

The Tall Poppy Syndrome

Every year there are fields and fields of millions and millions of poppy's all living, growing and doing what poppy's do. And in these fields of millions there are a select few poppy's who dare to be different. In the sea of millions the few who choose to be different, choose to go for it, to stretch themselves, to grow to be all that they can be. These few poppies find themselves ahead of the crowd, with their blossoms shining brightly for all to see, expressing their true greatness, being all that God intended them to be. It's not that they are being boast full, ego driven, selfish, or even that they are suppressing the growth of their neighbors around them. They are simply being all that they can be which few of the other poppies attempt to be.

"Our deepest fear is not that we are inadequate.

Our deepest fear

is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

These tall poppy's act as an inspiration for others to step up, to stretch themselves, to go for it. And many times they are just that for those around them, actually encouraging everyone to be better. But there is also another part of the story. See because of their obvious height difference these poppy's make themselves the obvious targets for early harvest. These tall poppy's become the first to be cut, the first to be harvested, the first to be picked out amongst the crowd.



We ask ourselves,

**'Who am I to be brilliant, gorgeous, talented,
fabulous?'**

**Actually, who are you not to be? You are a child of
God.**

This story is of course a mirror and a metaphor for us humans as well. In fact, so much so, that in many parts of the world they speak about the "tall poppy syndrome", where people literally are afraid to stand out in a crowd for fear of being cut down, being targeted, or being picked on. Wow, how unfortunate.

Your playing small does not serve the world.

There's nothing enlightened about shrinking

so that other people won't feel insecure around you.

Stop and have a look, how much does the “tall poppy syndrome” play an effect in your life? Are you afraid to stand out, to shine brighter than others, to be different, to achieve your dreams? Or perhaps you are the one targeting the tall poppies. Do you find it easy to blame, to judge, to criticize those around you who are successful? Do you envy those who have what you want? Do you find it easy to gossip about the rich and famous, or the influential and successful in your town? Whether we are afraid of being a tall poppy or judging the tall poppies the effects are just as devastating.

We are all meant to shine, as children do.

We were born to make manifest the glory of God

that is within us.

It's not just in some of us; it's in everyone.

Now more than ever the world needs tall poppies. The world needs people to step into their greatness, their full self. The world needs leaders, ones to guide the way, and each and every person to do their unique part. So step up, rise up, be who you were intended to be and who cares if you're taller than the others and if you get cut down a little. Know that this is just part of the game of being a tall poppy.

And as we let our own light shine,

we unconsciously give other people

permission to do the same.

As we're liberated from our own fear,

our presence automatically liberates others."

Quote throughout article is by Marianne Williamson from book,
A Return to Love: Reflections on the Principles of 'A Course in Miracles' Harper Collins, 1992

Celebrating all of our greatness, Dr. Norm and our tall poppy community!



1710 Jingle Pot Rd, Nanaimo, BC 250.740.0333

