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### **Journeys International - Freshma**

#### **Topic: "You cannot discover new oceans until you lose sight of the shore"**

"A law is best described as a universal system of various natural principles, any of which tend to best foster life" ( Wikipedia, 2021). Sir John Templeton, banker, and philanthropist provided a list of personal principles that positively impacted his life. One such principal was "You cannot discover new oceans until you lose sight of the shore."

This profound law of life speaks to courage and a boundless boldness to step beyond the known and look towards the unknown, or for some, the preconceived unattainable. This law has become one of my guiding principles as I navigate the treacherous ocean of life. I have discovered that there are benefits associated with hoisting one's sails and pushing away from the shore.

In late 2017 I took a leap of faith and began training to be a member of the Bahamas national under 15 girls soccer team, a journey I would not have begun without the support of my family and coaches.

Before training began, I had no real desire to try out for the team after missing my first opportunity. I felt content with just being a club and school player and thought that maybe the national level was beyond my reach, consequently I was soon disabused of this notion. I vividly recall the first day of try outs as I received my number, laced up my cleats and stepped onto the field unaware of what the coaches would require of me. I can remember running through the speed and skill drills thinking that there was no way I would endure the grueling pace of the trials.

Furthermore, I agonizingly recall the harsh power drills we had to endure all before playing an 11 vs 11 scrimmage game. In that moment I had made up in my mind that there was no way I would qualify for the team especially after being chosen to be my team's center defender, a position that I felt was truly critical to the success of the team. At the end of the match, I can fondly recall walking into the team circle thinking that despite my most robust efforts I was not good enough. I comforted myself that I had given my all and that was satisfactory.

Delightfully on that day, not only was my name called but I was also named in the starting lineup and boarded the flight to Tampa Florida in August 2018 wearing my country's colors. Had I chosen to stay anchored to the shore that was school and club soccer, I would have missed the opportunity to explore a brand-new ocean and lost the prospect to better my soccer skills and represent my country. One major impediment to exploring new oceans is fear.

Howard Phillips Lovecraft an American writer states it this way, "The oldest and strongest emotion of mankind is fear, and the oldest and strongest kind of fear is fear of the unknown".

Asking someone to leave their sanctuary of safety and explore new paradigms where the results cannot be explicitly guaranteed can be frightening. I recall in the book of Genesis, God commanded Abram to pack and leave his home to go to an unknown place. In obedience Abram did just that and as a result he underwent a name change to Abraham and became the father of many nations. Indeed, the history of the Middle East was crafted because of the courageous move made by this great Biblical icon.

He like many others pushed past their fears and embraced the possibility of change and progress by exploring new uncharted territory.

As young adults, holding on to the past or the shore limits your opportunities. Life is a constant ebb and flow of events and if you are to be successful along this journey you must be prepared to move beyond the known.

Unfortunately, in launching out all your experiences may not be positive ones however they are beneficial none the less. Legendary former British Prime Minister, Sir Winston Churchill purported that, "All men make mistakes, but only wise men learn from their mistakes." Indeed, when entering uncharted territory mistakes can be an expectation however some of the greatest 'mistakes' are recorded as the grandest inventions of our time.

For example, Sir Alexander Fleming in his quest to create a wonder drug accidentally uncovered the antibiotic we now know as penicillin! Think about the positive global impact this drug has had on the quality of life of many across these decades.

Pushing out to sea can indeed provide great opportunities for individual, societal and global improvements if you possess the courage to boldly take the road less travelled. While launching out from the shore may seem deathly alarming, you can do so successfully by following a few simple steps.

Firstly, secure a support network who will help you to remain focused on your tasks as you navigate away from your safety zone.

Secondly, make prayer a focus as you ask the Lord for guidance and direction as you make your courageous move.

Finally, "begin with the end in mind' (Covey 1997). Think of the impact that you can make either for yourself or your community. When you are overcome with fear, reflect on the benefits to be gained by leaving the safety of the shore behind.

In summation this law of life is a great foundational practice to ensure that as we move throughout life, we can receive all the goodness it has to offer. I suggest that if you wish to have a gratifying, meaningful life you must be willing to extend yourself beyond the boundaries of 'comfort' into uncharted territory. For therein lies your greatest discovery of all-a bold, courageous you!