

## Personal Transformation: A Prescription!

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*“What lies before and ahead of us are tiny compared to what lies within us.”—Ralph Waldo Emerson*

In our life’s journey, we constantly pursue goals and seek to achieve for ourselves what we want. Often, this pursuit is intrinsic, wherein we follow a path to satisfy our own inner quest, while at other times, it is driven extrinsically or competitively, where we want to beat out the other guy. In any case, it is the quest that allows us to test our potential and reach it. To many, reaching such a goal is about getting and having, rather than being and becoming. They will go to great lengths to get what they seek and have what others don’t. The focus here is on the outcomes, especially, material outcomes. Often, too, they despair when they fail to achieve what they seek, giving up that pursuit and going after something “better.”

In this journey, we discover that in pursuit of a goal, we sometimes have a setback or even an abject failure. Failure is just a setback that reminds us that we must choose another path to achieve what we seek. Giving up after a defeat, or even repeated defeats, is what makes that failure permanent. Often, though, merely choosing another path does not provide the necessary impetus to achieve the goal; something much greater is needed.

This is a clarion call for a personal transformation.

What is a personal transformation? It is a *complete* reinvention driven by circumstances that require a person to manifest differently. A transition, on the other hand, is an *incremental* change; an organic growth. At its core, after a transformation, what remains is your *true* self. This is your spirit and your burning desire to attain what you set out to do; everything else sublimates and transforms around that core with a single-mindedness of purpose. In the process of such a transformation, all your pretenses simply melt away. It is a rebirth, somewhat akin to a near-death experience. Your entire being has to be transformed—inside out—to achieve the reinvention. So, what are the ingredients for this alchemic transformation?

The following list sheds some light:

**An Inside Out View:** One key ingredient for transformation is the ability to look deep within oneself and tap one’s Essence. This requires much introspection, confidence, and a deep reservoir of energy. Being driven by external factors as success, money, status, and fame cannot provide enough fuel to drive the transformation for a meaningful reinvention. If such a change is indeed made, it may last, albeit temporarily. Look at those who went on to achieve greatness; their quest was always fueled by their inner drive, deeply rooted in their passions, values, and convictions. Here, what you achieve comes from being pure and true to yourself and an authenticity that flows from it.

**Singular Focus:** This is a key ingredient for a personal transformation. A laser-focused purpose mobilizes a force that allows us to marshal all our resources, mental, physical, and spiritual to fuse, creating a driving force that becomes unstoppable.

**Having an Epiphany:** Many personal transformations are prompted by some experience of hitting bottom. You are caught in a whirlwind of energy that is virtually impossible to fight; doing so merely prolongs the inevitable. The best strategy is to surrender and embark on your personal transformation. And, in so doing, when you hit bottom, suddenly you begin to see things with such clarity that it alone drives your transformation.

**Fearlessness:** In going after a dream, a pursuit encumbered by fear can debilitate and paralyze the person into inaction. Fear often throttles one's ability to freely explore and consider approaches that appear risky. It also acts as a barrier; blocking any ability to channel new ideas to creatively deal with the insurmountable obstacles a person faces breaking through. Operating in fear, clouds our judgment and we doubt our own abilities. Although having some fear of the unknown is good—it's a natural weapon against recklessness—constant fear of failure occludes our mind and it cannot seek the inspiration necessary to create something new and mobilize our true inner power.

**Listening to the Inner Voice:** We all have something that makes us unique. This is our genius. Some call it personal mastery. It allows us to do things that others cannot do as easily. We are authentic when we operate from our Essence. This is our true self and our genius connects with it in ways that allows us to tap into our deepest creative force; our inner voice. Listening to it, acting on it, and then manifesting its full power, allow us to achieve feats that are not otherwise possible.

**Trusting the Universe:** We are all put on this physical plane for some innate purpose. When your actions are aligned with that purpose, a universal force provides you the invisible power to help in your endeavor. And, when this happens, you know that you are on the right path to success. When the universe wants you to succeed, no one can stop you!

**Bouncing Back:** On a quest that puts you to pursue an audacious goal, setbacks are frequent and discouraging. Resilience is our ability to bounce back. It is about stepping back, regrouping, and then redeploying yourself with new resolve. This is a practiced skill.

**Fighting Detractors:** In your pursuit of the quest, some, whom you seek, will try to ignore you, bring you down, sabotage you, or even publicly ridicule you. What you need is an abiding faith in your vision and in your loved ones who stand by you. Nothing is more discouraging than when the whole world around you is imploding and you see darkness. It is in these times you really know who your friends are. This is also the time to make lasting friendships and clarify relationships.

**Staying Positive:** Most transformations stem from deep personal setbacks and defeats so overwhelming that they often defy description. To continue in this state requires hiding your pain and putting on a cheerful facade. Remember, no one can unbend you without your consent. Always act successful! Success attracts success and this accelerates the transformation, because the world now thinks that you have something worthwhile!

A personal transformation, as pointed out in the beginning, is not about getting and having, but it is about being and becoming; a journey. By focusing on the ideal, the journey that you follow will transform you, giving powers you did not know that you had. In the end, what sublimates is an authentic you and your goal racing towards you. It *is* magical!

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**About the Author:** Dilip Saraf has gone through four reinventions. Starting as an engineer and technologist, Dilip became a marketing consultant, working with Fortune-100 clients showing them how to dramatically improve their global accounts. Later on he became a leadership effectiveness consultant showing major corporations how to increase their leadership effectiveness through personal power. His most recent experience has been as a career counselor where he leveraged his own learning to help over 2,000 clients reinvent themselves. He has published three books on career management based on that experience and is currently working on his fourth. His first book, *The 7 Keys to a Dream Job: A Career Nirvana Playbook*, deals with how to make effective transitions; his second, *Reinvention through Messaging: The Write Message for the Right Job!*, deals with reinvention for a new career, and his third, *Pathways to Career Nirvana: An Ultimate Success Sourcebook*, describes a ground-breaking career management framework to effectively manage a career in these turbulent times. He has appeared on *CNN Headline News/Comcast Local Edition*, and in the *Harvard Business Review*, *Chief Executive*, and *San Francisco Chronicle*. For more information visit: [www.7keys.org](http://www.7keys.org) .