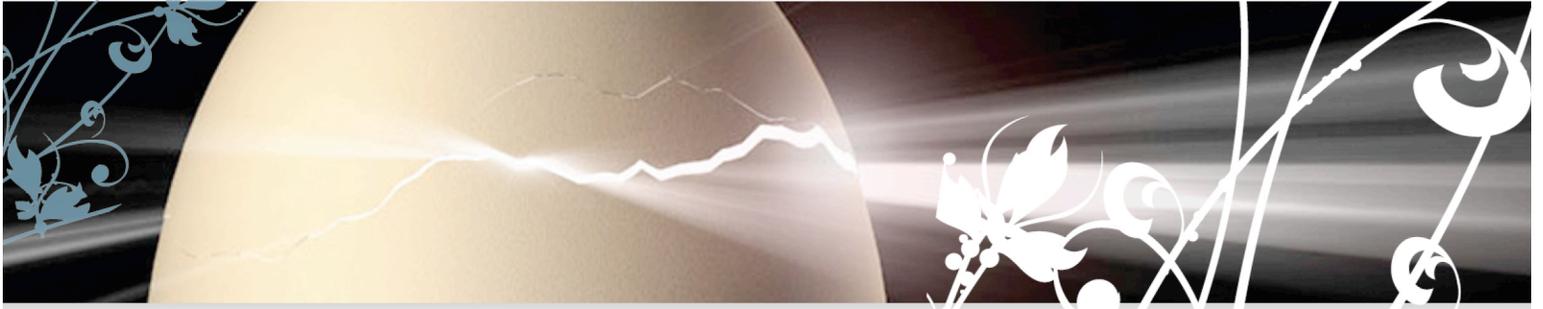


DR. LAUREN NAPPEN

*ah-h-h-justing to life*



## INSPIRED THINKING

### The Growing Season

*There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom.*  
Anais Nin

The growing season is upon us. Shades of green are beckoning to be seen and noticed. Possibility and opportunity are in the air as we are imbued with more light each passing day. The pulsation is faint, yet very present. A churning of excitement begins inside each of us as our souls begin their ascent. We're ready to stretch and feel the length of our spirit. A long sip from the fountain of spring air is all that is required.

I wonder about growing all the time. From this vantage point I understand the benefits and try to instill this wisdom with those who are ready: this sense of inner expansion, of joy, of light and lightness that partners with every challenge we co-create. Yet my first impressions of growth were not connected to any purpose whatsoever and so remained very "un-fantastic" in my estimation. They were simply painful.

When I was young, yes, younger than I am now, I remember whimpering in the middle of the night (sad, but true and I welcome a small pity party at your convenience.) To alleviate my suffering, my parents placed me in a warm bath, and I even remember them bringing me into the kitchen to soak my feet in the sink. At some point they told me I had growing pains. I cried a lot back then. Growing was hard and painful. It still is. I still cry. I just thank God I don't remember teething. I'm simply glad to have my teeth!

Back then I didn't understand that the pains I was experiencing in my legs were directly related to the growth of my body. 2+2 didn't add up to anything at that age. Even now there are moments when addition is challenging. There was no direct correlation even as I stood in front of the mirror weeks later completely annoyed that my pants were too short. That meant shopping and if any of you really know me, this is not one of my *favorite things*. I'm more of a "Climb Every Mountain" chick. But please don't ask me to sing, I'm not Julie Andrews!

Growth is an interesting process. From a biological perspective we grow based on an innate wisdom that is activated from within and beyond. The processes are sophisticated and automated. There is no discussion about change, it just happens. When we are conceived cells divide and differentiate. There is organization and perfect coordination and unsurpassed timing. There is a gathering of organs and systems into an exquisite harmony that becomes a living, breathing, crawling, walking miracle. There is life and there is breath and there is spirit. And there is *soul*. It happens repeatedly, in every species, in every living thing and the repetition is the reminder of our connection to the greater consciousness that is our home.

Physical maturity continues as we are guided to the edge of procreation. There is no choice. Puberty hits...like a Mac Truck! It's not pretty. It's awkward and painful and messy. And somewhere in our mid twenties biological growing shifts gears. So as physical growth recedes (hairlines anyone?) what are we left with?

M-A- T-U-R-I-T-Y. Better known as "Would'ya just GROW UP already!"  
Growth...with emphasis on emotional/mental and spiritual levels...appetizing indeed.  
Is it any wonder that there are so many tempting distractions?



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## Growing Pains

All of life is layers of accumulated hardships and joys. Growth requires a bit of friction. Struggle stands behind every victory, delighted by its contribution to our success. Compression and expansion are the perfect partners...ask any diamond. Plants unfold through muddy terrain as well as brick and mortar to respond to every impulse that is life. For us whether it's pain we feel in our bones or pain we feel in our soul, we are being shaped and stretched so that we can literally grow into ourselves and actualize our own imperative to live richly, deeply and fully. It's a fabulous process even when it doesn't feel like it.

As we head towards Spring, stand in the grace of observation. Behold how year after year, as the ground begins to thaw, the spirit begins to soften. There is trust in a cyclical repetition that bears fruit year after year. Challenges and choices will always present themselves. Within this context growing is an awareness of ourselves, our flaws and our gifts...the very nature of who we are. While we don't get taller in the mirror, our spirit grows taller, testing and exploring the limits of our personal universe as well as the wonders of the cosmos. When we align ourselves with ideals, thoughts, and values generated by our own souls rather than what we ingested without question at younger, more innocent moments, then growth has occurred. Ease in life can flourish for a time. Growing inward and upward, maturing, becoming wise in our hearts is alive once again. And then, when we least expect it, the cycle repeats itself. This is the beauty, the beast and the balance of life. This is the growing season.

Always live in the direction of your joy,

## Brewing Up Positive Change

There are wonderful ways for you to participate and be supported in your own growing season at Ah-h-h-justing to Life.

- 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.
- Enjoy walking the labyrinth when it's a little less muddy, or take a moment and close your eyes and walk through the finger labyrinth in the reception area.
- 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.
- Join us for our celebration of the Growing Season at the Spring Equinox on Thursday March 20<sup>th</sup>.

And last but not least....Brewing Up Positive Change!



**WAKE UP AND SMELL THE COFFEE...  
ON THE ROAD TO INNER PEACE!**

Join us for a sensory adventure!  
Explore the wisdom of plant spirit medicine & invigorating aromatherapy.  
*Depression becomes joy.  
Fear turns into trust.  
Stress fades into laughter.*

**Friday, March 14th 6:30-9:00**  
First in a series of classes where you can discover how you can safely bring plant wisdom into your wellness and lifestyle.  
Call for details! Brew up a positive change!  
Begin. [ahhhjustingtolife.com](http://ahhhjustingtolife.com)

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