

Living Life With An Edge

By Louise LeBrun

It is our edges that define us. Without edges, we would not be recognizable as different or distinct from our environments. Without edges, we would blend in to our surroundings ... disappear ... become part of something else and no longer be who we are.

It is the edges of things ... a picture, an apple, a car ... that allow things to be separate, one thing from another; that allow for individuation. Without edges, there is only one thing, with all else having been subsumed by that mass.

It is also the edges of things that cause them to stand alone. It is the edges that say this is one, and this is another. It is the edges that allow us to stand out in a pack; to be seen as NOT something else, even if seen as part of a larger whole.

Have you lost your edge? Are you drifting - undistinguishable - in a sea of the undistinguished? Are you disappearing?



For some, there is safety in disappearing ... in being without an edge. Without an edge, it becomes much more difficult to find you ... to distinguish one from another. And truth is, if you can't be found, can't be singled out, can't be seen, it is much more difficult to isolate you; point a finger at you and draw attention to you as different from the pack. Sometimes, it is easier to be like everyone else (without an edge) than it is to stand alone.

Edges come in all shapes and sizes; textures and styles; degrees of density and intensity. The edge of what is 'apple' would be very different from the edge of what we know as 'missile'. Edges can be on the outside ... or on the inside. They can define and shape something in physical space and time, or they can define and shape something at much deeper levels of awareness ... at the levels of who we are ... and can shape our identity. Not just who we believe ourselves to be, but who we believe ourselves to be capable of becoming.

Before we can allow our edges to change shape, we must first be willing to let go of what is already there. Sometimes, what's already there ... is no edge.

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Think of it in terms of the notions of Crucible and Spear. The Crucible is a container for something other than itself. Its very shape is designed to hold something outside of itself ... receive something other than itself. It's purpose is to be the safe place within which other(s) come together to change and shape and reshape, trusting that the vessel will hold. The intensity of purpose of the Crucible is in its capacity for volume of material; the resourcefulness of its composition; and the strength of its sides.

The Spear, on the other hand, is not intended to hold anything. It is intended to penetrate ... to pierce ... to move through. Its shape is designed to move through things, to move into and separate in some way. The Spear is designed to move forward; to break down or break through or break up. It is intended to be sharp and aggravate an existing structure. The intensity of capacity of the Spear is in ease of handling; the strength of its composition; and in its ability to penetrate.

The Crucible speaks of notions of holding; nurturing; protecting; allowing for things to unfold without acting directly on the things themselves. The Spear calls up notions of aggression; taking action; shaping and reshaping that which it touches; an active intervention. In our lives, far too often we have felt the need to choose one at the cost of the other. Far too often, in order 'to do the right thing'; or be acceptable to the generation from which we came or even the generation that we spawned, we have allowed ourselves to become locked in to one way of being or another.

It may be that we've forgotten, or it may be that we never knew, that both Crucible and Spear have edges. Not only are we not required to choose, we have access to both as well as the capacity to shift easily from one to the other, depending on what we choose to create in our lives and in the lives of those we touch.

Consider for a moment that Crucible and Spear are not separate things but more like the back and the front of the same hand. Depending on what you want to create, your arm rises, extendsfingers uncurling ... reaching out ... an open hand ... unfolding to allow for you to receive. Another time, what is required is that your when your arm moves, your hand comes up, takes the shape of a fisthand raised high, propelled by the momentum of your arm. Same hand, different intentions and yet the same force moving in a different way.

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Without knowing what we want, we do not know what edge to present to the world ... if any edge, at all. Without the ability to define for ourselves what we are willing to do and not willing to do, we can be sure that someone else will define it for us. If we do not know what we stand for, it is one of life's promises that we will become the resources for the expression of someone else's dream. Who's dreams are you living? Who's intentions are you fulfilling?

As you move into your future, one day at a time, you may want to begin to pay attention to your edges. Where are they? When was the last time you looked? Do you choose your responses or have they become habits that you no longer notice? Do you allow your edges to be seen by others, or do you pretend that they aren't there? How do they serve you? How far do you have to be pressed before they become visible to anyone else? How frequently do you allow yourself to engage one at the expense of the other, out of habit or fear of reprisal? What would/could your life be like if you allowed yourself to be both Crucible and Spear, as the need arose?

The most difficult part of taking back your life is knowing what you want to keep, what it's time to let go of and what you want to renegotiate. The sooner you pay attention, the longer the good life will last!

Louise LeBrun has been changing lives - including her own - for more than 25 years. In times of uncertainty, agitation and fear, she believes that what is inside us will shape what unfolds outside of us, as evidenced by the choices we make. At this time, Louise is committed to working exclusively with women to redefine and reclaim leadership. Her original and extensive collection of books, CD's and guided experiences have been helping women to trust the truth of their own experience, redefining and reclaiming leadership for a new world. Her retreat intensives catapult participants beyond their history and into an *Emerging Future* of their own design.

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