



*the*  
WISDOM  
podcast

with dorothy ratusny





# HOW TO LIVE YOUR

# greatness

Your Greatness is your incredible potential for all that you are becoming and what you already are. You live your greatness most readily (and naturally) by being your authentic self. Your authentic or genuine self is another way to describe living your truth.

You also live your greatness when you are living as your ideal or highest self. This is living as the pure and most loving aspect of what you are. Your highest self is often referred to as your inner being, source energy, the divine and universal consciousness.

Greatness is not ego-centric, rather it is a way of describing your infinite potential as a being of love.

You live your greatness through deliberate acts of kindness, generosity, compassion; through being of service and giving of yourself, and by being loving without boundaries, expectations, or conditions.

In this first episode of the Wisdom Podcast, I define what spiritual greatness is; how it has nothing to do with ego - but instead it is the conscious and deliberate way that you live your life, that aligns you with your infinite potential. In this episode we dive into how you may live your greatness each day; and how doing so actually helps you to feel far better about yourself and to own your worth.

"You live your greatness by following a path that is authentic and right for you; and to follow this with your heart (and mind) open to the experiences of life; with loving kindness, forgiveness, and compassion. Living your greatness is pursuing your path to the nth degree - immersed in it fully, and enjoying its beauty and perfection as it continues to unfold before you - and as you savour its welcome pleasures and bliss."





HOW TO LIVE YOUR  
GREATNESSES





"Know who you are. Live your greatness. Your greatness is not based on ego, with power or privilege over others; your greatness is what you are when you live as a being of love. When you are loving kindness, you are living your greatness."

**Your true potential is your limitless capacity for greatness.**

This is how you live your full potential and how you rise to the challenges that will shape and inspire you.

There are many ways that we hold ourselves back from our greatness. Greatness collapses with the absence of self honesty. If we pretend to be something that we are not; if we sacrifice our needs and desires in order to fit our self into someone else's life; or if we tell untruths with the hope that doing so will make us seem better, more lovable, successful, or happier; in any of these examples, we are not living as our greatness.

If you blame others for what has happened to you (and for what circumstances you find yourself in); if you make excuses (no matter how reasonable these rationalizations may seem) rather than take responsibility for your choices; you not only diminish your happiness; but you may also feel powerless and victimized. If you self-sabotage because you do not believe that you are deserving to feel happiness easily; or to have abundance and love, you limit your greatness. These are only some of the ways in which you hold your self back from your true potential.



“Your true potential is a limitless capacity for greatness ”

When you allow yourself to expressively be your authentic self; when you follow a path of what you enjoy most; (and likely what you are naturally good at) and when you allow your inner guidance or intuition to guide you along a path of what is 'right' and 'best' for you; these are examples of living as your greatness - **as your truth**.

To live your greatness means experiencing true freedom; because you are using your free will to deliberately choose your life's path. This allows you to feel innate joy, inner peace; and the ability to connect inward to your infinite and highest self.

Living your greatness is not about thinking you are better than others; it is not fickle nor irresponsible; but rather an attainable ideal.

As I describe it here, living your greatness sounds akin to living your life's purpose - and this is exactly true. Figuring out what is most important and meaningful to you allows you to live your dream life and to feel authentic happiness easily.

You live your greatness not because you are rich or famous (although that can certainly be a part of your life). You live your greatness when you live a life that is honest and authentic to who you are, to what you enjoy, and of what is most meaningful and fulfilling. And if your existing 9-5 job is not what you are passionate about; you may still live your greatness; living as your best self as you find a vocation that is of purpose.

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Being wholly honest with yourself about what you enjoy and desire; appreciative of what 'gifts' and 'abilities' you innately possess, and in following a path that is of your choosing - is an enlightened way of living.

By knowing yourself best, you can choose a life path that allows you to enjoy your innate abilities and talents as you share these with the world. This is how you experience and live your greatness.





**You live your greatness by choosing a life that is authentic, based on knowing yourself best.**

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with d o r o t h y r a t u s n y



**What often happens when people go in search of their ideal or dream job, is that they discover their soul's yearning;** and a deep desire that cannot be ignored. If you choose it, there is always a way (and I can certainly help you with this) to have a job and a vocation that allows you to live your greatness; and a purposeful life whilst earning a living to support your every will, your every means, your every desire.

If you are feeling doubtful or perhaps stuck about how to begin or 'restart' your journey of greatness, let me help. Please know that if you live your life telling yourself why you can't or couldn't do something, just know that whatever you tell yourself you believe; and this becomes your reality. It matters most that what you tell yourself is true. Believe the limits that you place on yourself and you begin to live within the constraints of your self limiting beliefs. This is how your world begins to close in, causing you to feel less capable and unworthy of happiness. **Ultimately here is where I can help.**

To live your greatness; even as you may be in the process of setting up your life in the way that you ideally envision it, challenge the thoughts and habits that limit you. Live authentic and truthful to who you are. Rewrite the 'stories' that you have told yourself so that you can reaffirm what is true, and what you desire most. Begin with what you know is true rather than what you may have been taught to believe.

**"Know who you are. Live your greatness. Your greatness is not based on ego, with power or privilege over others; your greatness is what you are when you live as a being of love. When you are loving kindness, you are living your greatness."**



## a-ha moments:

### a meditation for living your greatness

I'd also like to share with you one bonus strategy for how you can begin right now to tap into your true potential - your greatness.

It is this: make it a habit to experience time alone with yourself, undisturbed; to ponder and daydream what would allow you to feel genuine happiness not only in what you do each day, but how you can curate this feeling from within and as you live more moments of your life in the present. This encourages you to consider your ideal self and the ways in which you would ideally want to live life.

Carving out regular time to be alone with yourself; whether in the stillness of meditation, self-reflective writing, or imagining your future - allows you to develop a better relationship with yourself; and it helps you to be certain about what you desire most. When you become quiet and focus inward, it is much easier to hear your inner voice - and the inner wisdom that may best guide your life.

As a gift, I invite you to experience a Guided Meditation; titled '**My Ideal Self**'. You can experience your ideal self as a series of new thought ideas and a blueprint that inspires how you can live each day - even if you are new to the practice of Meditation. All that you need to do is choose the space and time to be quiet and still, and to remain open without expectations. During this meditation, allow your imagination to reveal the sacred imagery that will help you experience yourself as greatness.

"Your ideal self is who you already are; it is your inner being - your highest self. When you live through your heart; you live intuitively - from an expansive state of grace rather than out of fear. Let the wisdom that you access from this meditation help you to embrace the highest ideals for living your life - and for living this in all waking moments."

Experience the bonus Guided Meditation: '**My Ideal Self**' which I refer to in this Podcast. I hope that you will feel encouraged to live your greatness, to appreciate every moment of your life, and to find - and live - your life's purpose.

A MEDITATION MANIFESTING YOUR IDEAL SELF

HOW  
TO  
LIVE  
YOUR

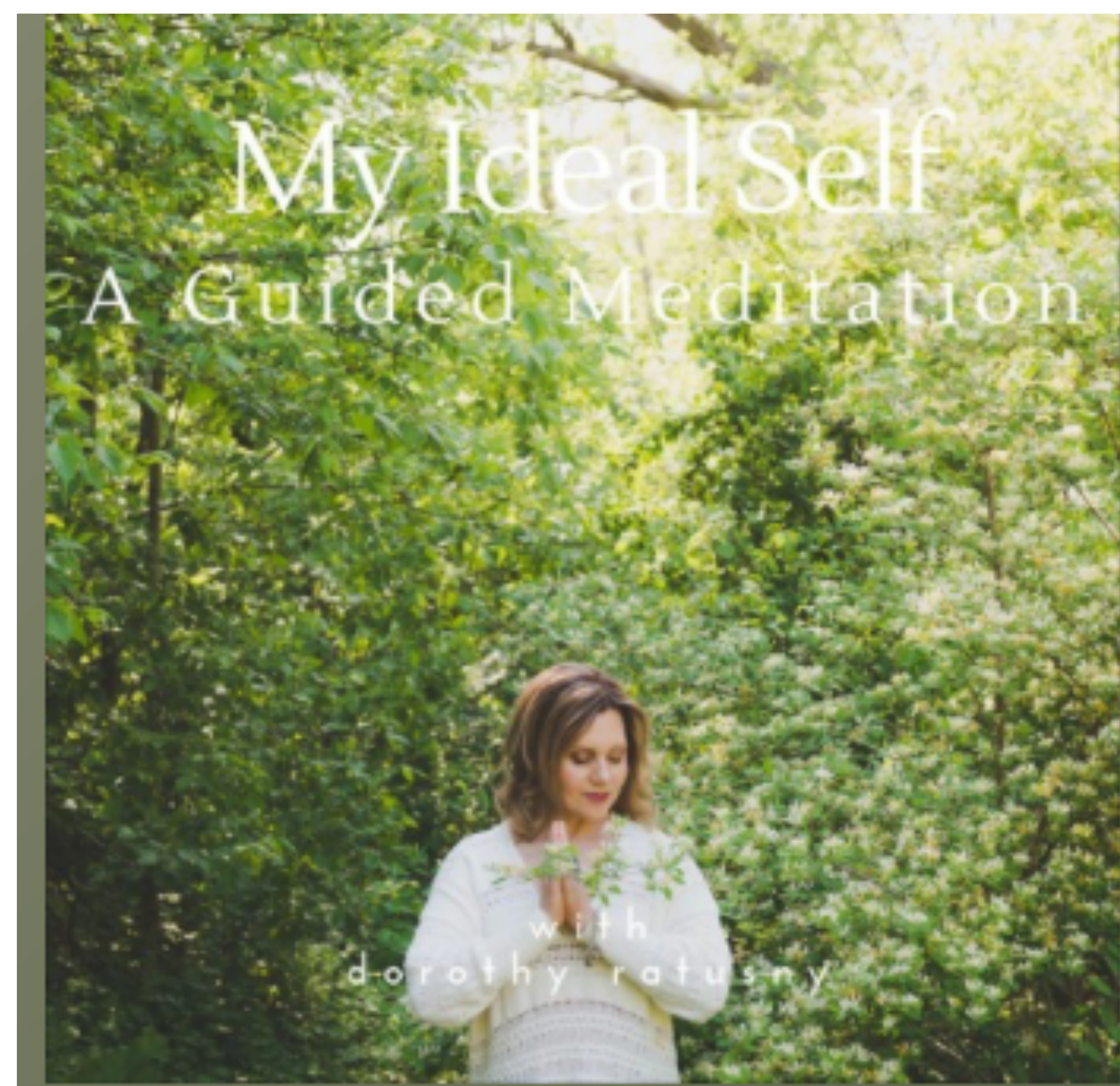
*greatness*





# IDEAL-SELF MEDITATION

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**a-ha moments: manifesting greatness - download an ideal-self meditation**

get instant access to exclusive, interactive tools and wisdom that complement each episode

Instantly Access a Meditation to Manifest Your Ideal Self

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**#AMA:** ...about life, love, or advice on living your best life; 'in' joy and of your authentic power.

**#askD:** If you have a question or circumstance, an 'a-ha' moment that you would like to share, or a topic you need guidance on; please reach out! Your question or feedback may be featured on a future episode of The Wisdom Podcast. Fill in the form below!

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\*Questions and stories will be chosen and featured on an episode of the wisdom podcast each month.

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