



INSPIRED THINKING

the Wilderness of Grace

In another lifetime pottery was the name of my game. I spent 4 years declaring it to be my major at college, yet truth be told, playing with clay was a great place to hide out for a while as I tried to take stock of being on the planet and what it meant to create a life for oneself.

My first attempts at centering clay came in high school. No easy task indeed! My teacher would walk by my wheel and just when I was feeling particularly proud of my achievement, he'd punch the clay and I would watch it wobble pitifully. My heart and ego followed in hot, dramatic pursuit!

I wasn't wise to it at the time, but the process forced me to get focused and ultimately less attached to something that was just the first step in the process of creation. Oh how easy it would have been to linger in the victory, to watch it go round and round, perfectly centered in its motion, mesmerizing me, romancing my confidence into thinking that was all there was. Indeed I am easily amused and in many ways, it would have been enuf.

Over time the goal changed. Initially I was delighted with the simple fact that I could center the damn stuff! Then it wasn't so much a matter of centering as it was how quickly I could return to center...and that, I came to understand much later, had nothing to do with the clay. The clay did whatever the clay did. And my emotions did the same. They moved from anger and embarrassment to disappointment and discouragement. And my cheeks rang true to nature, turning varying shades of red. Eventually my misery of choice betrayed me and I found myself back at the wheel, new ball of clay in hand and an eye in the back of my head.

Regardless of my presence, over time my skill fine tuned itself. I learned that the process of centering wasn't the end goal, just a means to what was next. It was a starting place to see and feel where the clay wanted to move and flow...what it wanted to become. It wasn't meant for me to stay centered on 'centering.' I was meant to move on. And while I now consider myself the quintessential homebody, my consciousness and spirit are always on the move...seeking, imagining, anticipating, daydreaming, being still, ...and for that life, a 'little off center' is a great thing!

Our culture places great spiritual emphasis on finding and living from our center. The idea itself can feel nebulous, as each of us defines differently what that is, how it feels, how we know when we're there, or not. Most of us would concede that we recognize being off center by how much turmoil we're experiencing at any given moment. No contest...it's challenging and humbling when our reference point slips through our

fingers or we look in the mirror and wonder who's staring back at us. Yet we need not sink into reckless lows of emotion where paralysis eagerly awaits us.

We can consider that getting knocked off center is a compliment straight from the heavens. It's a reminder that the vision we have of ourselves is too small, that we've literally outgrown the present part in our own play. We're meant to expand beyond what we know so our knowing can reveal more of itself. We're meant to go out and explore, to follow the path, a path, any path...

Getting knocked off center is angelic applause, an echo of spirit that reminds us we've got what it takes to meander and discover, uncover and rediscover, our humanness... the mistakes, the deceit, the righteous intolerance, the integrity, the joy, the wonder of it all, the grace.

Discovering Center promises us a walk in the wilderness of grace where harmony is the one true sound that strikes a familiar chord deep within the heart..... oh the lessons of childhood.



*a compliment straight from the heavens
an angelic applause
an echo of Spirit...
the Wilderness of Grace.*



Practicing the fine art of Original Medicine, Dr. Lauren Nappen, a natural born healer, has created a unique system of healing that incorporates the most beautiful and successful healing tools that she has studied thus far in her 18 year career. She is a writer, visionary, educator, Spiritual Intuitive and witness. She holds advanced certifications in Chiropractic, Medicinal Aromatherapy, Flower Essence Therapy (international educator for Bach Flower Essences,) Energy Medicine (Reconnective Healing, Reiki Master Teacher,) Aura Soma Color Therapy and Nutrition. Whether you are in transition or merely wish for a smoother wave, the personalized plans created by Dr. Lauren will have you falling in love with life again! Her gentle ahhhjusting style allows for a tenderness in healing that is not often seen nor experienced and is applicable to all ages. She welcomes your inquiry or your visit to her sanctuary in Mechanicsville, PA., minutes from Doylestown.

