

Slow Down—Eat Life

Have you ever had one of those dreams where you're trying to get somewhere in a hurry, but feel like you're going in slow motion almost paralyzed? This is a great analogy for how many of us are living our lives: rushing around like crazy and getting nowhere fast. Does this sound like you?

Working to the point of exhaustion is counterproductive and causes you to make more mistakes and get less done. Panic and overwhelm obstruct your ability to make clear decisions, and you find yourself running on empty. Rather than creating from a fresh vantage point, you end up spinning in circles fixing things, putting out fires or using band-aid measures to solve problems. The energy becomes chaotic, spiralling down into more chaos.



Speed is an addiction running rampant in our society. Fast food, get rich quick, lose 10 pounds in a week, faster cars, faster travel time...everything is about fast-fast-fast!

If you don't savour the moment in your life, the dash on your gravestone between the year of birth and death, will become just that—a dash! What is the point of life, if you're not embracing the present moment, considering the only real thing IS the present moment?

The consequences of living a life on hyper-speed can zap motivation and energy, cause irritability, reduce productivity and put a strain your health and relationships. Life then becomes a meaningless blur.

SHIFT DOWN INTO LOW GEAR

Western society is obsessed with 'getting there' and always seeking the illusory future of 'what's next.' We have forgotten who we really are—human 'beings' not human 'doings.' The true prize is in the moment. The booby prize is in the future and the past.

Relaxing into the now, allows you to experience the richness of life.

BEGIN HERE AND NOW

- **STOP** Take a day or even a few days to unwind, clear your mind and calm your spirit.
- **Breathe** The simple act of conscious, focused deep abdominal breathing can work miracles. Do it often.
- **Play** Just have fun! Do things that fill your heart with sheer enjoyment. Be a little outrageous and break out of your 'life is very serious' mode.
- **Laugh** Bringing humour into your life on a daily basis has a profound positive effect on your health and general well-being. Having the capacity to laugh at the challenges that life presents, is a great pressure reliever.
- **Seek Simplicity** Reduce the clutter in your life including things, activities and yes, sometimes even certain people. Let go of anything that is an energy drag.
- **Prioritize** Reorganize according to importance, necessity and time frames. Delegate where possible, and ask for help.
- **Focus** Giving your full attention to each activity assists you to stay in the moment and when you're in the moment, you're in a state of enjoyment.
- **Learn to say NO** Include people and activities that enhance your life, and exclude anything that depletes it.

- **Create Balance** Allow the energy to flow in all areas of your life. Don't be lopsided by working all the time. Regroup by getting into nature and seek adventure.
- **Meditate** Sit—breathe—be, even if only for a few minutes every day. The first thing each morning before getting out of bed, visualize the kind of day you want. In the popular film, What the Bleep, Joe Dispenza D.C. performs a ritual every morning called: 'I Create My Day.' Taking the time to choose how you want your day to be, puts you in the driver seat of your life, rather than being at the effect of it.
- **Let Go** Some things are just simply out of your control. Accepting things the way they are without struggle or resistance, allows the space for change.
- **Luxuriate** Get a massage, have a bubble bath, lose yourself in a good book.

Remember, if you see more ink than paper in your calendar, it's time to create white space in your life!

~Slow down and savour your precious life~