

The Importance of Being Still

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We all have stresses and strains to deal with in life, in fact it would be unrealistic to think that life could even exist with out challenges. But at times it might seem as if your life is *overflowing* with them.

You find yourself racing from being what one situation demands of you over here to running to meet the needs of someone over there, trying to catch up on what was supposed to have been done 2 weeks ago, all of this while you're trying to get over the flu and did I mention, Fido has fleas!

You find yourself saying, "This is insane! There has *got* to be more to life than this!!!"

No one *wants* to feel powerless in their own lives. At some level of our being we all want to know that the choices we make, and the responsibilities associated with them, are things that we can handle from a place of strength, stability and clarity.

Most of us couldn't and wouldn't even want to think of our lives without our families, careers and Fido, the very things that place demands on us, because it is through these relationships that we define ourselves.

What most of us want to do is simply to find a greater sense of centeredness within ourselves and our lives so that it is from a place of strength that we go out to meet our responsibilities involved in creating the lives of our choice.

And this brings us to the importance of finding time, in your busy life, to *be still*. Even if it is only for 5 minutes a day, be still. And just to be clear, this means no TV, radios, books, computer or phones! It means sitting by yourself and taking time to Pause. Reconnect with yourself, listen to yourself breathe, get back in touch with the rhythm of your heartbeat, *remember who you are*. Breathe into this peacefulness and expand it, then, from this place of centeredness go out to meet your day.

Try finding moments throughout the day to return to this place of inner peace, perhaps while your standing in line at the grocery store, when you're taking out the garbage or after you put the kids to bed. Pause and be still. The wonderful thing about it is that, in spite of all the responsibilities you will have to meet, this sense of peace will become the tone of your life.

Stress is a part of life but how you approach these challenges is completely up to you. You can feel overwhelmed and powerless or you can come from a place of inner strength and peace. It's all about choice and the choice is yours!