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know it may sound cheesy but several years ago, I heard a TV preacher say you have to “stand up on the inside.” He talked about believing in the supernatural (spirit) vs. the natural (man) and not being afraid to soar... That with your god anything is possible. It's a variation on the theme that we're equipped with greatness, we just have to excavate it and cast out the fear of our own ability. To lead, to serve, to parent, to love, to work... Whatever.

I think having fear may be more rampant in women because if we're empowered, we're not needy... Ergo, we're alone. Which may have some truth to it based on my experience. Regardless, everything I encounter anymore (or rather choose to focus on) is about believing for good in me and the world, instead of all the harm that can befall and in all the ways it could go wrong. I anticipate the good now. I internalized at some point that what I focus on is what expands, so I do my best to dwell on solutions. That's the way I practice, too. As an attorney, I try to offer solutions to clients that allows them to exercise some control over their lives when they are in what is likely one of their greatest crises. Something that I read and like to remind myself, “You have it in you to be a heavy, why don't you try?”

-Holly Houston, Attorney

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