



The Healing Journey – Week 2

There's a wonderful passage in Herman Hesse's *The Glass Bead Game*, where one of the main characters is so stressed over the difficulties of constructing a complicated game for the annual festival that he goes to see his old mentor, the Music Master. He goes expecting help with the complex mathematics and cultural intertwinings in a game at this highest level, but when he arrives, the Master asks nothing about the game at all. Instead, he asks his former pupil about his diet. He asks how much sleep he's getting. He asks about his meditation practice. In short, all things about personal care and sustainable health, mental, emotional, physical, and spiritual. Despite what our egos tell us when we're brain-deep in whatever imagined mess we're sorting through at the time, the way out is simple—return to fundamentals.

As a musician, I know that while talented amateurs practice complicated, flashy musical excerpts for much of their time, professionals spend the same time playing long, slow, even scales and arpeggios. Fundamentals. I remember hearing about an NBA coach who insisted his players practice lay-ups. The players protested they could do that shot in their sleep. "Good!," he responded. "I want to see 400 of them. Go!" Fundamentals. And how do we reach peaceful, deep, spiritual levels of heightened awareness and spirituality? Breathe. Just breathe.

PHYSICAL HEALTH

We're all interconnected, One with Everything. We are mind, body, spirit. And we can easily get swept up in the wonder of esoteric musings to ignore an important component of all this spirituality and consciousness—our bodies and physical health.

So at the risk of sounding condescending, I not only offer, but also insist, on the following.

*Starting your day

Don't just come to finally. Don't just get jolted back to the world by an alarm. Let your day start with purpose and meaning. Have a more or less standard time to rise. Have a routine that includes a spiritually meaningful beginning to your day. Have breakfast, even if that's

only an orange or a bagel and coffee—but take time to sit for a few minutes and enjoy the meal, even if just ten minutes. No matter what happened yesterday, no matter what today is bringing, focus your day. The impact on ALL levels of your health will be profound—including attitude and productivity.

WebMD offers quite a few useful breakfast tips, stressing its role in improved concentration, better physical performance and coordination. Not only is a healthy breakfast “more nutritionally complete,” but also it offers help lowering cholesterol and controlling weight. “A healthy breakfast meal should contain a variety of foods, including fruits, vegetables, whole grains, low- or non-fat dairy, and lean protein.” Or for those on the run, fruit and yogurt, or whole-grain cereal with low-fat milk, or even a hard-boiled egg and a banana. When I find my mind wandering, or that I’m wasting time instead of being productive, I invariably realize “Oops! Skipped breakfast.” I’m working on getting better at this—and it’s why I listed it first!

*Eat lunch

This is one of the problems with American culture. We typically cram down a quick bite in 30 minutes, fearing the boss breathing down our necks as we watch the clock. Or we shove something down our throats while running errands. Not an approach. This is inherently unhealthy in multiple ways—the foods we choose, the mental and emotional state in which we ingest these, and the complete lack of spiritual awareness in which we do this.

It’s self-important. Our immediate concerns are more important than anything else in the universe—including your own long term well-being. And of course, that’s just silly. Consider this PART of your busy, productive day—an ESSENTIAL part. Even if limited, give that time real peace and relaxation—no matter HOW busy you are. You will approach the afternoon with FAR more energy, enthusiasm—and productivity.

*Set a time for dinner

Eat dinner at more or less the same time each day. Include time to prepare the meal (or to help prepare the meal) without being unduly rushed. Yes, perhaps the kids have to be somewhere, or you just got out of a meeting or errands, but find a way to do it. No. matter. what.

Here’s why—it’s an interrupter. While my head might be spinning faster and faster with “What am I going to do about this???” dinner preparation ends that process: “I don’t know what you’re going to do, but right now, you’re going to go make dinner.” Force yourself to stop and go make dinner. You will find everything changes—in particular, far from abandoning your legitimate concerns, you will stop making them *worse*. It’s time for dinner. Relax. Share with your household (if you have one). Be nourished, in more than physical ways. Take time to let it settle in.

Then you may go on to your evening, whatever your plans.

*Go to bed

At a reasonable and more or less constant time, go to bed. Your days will have a regular rhythm that is in itself healing and comfortable. And you can't start your days smoothly if you're recovering from the late night before.

Before you go to sleep, take time to round out the day with something spiritually meaningful to you. Meditation, reading, prayer, a walk in nature—whatever you are happy to do everyday, without fail. Thus, no matter what happened during the day, each day ends by bringing you back into a balanced focus.

*Exercise

Whether everyday, or at least three/four times a week, engage in regular, enjoyable, vigorous exercise, at least 30 minutes, with an hour even better. [If you're trying to lose weight, double that—this is a maintenance program; you'll need more to burn extra calories.]

The body is made to move. The lymphatic system, responsible for removing waste products from your cells, is twice the size of the circulatory system, but it has no pump—it relies on the action of the muscles and breathing to work. Sitting quietly continually simply isn't good for you. Movement helps mood as well—move a muscle, change a thought. If you're having a bad day—go for a walk, or a bike ride, or a swim, or a run, or a workout. You'll feel better.

Exercise has numerous benefits. The heart is a muscle, and needs exercise too to remain healthy. Keeping your metabolism running smoothly helps healthy weight maintenance. And a good hour of exercise starts endorphins going. Regular exercise will regulate blood pressure, prevent serious disease (especially diabetes), and increase energy, stamina, and well-being. It also improves your sex life: desire, performance, and pleasure (the heart's not the only organ getting more blood).

You aren't too busy to exercise—you're too busy NOT to exercise. And if you're especially busy—up your exercise. You'll feel better, and get more done.

*What you eat

Different people have different diets, for different reasons, and that's fine—as long as it's nutritious, delicious, and not excessive. In particular—rich in fruits and vegetables (barring special circumstances). Whether raw or in special preparations, find what you like and make these a major part of your diet. Learn to appreciate the sweet, rich tastes of these foods once you've stopped dulling the palette with heavy foods (and salt). Everything else—in balance, in appropriate quantities.

IF that's a problem...it's not a food problem. Do you see?

When I was a child whining "Mom! I'm hungry! Can I have a cookie?" she would tell me to eat an apple, and if I complained I wasn't hungry for an apple, she replied then I wasn't really hungry.

What these signs. If food isn't the issue, what is? Separate it out so it can be resolved appropriately.

The same goes for sudden loss of appetite. Recognize the early warning sign, and address it early. If, for example, it's the onset of a minor illness, rest up early, rather than waiting to get full-blown sick. Learning just early signs has kept me very healthy for years now. I get "border-line sick" for a few days, instead of knocked on my ass with a wicked cold for two/three weeks.

*Alcohol

A little is fine (unless you have a problem with alcohol, and need to stay away from that first drink). A glass of wine. A beer with dinner. Even two. But if you're relying on alcohol nearly every day, or drinking to excess from time to time, you are covering up things that need healing, and in these cases, alcohol is only making things worse in the process.

Address your real problems. Take a close look at the chapter on addiction. Trust me, I realize how difficult this is to see, let alone admit. But the truth is, we need very little alcohol, and we can get even that easily from natural sugars and starches. We all have things to face—don't cover them. It doesn't help.

*Cigarettes

This is a tough addiction. But a very harmful one. Stop rationalizing, and quit.

Remember that first cigarette? Typically, someone offers one, and after taking a drag, your eyes water, you cough uncontrollably, you turn green—your entire body is telling you this is a very, very bad idea. And then you take another drag. This is not a logical process. Totally peer pressure rationalized. It's not cool—it's conformity. You don't need it to relax—it's actually making you tense. Not to mention high blood pressure, either now or in the future.

Replace it with deep breathing. You get the same relaxing effect, without the ill-effects. Have a plan to deal with the cravings. As your lungs clear, you'll feel better. Much better.

*Drugs

If you're still telling yourself pot is an herb, and therefore good for you, grow up.

Belladonna is an herb. Don't eat it—it's deadly poisonous.

You cannot balance your energy healthily while distorting it, whatever the drug. Medical drugs are to temporarily change the body chemistry while it's in a state of imbalance—not to alter a healthy body.

If you're in need of drugs, or turning to them for recreation, something is wrong. Fix the something that is wrong, rather than running from it (or pretending it isn't there).

*Caffeine/sugar

According to the Mayo Clinic, 2-4 cups of brewed coffee a day will do a healthy adult no harm. At the same time, caffeine works by squeezing your arteries like a garden hose, and it's not the healthiest, most relaxing way to accomplish alertness. I'm not preaching—I do my two cups a day, supplemented by a fair amount of decaf (which still contains some caffeine. Still, mayoclinic.com notes even moderate amounts can contribute to insomnia, nervousness, restlessness, irritability, stomach upset, fast heartbeat, and muscle tremors. I found that cutting back improved my sleep tremendously, and that caffeine after noon was a no-no. On the other hand, one of my friends drinks coffee with double shots of espresso all day long without ill effect. Know thyself.

Sugar is a drug. Craving, bingeing, withdrawal, sensitization—all part of the sugar experience. If you'd like to feel better, cut back on refined sugar. Use honey (as long as it comes from local source so you're sure you're getting actual honey) where you need sweeteners, as honey is a food (discounted the highly refined commercial kinds). Eat fruit—if you're not tasting the delicious sweetness of the fruit, you are definitely eating too much sugar. Use fruit to sweeten dishes. Separate cravings, and replace them with healthy eating.

BEYOND PHYSICAL HEALTH

We often think of “health” as merely the absence of illness and limited to physical health. But far more than that contributes to our true health—not simply a “well-rounded” approach to life, but rather embracing the quality of our lives as symptoms of our real health. Consider these crucial points, all too often overlooked.

*Friends

Life is not about working and struggling. Anything else is a distortion. More than one study has concluded we could enjoy all we have now by working three hours a day—something we can demonstrate both through observing “primitive” cultures and by separating productive activity from merely trading activity in our own economy. That means changing some basic assumptions.

Here's a good barometer—do you have regular time for your friends? If not, make it. No

one sits up on a death bed and wishes for more time at the office. Spend time with your special people, and lots of it. This is what life is about. We are social creatures, and we're living naturally when we're laughing and loving and caring and listening and, well...living. If this is not part of your life design—it's time for a redesign!

*Down time

We all have busy days. But if every day is busy busy busy, we're out of balance. Frankly, many of us (including me) have hidden behind work without recognizing that's what we were doing. And if we're hiding, just what are we dodging? Time to recognize this red flag and step back to address it. Something other than scheduling is going on.

We all need regular rejuvenation. A few weeks vacation each year isn't going to do it. Neither is a day off work once in a while. This important element of living is...important. If you're living to work, you're not living. Work on that!

*A Healthy Environment

What surroundings are right for you, work and home? Are they supportive of who you are and what you're about? Are they comfortable? Do they energize you? Do others find your space attractive and relaxing? What lifestyle enriches your spirit? What would it take to incorporate this into your life not in the someday future, but now? Don't live for the future—the time is Now!

These questions have no “right” answers. But they DO have important answers. I know people who are driven and thrive on the busy vibe of a booming city environment. I *can* do that, but day after day, it makes me jittery, and I long to escape, to get away. Those people would find my environment dull, insanely boring, without inspiration. Other people would find that, like me, my country setting is beautiful, relaxing, inspiring, invoking my best qualities, sparking insights, engaging my full energy, and leaving me charged and alive at the end of the day.

Additionally, how does your environment impact the people you work with, or interact with throughout the day? How about the people you live with (if you live with people), your family, your friends, your love? Does it resonate with them as well? If partnerships in all areas of your life are in balance, this should be in sync. And if not—take a look at the contrasts, as they are flagging areas that need attention.

*Getting Organized

Yes, I hear you—all these tips sound good, but how can you possibly fit them all in?

First, don't see the situation as disparate details.

Make a “dream list” of all the things you want/need to fit into your life. Forget about practicality just now—get it all down. Ask your “Inner Rebel” for things you’ve long shoved aside...you’ll be surprised what you’ve forgotten is important to you!

When you’re done, look for things that can be combined. Could part of your busy day be done while enjoying the sunset from your back porch? Could you and some friends have coffee/breakfast in the morning before work? Could that conference call happen while you’re on a stroll along a stream?

Be careful you don’t just pack more work into your day—I’m not suggesting you increase your multitasking. However, you might well be able to do some of that “I can’t--I have to work” time and fit in things that lift your spirit and energy.

Second, what’s most important?

People are more important than things. But which people matters. Family, significant others, friends—when these people need you, be there. The rest will wait. But miscellaneous email, calls, requests, “emergencies” that aren’t, urgent pressures on your time for unimportant things (and you get to define which is which)—ignore or postpone them. You’ll be amazed how much of what you “have” to do you really don’t. At all.

You’ll also find that your business contacts will (generally) understand you putting important relationships first. If you’ve scheduled time with the most important person/persons in your life, schedule business/work around them, not the other way around, people will appreciate the balance and the priorities. More often than not, you’ll hear, “Wow, I should do that. Great idea.”

*Progress, not Perfection

OK, now, how to set up your life so it’s in perfect balance? Don’t.

Seriously, don’t. You’ll drive yourself nuts. And it’s never gonna happen.

So why did I just tell you all that other stuff? Because that’s what you’re going to work toward. Think of it this way—if someone decides to follow Jesus, does that mean that person suddenly becomes like Jesus? Or Buddha or Krishna or any other impossibly noble being? Or do they keep working closer to it? Yeah. That’s the stuff. Work closer to it.

Here’s the hard part, but here’s the secret—learn to live joyously incomplete. Love where you are, but appreciate all that you have, all that you are enjoying in this moment.

Come to think of it...shouldn’t this be the easy part? Right. Time to heal. See?

I love how Abraham (a group, not a single entity) explain this—imagine you signed up for a

river rafting trip. Now, imagine arriving and telling the guide, “OK, we’re practical, business-like, result-oriented people. We’ve got a lot to do. So, how about you just put the rafts in the water, say, 200 feet upstream from the finish, and we’ll just bottom line this trip!”

Silly, yes? That’s not it at all—you want a ride on the river!

Anticipate the outcome, sure, but enjoy the river journey, moment to moment, in all its richness. Be so busy gratefully enjoying what you have in each moment that you’ve no time to worry about what may or may not be coming. And make progress down the river. That’s it. That’s the secret. Progress not Perfection.

So choose your big dreams, your most important elements, remembering that your day needs balance—not all working for “someday,” but living healthy and alive today. The rest can happen a bit at a time.

I love too what Alex Bailey says about setting out on a big dream. Suppose you wanted to travel across the country, and finally, you packed the car and were ready. You’d be excited just pulling out of your driveway! Journey like that. Appreciate where you are, and be excited about where you’re going. That makes today’s small step worthwhile and energizing.

And small steps matter. Ever have a friend for years and one day you two find you’re flirting and in love? Small steps. A page a day is a book at the end of the year. My first album, distributed nationally, was recorded in my home studio 15 minutes a day, squeezed in between my two jobs. I live today in a beautiful, lush spruce forest I planted when I had nothing...one 10¢ tree at a time. Or that seemingly small retirement account contribution that one day is a half a million dollars—how’d that happen? Small steps. They matter.

So seriously—your dreams are here today, if you decide to make them so, and start the journey. And why wouldn’t you? Make the most of where you are now—because where you are now has a lot going for you—mainly, you and your dreams.

Enjoy them today!

*Become comfortable with uncertainty

Though many of us claim we love adventure, most of us like things to stay the same. Even when we are closing in on our dreams, we hold them off, often quite observably, not mystically at all, but without realizing it. Thus, we continually wonder why things aren’t happening for us—when we are the problem.

First thing—get comfortable with uncertainty. When we know exactly where we are and how things are going to be—things can’t improve. By defending ourselves against what we think we don’t want, we also defend ourselves from what we’re wanting.

Again—here’s a sign we need healing. Why? It’s entirely about fear. And those hypothetical fears—which in fact rarely or even never happen—prevent us from growing into what we want, what we are, what we deserve, what we’re alive to do.

At each moment, all is possibilities. Only because of uncertainty can that be the case. It’s wonderful! Learn to appreciate just how marvelous this is, how rich with promise, how utterly perfect. It’s exactly as things should be—uncertain.

*Breathe

Every mystical teaching, every martial art, every meditation practice, every relaxation technique, stresses breathing. Breathing is stressed in Abraham’s “art of allowing” as a means of releasing resistance. Breathing is singled out in Eckhart Tolle’s “The New Earth”:

Someone recently showed me the annual prospectus of a large spiritual organization. When I looked through it, I was impressed by the wide choice of interesting seminars and workshops. It reminded me of a smorgasbord, one of those Scandinavian buffets where you can take your pick from a huge variety of enticing dishes. The person asked me whether I could recommend one or two courses. “I don’t know,” I said. “They all look so interesting. But I do know this,” I added. “Be aware of your breathing as often as you are able, whenever you remember. Do that for one year, and it will be more powerfully transformative than attending all of these courses. And it’s free.”

Is it really true? Is it really that simple? Tolle adds this:

Being aware of your breathing takes attention away from thinking and creates space . . . Notice the sensation of the breath . . . One conscious breath (two or three would be even better), taken many times a day, is an excellent way of bringing space into your life. Even if you meditated on your breathing for two hours or more, which some people do, one breath is all you ever need to be aware of, indeed ever can be aware of. The rest is memory or anticipation, which is to say, thought. Breathing isn’t really something that you do but something that you witness as it happens. Breathing happens by itself. The intelligence within the body is doing it. All you have to do is watch it happening. There is no strain or effort involved.

I can offer one practical example from experience.

From high school through college and into my early 20s, my focus was almost entirely on becoming a professional musician, particularly a symphony musician. I studied with professional teachers. Even in college, I drove to New York every two weeks to study with a teacher from the New York Philharmonic. I practiced hours daily. I played with every ensemble I could—starting while I was still in high school with the Syracuse University Orchestra, the Syracuse Symphony Youth Orchestra, a wind quintet, and a solo performance at the Everson Museum of Art—not to mention my various bands and pick-up gigs (especially musicals). Point is—I was into this big-time. Not a mere hobby or pastime.

Over and over, as I struggled to perfect my command of this art, evening out all those scales,

the spaces between notes, the smooth arc of the phrases, subtle techniques to blend and bring out the nuances in music, I kept hearing the same thing—pay attention to your breathing.

It was very frustrating. Why wouldn't they just tell me how to *really* do these things? Come on—I *was* paying attention to my breathing! And I was working really hard! But that's all I could get out of them—breathe! They were even quite adamant about it—one lesson in New York, as I set out to play my meticulously prepared piece for my teacher, he stopped me after two notes: "Breathe first!" Ok. I started again. Big breath. Two notes. "OK, let's get the interval exact." I tried. "Yes, that's it. Start again." I did. "BREATHE!" You get the idea. In a later lesson, I got out my reed, tooted a note or two, and he interjected, "Breathe first." I explained I wasn't playing, that I was just checking out the reed. "Why do it wrong, ever?" he asked.

Damn. A habit of breathing right...reminded me of *Zen in the Art of Archery*, of paying attention to the small things so that they would reflect in the larger things. I did it—took time, but I treated this as a sacred part of playing. And I kept working and struggling. And breathing, damn it. Sigh.

Then one day, it happened. Everything just clicked. All those years. I was just playing, and I became entirely connected to breath. It was everything. All technique flowed from it. If I was struggling with a difficult passage, I deepened my connection to breathing, and it became easy. Just. like. that. Just as my professional teachers had told me. It was in the breathing. Today, on stage, something gets going too fast to play—I breath, and play it, like I've never been able to before—perfectly. And it's not "me." It's breathing. It really, really, is.

We know that breathing helps us focus and calm down. So why do we wait until we're scattered and worked up? What if we breathed perfectly all the time? What immeasurable benefit would that bring to daily life? I don't mean also meditative breathing—when running, breathe appropriately. When having passionate sex, breathe appropriately. When laughing hysterically, breathe appropriately. But whatever is happening in the Now, breathe. Just notice your breath. Notice how it feels. Let it be. Let it balance. Let it heal.

→ Deepening your breathing

So again, every spiritual tradition, every physical exercise, every professional endeavor, has the same advice--breathe. Just breathe.

It's not "just" anything. That little extra burst of strength you need for that hard to open jar? Breathe. That final concentration focus before making that last shot? Breathe. That amazing passage effortlessly tossed off by the master musician? Breathe. Just breathe.

Want to lower your blood pressure quickly? Breathe. Want to purge toxins? 70% of them are

released through the breathe. Want to rest your heart and flood the blood with oxygen? Breathe. Want to improve the circulation in the organs? Breathe. Weight control, the nervous system, stamina, cellular regeneration, digestion, building muscle, the immune system—all are helped by breathing.

Breathing is also useful for restoring health, not just maintaining it. What happens when you're anticipating pain? You likely hold your breath. Breathe into pain to help release it. The same is true of tension. Breathing gets shorter when we're tense. Consciously taking longer, deeper, slower breaths "tricks" the mind and body into relaxing. You'll be emotionally calmer. Your mind will clear. You can begin to attain a calmness and an alertness at the same time.

Breathing centers us. It places us easily in the Now. We are present. It connects us. And it's the easiest of all meditation methods—just watch your breath. That's it. Nothing fancy. Just be aware of it. Stay present and watch. No special breathing to learn.

Certainly, though, special breathing techniques, many of them, exist for various purposes. One simple use of the breath is, instead of waiting to get out of breath ascending stairs, then breathing more heavily, start breathing faster before you start, having that oxygen in your blood ready to go. Or if you want to study and become an adept, you can heat and cool yourself with breathing techniques. Or combine breathing with simple imagery to release stress. Having a rough time? Smell the flowers, blow out the candle. Inhale deeply through the nose, exhale more sharply through the mouth. Smell the flowers, blow out the candle—keep repeating this, and you'll very quickly find your mood elevated. It works for pain too; breathing changes your body's brain chemistry favorably.

You can enhance the effect by learning to breathe properly—most people are rather shallow breathers. I'm an accomplished wind musician, so I've been doing this for years, but just for comparison, the average adult breaths around 16 times a minute; I breathe around four times a minute. Here's how you can increase your capacity too.

First, be sure you're breathing from your diaphragm. Easy way to check this—lie on your back. Now breathe. That's how. Your abdomen should be rising and falling—not your chest (well, it's going to rise some, yes, by incidentally). Got it? Good. Now sit up, back straight, either in lotus position if that's comfortable for you, or in a straight back chair.

Begin by exhaling. Don't hurt yourself, but as you slowly exhale, try to push all the air out, squeezing out the last little bit. You will then automatically and naturally take a deep, easy, healthy breath from the diaphragm. As you do, keep it going—pull the diaphragm down further to pull in more air. Imagine your abdomen filling out in all directions, like a bell. Only when the entire lower regions are filled with air, then let the chest (not the shoulders) gently rise as you pull in even more air. When that's full, you could even lift your arms over your head slowly, now pulling up the shoulders as well. Exhale in reverse fashion, from the top down, and again get all the old air from all the "corners" out. Various procedures will

add holding the breath and counting to this practice, but breathing deeply and learning to use your entire lung capacity will be a tremendous start. With time, breathing more deeply will become a habit, and your health and mood will improve with it.

Next time your mind gets racing or worrying, stop thinking and just breathe. It will help.

*Allowing instead of doing

Like many people, I was raised to work hard to get ahead. And I did. Work hard, and get ahead.

But get ahead of what? I had to look around and realize I just wasn't enjoying my life. That led to a series of changes and rethinking and redoing that brought me step by step to the work I do today. But I still insist on doing more than I do allowing. I still insist there just isn't time—when I know there is. I worry about things that just haven't happened...but hey, they *might* happen—then what? I don't know...they've never happened. This worry gets in the way of accomplishing things, even when focused on doing. But it also gets in the way of joyfully living who I am.

There's an old joke that claims successful people are just people too dumb to know their ideas would never work. We all overthink things, instead of letting them flow from our spirit and being, instead of joyfully following our path, instead of letting them happen in the wondrous unfolding of our meant-to-be fulfilling lives.

What would you do if you knew you couldn't fail? If the answer is anything other than exactly what you're doing now, there's room for healing, for fear is interfering with allowing. Step by step, let it go, getting lighter every day.

*Letting Go

I, probably like you, am a product of my culture, and that culture values hard work and earning what comes to us. Not a bad value, really—but a limiting one.

Remember Winnie the Pooh? Pooh and Rabbit are discussing poetry, and are very much at odds about how to go about composing a poem. Pooh likes to just let the words come to him, while Rabbit “prefers to go out and fetch them.” We are a culture that likes to go out and fetch. We are, to paraphrase a Zen story, sitting thirsty on the banks of the river.

But this is firmly ingrained. I understand intellectually the importance of letting go, and have experienced it from time to time, yet I still insist that I will need to go and fetch things. I'll bet you do that too.

So what do we do?

Ever get that feeling that we're just so close? Standing right next to who we really are and really can be, just about to realize it, if we would just open our eyes and see, open our hearts and let it be, open our minds and stop stopping it, albeit unintentionally?

Stop. Breathe. Trust. Let go. Let it happen. Grow where you're planted. The next chapter of life will be before you in its correct form and timing. Let go.

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So, what do we do with this list? That's a lot.

What I would like you to do is simply consider all that stuff, and decide what two or three of them you want to improve from that list, just to improve the situation, OK? Progress not perfection. To do that whole list would be insane. But what 2, 3, 4 things on that list would improve your physical life, and as you improve your physical life, you improve your overall vibration.

The bottom line today is to look at our physical world not as something that's happening to us, but as something that's in partnership with us. And by looking at that physical world, we can understand the parts of ourselves that we can't see from behind our eyeballs with our head.

So! The homework:

*Keep doing what you were doing this week: 1-10 benchmarks if you haven't, gratitude, coming to peace with where you are, and daily grounding/spiritual practice.

*And from the physical list, pick 2 or 3 things from that list. It would be insane to do the whole list, but "Here are the two or three that I'm going to work on," and share that with the rest of us (on the Facebook page would be ideal).

All right! Have a great week!

