

## Perspective

**VULNERABILITY** is not  
winning or losing. It's having the  
courage to show up when you  
can't control the outcome.

Brené Brown

I read a wonderful article which quoted a friend of the legendary Michael Jackson. Michael Jackson's album Thriller was a phenomenon. According to the Guinness Book of World records it sold a whopping 66 million copies and several other records suggest that the album sold over 100 million copies worldwide. It was a phenomenon. So when his next album "Bad" sold "only" 20 million (read again - only 20 million) Michael was heart broken and kept trying to chase the success of Thriller and never made it. Many times in life we may have that phenomenon in a near perfect relationship, in a very successful venture at work or in something we create. However we may lose ourselves if we attach ourselves to the outcome and the external validation that they may bring us. Eastern schools of thought have always mentioned it in many ways and yet somehow most of us run ourselves to the ground looking for the phenomenon when subsequent work or relationships may also be miracles in their own right. Take a moment to see if the "lows" are because you are

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unable to match up to your own idea of how things must be. Letting go opens up a whole new dimension of how we can remain connected and aligned to our highest potential without external validation.