

DR. LAUREN NAPPEN

*ah-h-h-justing to life*

## INSPIRED THINKING

### *Working With Joy*

Ohhhhhh, Ahhhhh, Hmmmmm, take a deep breath before the race of Autumn begins! Truly it's already begun as everyone hurries to get in that last vacation before the busy-ness and business of the season begins (author included.) We've passed the hump day of summer, where the energies slowed to almost a halt. The shift in rhythms can be painful, especially when we think we are no longer susceptible to the natural cycles of the universe. When all is said and done though, the rules remain the same: we still adapt to nature, Nature does not adapt to us, even though it may appear that way.

The same is true for our bodies and how we relate to each nuance that challenges our sense of how things ought to be going. Bodies don't play fair. And really they don't have to because we're not paying attention. We are wholly distracted in all sorts of ways, tweeting, twitting, texting, complaining, bragging, embellishing, lying, crying wolf, staying afraid, staying asleep, living on the edge because it reminds us that we are alive or it simply distracts us from sorrow or sadness or longing or responsibility...we're busy living the busy-ness, learning lots, creating messes and joys and memories...it's all good, until it's not. Until our hearts beg and plead for attention because we've strayed a bit more from our soul's path than we realized. When we continue to turn a deaf ear, a blind eye, or simply remain numb, Spirit calls in the troops. Every cell, tissue and organ system in our body agrees to engage in lesson planning, encouraging us to let go and grab onto a different set of parameters for living, because, like it or not, school is still in session.

You earn your PhD by experiencing the full nature of who you are and most of us are still sharpening our pencils! You are asked to reach deep inside yourself, into the wellspring of crazy courage that enables you to invade your own borders. The beauty of your bravery is rewarded with greater awareness of your ability to lead, to be powerful, to transform, to change, to withstand, to be still, to become more innerdependent. Light and love become the living currency and gentleness becomes an organic part of your vocabulary. You begin living your life instead of living your limitations.

As I look at my life and this sanctuary that has been created here in our little village of Mechanicsville, that so many of you travel a great distance (physically and spiritually,) to come to, I am humbled. Sincerely humbled and awed. While my path has always been about the ins and outs of nature and alignment, I am aware that it has evolved and grown, gotten deeper, richer and lighter. And yet just now I feel as though I am tapping into depths of understanding that I couldn't have had before, simply because I hadn't experienced enough of life, enough of the ego romancing me into thinking that controlling the world (local or global) is the end game, or that the business of success (out there) is oh so important, enough of the illusion that I completely understand and live a spiritual life, enough of climbing someone else's mountain of truth, enough of the craziness that reminds me that judging right and wrong in any direction is as slippery as \_\_\_\_\_ (you fill in the blank.)



*Because of who I am and because of who you are, I have grown.*

These days I know that I am not so interested in getting anyone out of pain or suffering (not that I like to see it anymore than you like to feel it,) as I am in finding the openings to joy. It's a world view that I have always had, yet even with the best of intentions, I still managed to lose touch with it, like a dear friend from childhood.

Joy shines through the eyes, the window to the soul. The moment I see it is the moment I know that everything is right and true and on path, regardless of the wee little distractions of life that might happen along the way. So if you wonder why I stare into your eyes, it's to find evidence of that spark. As joy emerges, unfolds, and fills the spaces, pain and suffering naturally dissolve and the next rhythm of life emerges. Once I see it, I know that no matter what challenge you declare as wreaking havoc with your plans, that all is well and you will be on your way, in a good way, even when you don't believe it.

What's so ironic about the whole process is that joy, as an advocate for the soul, calls pain forward so we take a second look. And the plot thickens, because joy and pain are not separate. They are one, two sides of the same coin glued together by the language of the heart: love. It was shared with me, I pass it on to you, and we can all practice working with it.

*joy and sorrow are inseparable. together they come and when one sits alone with you, remember that the other is asleep upon your bed.*

*Kahlil Gibran*



A natural born healer, Dr. Lauren Nappen graduated with top honors from Sherman College of Straight Chiropractic in 1993. She is a writer, visionary, educator, Spiritual Intuitive and witness. She holds advanced certifications in Medicinal Aromatherapy, Flower Essence Therapy (international educator for Bach Flower Essences,) and Energy Medicine (Reconnective Healing, Reiki Master Teacher.)

She has turned her love of nature and the healing arts into a unique and highly successful integrative system that partners your internal wisdom with nature that moves you from getting well to truly Being Well. 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 at her sanctuary in Mechanicsville, PA., minutes from Doylestown.

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