

# The Power of Vulnerability

I just returned from a golf trip to Cancun with 16 guys, 8 from the USA and 8 from Canada. I had never met any of the Canadians, but made personal connections with all of them! But there was one connection that stood out from the rest. I had met my twin in one of the Canadians, it was like looking in the mirror (not in looks, I'm much better looking; but in personality, character and the way we live life) and like talking to myself. Incredible!

Throughout the week, we found ourselves in several deep, intimate and personal conversations to all hours of the night. Now, don't get me wrong, the entire week was not a total display of seriousness! We laughed and had so much fun together, it was a week I will never forget. One conversation stands out in particular; we had ended up back at his room after a day on the golf course to have a drink on the balcony before dinner. Well, dinner never came, as we continued our conversation until 5 am (mind you, an 8:30 am tee time awaited us). On my present path to becoming a certified transformational coach/speaker, I am convinced that the power of our life's story is medicine to the world. Through allowing myself to be completely vulnerable, I was able to share a very personal story from my childhood. As I was courageous and brave telling a story that I had only told one other person in my 48 years, I could see through his reaction and eyes that my story was all too familiar to him. Only through opening myself up for judgement or hurt, could he come to a place to share a story that he had never told ANYONE. As I listened broken hearted and teary eyed, it provided healing to me.

We cannot under estimate the power of vulnerability. I visualize vulnerability as a two-headed animal; we shy away from it based on a fear of disconnect. We shy away from it because it opens up the opportunity to be judged and hurt. But, vulnerability is also the birthplace of joy, love, creativity and belonging. Despite the risk, being vulnerable truly allows our sense of worthiness to transform into love and belonging. We need to let ourselves "be seen" authentically to be able to love with our whole hearts, without any guarantees, in order to live with gratitude and joy.

Once my new friend had finished sharing, we began to discuss the importance of moving past hurts to truly be in a place of living our purpose. We went into some tools for daily life to remove these blocks. We talked about discovering our "why" to find our purpose. We discussed writing a PERSONAL MISSION STATEMENT, declaring our intentions for how we will choose to live our lives. We talked about writing our own PERSONAL COMMANDMENTS, our own set of moral convictions and intentions to follow. We agreed to wake up each morning and state our GRATITUDES to set the tone for the day. And lastly, we talked about writing out our own PERSONAL DREAM, what we really want to do in our lifetime to create change and a lasting impact on the world we live in. And by following this personal dream, we decided that it could only be done one way. It was by HELPING OTHERS REACH THEIR POTENTIAL, through sharing our stories and giving freely of our unique talents and gifts for the benefit of others. Being courageous and brave enough to be vulnerable, despite any judgment or risk of hurt that may come with it.

Then it happened, after the 8 hours of conversation, I was looking at and speaking to a new person! A serious shift had occurred; it showed in his eyes, his expressions, his voice and his posture. There was an unbelievable confidence and determination in his stature. Beyond a shadow of a doubt, he knew his

life's purpose; and what followed floored me. He looked at me and made a statement that I had never heard anyone dare to say. He looked me in the eyes and introduced himself as the person he aspired to be. It was the single largest vision, dream or goal that I had ever heard someone say. And when he declared it, HE believed it, and I believed it! Now, I know you are dying to hear what he stated, but I am not at liberty to say, just yet. When he does achieve it in the future, the world will know it, and he will be able to share this exact story. Stay tuned!

I know this post has been really long and I hope that you have enjoyed reading it; but I'm not quite done. Stick with me for a few more moments while I wrap this all up. There are some really important life lessons here for all of us. Dream big, live big. Most people are afraid to aim too HIGH, so they aim low and HIT. Live full...die empty. I challenge everyone of you to be brave enough to share your personal story from a place of vulnerability, so you can move past hurts that are holding you back from achieving your potential. Find out your why. What makes you cry? What makes you break out into song? What do you dream about? Once you have your purpose, surround yourself with like-minded people who will encourage and support you on your journey. Write down your goals and vision, read them daily. Stay in a place of gratitude and make your life about others. The world is waiting for you to live your purpose, it needs it. Joshua 1:9 "Be strong and of good courage, be not afraid, neither be dismayed: for the Lord your God is with you wherever you go." Even if you don't believe the Bible as an inspired book or even if you do not believe in God, take the passage as one of comfort and replace 'God' with whatever you believe in. Get out there and start being awesome!

Live in love, love to live!

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