

Who Inspires You?

by Isha Judd

Some individuals inspire millions by means of their life's work; they might be artists, leaders, actors, authors, scientists, geniuses or athletes. Anyone who challenges the limits of human capacity can capture our attention and evoke wonderment in our imagination. They make us feel that the possibilities are endless and that the limits we have placed upon ourselves can be surmounted. The ego tells us, "They're a better human being than I am." But the wiser voice of the heart whispers, "I can be that." This voice is the source of your greatness.

I have long honored Nelson Mandela, whose acceptance of reality helped him find internal freedom, even in imprisonment, and consequently help end apartheid and forward world freedom. I esteem Michelle Bachelet, the president of Chile, who is a humanitarian before she is a politician. Her commitment to forwarding the welfare of her people has weathered tough times. Like a mother, Bachelet is warm, but firm; she knows that her citizens, like children, will thank her later for insisting that they do the right thing. I admire Walt Disney's vision of innocent warmth, inspiring the child in all of us to embrace our common humanity and celebrate life. I cherish Mother Teresa, whose humble, compassionate service spoke a language beyond the barriers of religion and touched the hearts of multitudes.

And, true to my undying passion for animals, I cannot leave out Phar Lap, Australia's four-legged racing legend. During the Great Depression, this ordi-



nary-looking underdog carried the hearts of a nation, pushing beyond all expectations to win the Melbourne Cup and raise the spirits of millions.

My grandmother has been another great source of inspiration in my life. Her courage and unconditional acceptance have helped me to trust myself and my abilities. In recent years, I have been privileged to work with inspiring men and women around the

world who are working to elevate the consciousness of humanity. I respect them all.

Who inspires you in your life and why? Let those heroes be more than an ideal you look up to; allow them to be a reminder of your own potential. Whatever leading quality you admire in another, you can look for ways to be more of that yourself.

You don't need to commit extraordinary feats to live an extraordinary life, and you don't need to have the eyes of the world upon your actions to make them valuable. That value is set by you, through your own passionate commitment to individual growth and evolution.

Let's use our heroes to become more, to teach us about our own potential. Let us daily walk by their side toward those ideals we so much admire.

Who are your heroes?

Isha Judd is an internationally renowned spiritual teacher and author; her latest book and movie, Why Walk When You Can Fly? explain her system for self-love and the expansion of consciousness. Learn more at WhyWalkWhenYouCanFly.com.