



INSPIRED THINKING

Owning Harmony...Creating Solutions

...because it's not about your back. It's about your life. Your whole life.

How is that possible in this day and age and really, does it matter? For many of us the experience of harmony is like playing *hide and seek* with a ghost! There is a stirring of familiarity and a longing for what we envision to be an easier rhythm. Curiosity emerges as we reminisce about where we last saw it, felt it, or left it and yet it retains this elusive and magical quality, teasing us to seek a little while longer.

It might seem radically unimportant to engage in a conversation about harmony as we face surmounting economic challenges however nothing could be further from the truth. The timing couldn't be more perfect as we move through this shift in consciousness. It is a process of rebalancing, an opportunity to recognize that we have lived too much out *there* and not enough in *here*.

The *density of being human* is certainly fraught with hardships that compress us, adding to the creation of illusion and confusion that have become our foundation for living. The laundry list of endless errands, decisions and deadlines are the inmates that now run the show! And yes, we created it and allowed it, and then we went back for seconds! Busting at the seams and completely overwhelmed with what we created, we have become unable to discern the difference between being filled and fulfillment. The last several decades have led to an explosion of urgent gathering that filled the well with short term satiation, not dissimilar to eating chocolate; it's good the moment it melts in our mouths, but eventually we're left with a false high that leaves us wanting.

For most of us our spiritual arteries have become clogged, narrowed by definitions and expectations that have contained us within a small spectrum of life. Our decisions or lack thereof tend to rise from the ashes of our fears rather than from the passion of our souls. It's easy to let smoke inhalation kill our ability to explore and create. Fear causes contraction. We trust less and love less. Spiritual and physical illness ensues and we are left bewildered and stuck. We have to be reminded that living from the heart is a good thing. And sometimes we need to be made acutely aware from every angle for the lesson to stick.

Now is the perfect time to pull out that cosmic Q-tip and begin listening differently. Close your eyes and breathe. Allow yourself to be pleasantly surprised as your vision expands. Notice how the *lightness of being* overrides any insecurity lurking behind closed hearts. Sometimes the path is already laid out for you and your only responsibility is to soften your gaze and gather a glimpse of it... then breathe it, walk it, trust it (*yes, trust it*) and enjoy it.

Taking a deep breath amidst degrees of urgency may seem counterintuitive yet it's wildly necessary. The moment you choose life, you have chosen spirit and breath, truth and vitality, innovation and possibility. The universe is just waiting to conspire on your behalf. It's in the business of making dreams come true. As you give yourself permission to make course corrections and redefine (*or define, for possibly the first time in your life no matter what your age,*) what you will be in alignment with, you have chosen wisely in a complicated world. When you let go of the outer trappings and turn your vision inward, guaranteed you will be greeted by a rich and beautiful panorama, a snapshot of your own horizon, your own potential. Solutions that last are dependent upon *soulutions*. Now is the time to listen closely.

The *density of being human* and the *lightness of being...* neither is a static location by any standard unless we choose them to be. We exist within an ebb and flow of natural wonders. From the constant renewal of life within our bodies to the strides we take as we explore our place on the planet, magic is everywhere. Understanding how you move within the delicate balance of these two seemingly opposing virtues is *Owning Harmony*.

As Spring nudges you out of hibernation, awaken to her energies. Let her fill your spirit with wisdom and creativity and step into the experience of fulfillment. Let her inspire and activate your own sense of leadership to move you forward, toward *your soulutions*. Extend an invitation so that her warmth and radiance can invade those last lingering spaces of darkness. It is in that moment of invitation that you will have discovered that you *Own Harmony*.

Always live in the direction of your joy,



Creating Soulutions

Regular *ahhhjustments* release subluxations that keep you *tight in the bud*. With each *ahhhjustment* tension is released and movement inward, forward and upward can take place. The body functions and feels better.

The experience of ease and joy begin when all parts of your being are in *ah-h-h-line-ment*. Finding *Soulutions* is much easier.

Enjoy walking the labyrinth or take a moment and close your eyes and walk through the finger labyrinth in the reception area. Sometimes the path is already laid out for you and your only responsibility is to soften your gaze and gather a glimpse of it... then breathe it, walk it, trust it... *yes, trust it*, and enjoy it.

Say **YES** to something new and different. Say **YES** to your senses living and breathing a little bit differently! Come share your wisdom and life experience at the classes we offer. Make new friends. Play and learn with old ones.

