditioning and the wood and nails of our habitual and repetitive thoughts about the world and how we see ourselves in it. Because the walls of emotional and psychological energy are of our creation, only we can remove the blocks the wall represents for us.

It may seem excruciatingly painful to dissolve your wall because it feels as if you are taking apart the safety defenses you designed to protect yourself. So, to start the process of dissolving your wall, ask yourself.... what happens if I stay behind the wall or if I don't remove the blocks that keep me right where I am now? Will I get better? Will I grow? Will I get to have different experiences? Or will I remain the same while stagnation sets in and I wither away because I choose to stay behind my wall?

As long as the wall is between you and the other side, you continue to be limited by the wall's power over your fears, your sorrow...and you. When you can go into this wall of energetic creation and see it as a symbolic representative in its 'power over' the force of the wall begins to diminish. When you are ready to self-explore and see your power extending to the other side of the wall, you are ready to release the illusion in the wall's dominance; you are then ready to remove your blocks and explore the vast universe that awaits your command to create the life you really want.

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*About the author: Dr. Burrs is the author of the book: [The Fruits of Inclusion™: A Smart Business Guide to Creating a Sustainable Diversity and Inclusion Program](#) and has published articles on leadership, coaching and engagement and inclusion. She is also the author of the [Second Generation Diversity Training™](#) program series. Dr. Burrs is an often sought after public speaker and presenter for her deep expertise and engaging presentations. You may contact her at: [Linda@DrBurrs.com](mailto:Linda@DrBurrs.com) or 937-866-7511.*