

PART THREE: Express Your Inner Red Hot Mama!

Whether you're a Mama or a Papa, this is the third in a series of 3 articles designed to have you experiencing more of the juice in life and expressing more of your fire.

These have been inspired by LifeStyle Coach, Lynn Ward, www.redhotmama.com.

Tune into our Podcast, as Lynn interviews me on www.boomeryak.com and www.lifestyleyak.com, plus sign up for our free teleclass on January 9, 2008, at 6pmPST. From here, you can sign up for 3 more teleclasses, scheduled for January 16th, 23rd and 30th.

To read Parts One and Two, go to www.pkellycom.blogspot.com. Previously, we've looked at 4 steps to expressing your inner Red Hot Mama and Papa: (1) Clarify your desires (2) Take action on them (3) Identify limiting beliefs and (4) Replace them with inspiring assertions.

5 - Find Your Big Purpose and Devote Yourself to It

The final piece in the process of expressing your inner Red Hot Mama and Papa is to discover your big, important mission in life and, like Joan of Arc, to devote yourself to it. Having a big purpose allows you to shift the focus off yourself and onto something that inspires you. A purpose larger than yourself calls forth your greatness and puts any fear, sadness or anger into perspective. In "Speak with Passion, Speak with Power!", I present this "big purpose" as one of the tools for overcoming the fear of public speaking.

Erin Brockovich demonstrates the power of the big purpose. Most of us have seen the movie about this real-life character, brought so vibrantly to life by Julia Roberts. At first, Erin was just trying to survive, shunning her bills to buy food for her children. But then her Inner Red Hot Mama guided her into a situation that brought out her greatness and revealed her life's mission - to restore justice. From inside this bigger context, Erin's flamboyance and street smarts became focused, courageous and powerful; her family's survival got handled and her bills were paid.

Then there's movie star, Katherine Hepburn, who was devoted to Spencer Tracy for many years, until his death. Because of his religious beliefs, he chose not to divorce his wife in order to marry Hepburn. Did Katy struggle and suffer about this? Perhaps, but listen to how she describes the big purpose of their relationship:

Love has nothing to do with what you are expecting to get - only what you are expecting to give - which is everything. What you will receive in return varies. But it really has no connection with what you give. You give because you love and cannot help giving.

1. To assist you in finding your big purpose, write down everything you want to be, do and have in each of these areas -

- Your personal life
- Your professional life



- Your friends and family
- Your organization
- Your community
- Your nation
- Your planet

2. Now look for an underlying theme. Perhaps it has to do with continually growing and being more, with challenging yourself and doing more, stretching yourself and having more.

3. Put your theme into words that inspire you, write them down, speak them out loud and remind yourself often that this is what you're up to. If Hepburn's big purpose was to love and give everything, and Brockovich's was to bring about justice, what is yours?

6 - Laugh



Gazing at life from the pinnacle of her higher purpose gave Hepburn a sense of perspective - and a sense of humor too. In a situation where others might feel sorry for themselves, this Red Hot Mama quipped, "If you obey all the rules, you'll miss all the fun!"

Red Hot Mamas and Papas have a sense of humor and laugh easily and heartily. In addition to causing more endorphins and a stronger immune system, humor becomes part of their irrefutable magnetism - a gusto for life, which comes from living the life of their dreams and fully expressing the fire within - which is why they're red hot!

- Cultivate your sense of humor by paying attention to it, set a goal to grow it, adopt a playful attitude, study humor. Years ago, I used to recommend "What Mona Lisa Knew" by Dr. Barbara Mackoff and "The Healing Power of Humor" by Allen Klein. They're still around on Amazon.
- Lucy, the next time you're suffering, imagine you're in an "I Love Lucy" episode and ask yourself, "What would Lucy say to me right now?"

By taking these 6 steps, you're well on your way. If Oprah, Joan of Arc, Erin Brockovich, Katherine Hepburn, your neighbor down the street and Lucille Ball can express their inner Red Hot Mama and Papa, so can you!

