



## The Limitless Women Podcast Walking in Faith

### [Stop the Spinning: Moving From Surviving to Thriving](#)

#### Chapter 3

I arrived at the life I live today through focus, perseverance, and faith. To live a life of ease and grace, you often have to grow and learn for a long time. But with these three elements, your life is destined to evolve into one of abundance.

#### Want to skip head? Episode Highlights

- [02:23] Listen to two important morals for you from the inspiring story of *Three Feet from Gold*.
- [03:56] Find out three qualities you can practice to lead to a life of ease and grace.

#### Episode Transcript

[MC] Welcome to the Limitless Women Podcast. Our mission is to help women business owners, like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Here's your host, the founder of Limitless Women, Laura Gisborne.

[Laura Gisborne] Today's episode is chapter from my book 'Stop the Spinning: Move From Surviving to Thriving'. If you'd like more strategies on how to manage your time, grow your revenue, and improve you mindset, you may download a complimentary copy of the entire book at [www.LauraFreeBook.com](http://www.LauraFreeBook.com). Enjoy the show!

Praying is a personal subject. I was raised Southern Baptist and although I loved many aspects of my church community, I always questioned the punitive side of my religion. As a young woman I began studying different religions and fell in love with Judaism. I loved the focus on family and education, and I loved my perception (in Reform Judaism) that women should be treated with great respect. Judaism partly made such an impact on me because I lived in Miami, Florida, and the most successful people I met were Jewish. Not surprisingly, I decided to marry a Jewish man.



I intensely studied Judaism and Jewish culture for almost a full year before marrying my first husband. I still to this day love Judaism and am honored to have my children consider Judaism a part of their heritage. What didn't work for me was labeling myself as a devotee of one single religion. There were still facets of Christianity and Buddhism that felt authentic for me. When Scott and I got married, my daughter Erika was three years old. Erika told Scott that she believed I was half Jewish, half Christian, and half Buddha. This is a label I love.

In my own quest to know God and my Higher Source, I have discovered that, as a young woman, I only turned to prayer in very dark times. Often when I couldn't figure something out and felt like I was at my wit's end, I would ask God to assist me. Today I am blessed to have ongoing "conversations" with God.

Perhaps you have read, seen, or heard about Sharon Lechter and Greg S. Reid's book *Three Feet from Gold*. It tells the story of R.U. Darby and his uncle who were gold prospectors. After hitting a small seam of high-quality gold, they rejoiced and bought equipment to bring it out of the ground. They mined one full load, but then after that, much to their chagrin, they could find no more. They worked for weeks and months, maybe years, trying to find more, until they decided that they'd reached the end of a very small vein, and the end of their rope! Turning homeward in disgust, Darby sold their mining equipment to a junk dealer for only a few hundred dollars, much less than it was actually worth.

This junk man, however, turned out to be very wise indeed. Instead of reselling the equipment as junk, he sought the advice of an expert in the area of mining gold, a mining engineer. The engineer said that the Darby's had missed the seam, and he predicted that three feet from where they had stopped, they'd find the rest of the gold vein. When they dug, they picked it up again and, in fact, struck gold.

There are two morals to this inspiring story. One is that we need to seek the advice of mentors and experts and allow other people to guide us when we are entering an area in which we have no experience. The other is perseverance. So much is possible for us if we persevere through faith. In my own experience, amazing opportunities and gifts have presented themselves to me when I trusted my intuition and continued to follow a path in "blind faith," although my choices made little sense to the outside world.



I arrived at the life I live today through focus, perseverance, and faith. To live a life of ease and grace, you often have to grow and learn for a long time. My journey to the life of abundance that I am blessed with today did not happen overnight. There was an evolution that took place bringing me from a state of constant struggle to a place where life flows with ease and grace. I had a lot to learn and a lot to release. Although I no longer live with daily pain and struggle, I do still need to be reminded to accept and allow life to flow through me. Faith has been the strongest factor that has carried me through the darkest times.

When I have persevered through faith, loved myself, and recognized that I was good enough, the Universe began to bring people into my life to support me in sharing my message. I quickly realized that this support was unconditional and that I was not alone, which led to a paradigm shift in my life. Now, instead of seeing myself in competition with others in both my personal life and in my business, I am presented with collaboration opportunities on an ongoing basis. It is up to me to choose to embrace these opportunities, and when I do, I find that there is more available for me through collaboration than I could ever create or experience on my own.

Today I feel a new energy when I'm out in the world traveling and working with people that appears to be a reflection of my own personal adventure and journey. I believe that allowing The Universe to provide for us, understanding that there's more than enough for all, and feeling the support and the love of the people around us brings immeasurable success to our lives. Being strong and allowing these gifts to come to us by staying clear and focused and by not getting distracted by the inevitable tough times, carries us into a stream of peace and fulfillment. This is what I mean when I speak about walking in faith. When it feels like we are faced with people saying it can't be done, and we trust our intuition anyway, knowing that we are in our purpose, we come into our own. It's a combination of allowing and staying focused that brings wonderful things to each and every one of us.

I wish that our experience was one of growing pleasures instead of growing pains. For some reason we learn by facing challenges and by overcoming adversity. The hardest experiences we face are often the most rewarding growth opportunities when we reflect on what we have learned.

We all imagine perseverance as being engaged in a continuous struggle. But it doesn't have to be and shouldn't be the same as struggling. There's a place for each and every one of us where we can persevere without struggling, a place where we find focused action, moving continually toward our goal, without having to try so hard.



I heard something once in a training session being given by a man who was a Neuro-Linguistic Programming practitioner. He said, "I'm confused; I must be learning." This statement not only made great sense to me at the time, but it has stayed with me for years. If my brain is creating new pathways and I feel confused, I choose to embrace this feeling rather than allowing it to overwhelm me. I now embrace not knowing. What felt confusing for me in the past now feels like an opportunity to slow down so I can enjoy learning something new.

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*[MC]* You've been listening to The Limitless Women Podcast, with your host Laura Gisborne. Our mission is to help women business owners like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Are you a Limitless Woman? This is your personal invitation to learn how you can join our online community, grow through our business school and play with us at our live events. Go to [LimitlessWomen.com](http://LimitlessWomen.com) for all the details. That's [LimitlessWomen.com](http://LimitlessWomen.com). Thanks for joining us!