



What do you mean stop the busy, busy?

Maybe it is the time of year that calls strongly to you to be much busier than you ever really want to be.

Maybe not only are you running in that busy, you are also maintaining, or trying to, all those other things that are the regular parts of your life.

Maybe while you are busy running around doing all these things and wondering if you will make it til bedtime, you are also listening to the sometimes deafening mental chatter that loops over and over in your head.

What? You aren't sure what I mean about those looping tapes? Yes you are. Yes. You are.

It is amazing how fast and hard we can run, isn't it? And the whole time our bodies are moving speedily through the day, our minds are running marathons too. That's a huge double whammy on your whole system. Yet many of us do this all the time and barely notice anymore that it is a hyper activated system that we have running.

Ever seen a child during a holiday on too much sugar and not enough sleep?? If you have, you are smiling right now and you know what I mean. And that is you when you are running hard under perceived pressure of accomplishing the mighty tasks at hand, and exhausting yourself from thinking over and over about all of it because it is too much to just remember where you are and what you are doing and what you have left to do!

Give yourself an amazing gift. Stop the busy, busy in your life. At least shoot it in the foot! No, of course I don't really mean that, but I do mean to give yourself a chance to slow things down.

Now by the time you finished that paragraph, you have already come up with three reasons why you can't do that. Those are the things that begin with, But if I don't, but who will, I can't just, and on and on. Dismiss them and ask them to sit in a chair in the aisle as you begin to think of things in a different way.

Here is radical thought #1. You are not superman or superwoman, nor are you the supercharged robo-person that those images conjure up.

Radical thought #2. You don't "have" to be. If it doesn't get done, life will go forward, your family will still be intact, the sun will rise tomorrow, the rivers will still flow and you will have another crack at it, if you want one by then!

Radical thought #3. What "they" think doesn't matter.

Radical thought #4. Your mind doesn't really want to work that hard.

Radical thought #5. Your body has been trying to get your attention for a long time to get you to just slow down.

Radical thought #6. You will get the important things done quicker, easier and with much less effort if you just go relax and renew yourself for a little while. And no, not just once a month.

I hear the screech of tires on Radical thought #6. The great fallacy is that if we "push through", run harder, work longer, try harder, think more, plan better, schedule more thoroughly, talk to more people, crunch more numbers, hit the pavement harder...well, surely you get the picture by now...that we will somehow be more successful, more accomplished.

Here's a wonderful secret that should not be a secret. Radical thought #6 is TRUE.

Your body seeks balance always. It is its natural state. Yet, how many of us are feeling our bodies at all and if we are, we are aware of the pain and discomfort in them.

Stop, stop, stop. Step out of the hamster wheel and join the humanity circle again. We are not meant to go like that. We wear ourselves out, body, mind and spirit.

Go take a break. In fact, take a long one. Get in a hammock and look at the sky. Take a walk to a park during lunch. Stop in and listen to music in a café nearby. Read a book, just for fun. Write, draw, doodle and sketch. Get out the markers and crayons and remember how much you love to color. Walk in your garden and smell the vibrant life living there. Listen to the birds.

Love yourself. Just love yourself. Take kind and generous care of yourself as if you were one of the throngs of folks you take care of in so many ways all through your day. Love yourself. Stop and breathe. Just breathe and feel the sun or the moon on your face. Feel how good it is just to be alive...remember how good it is just to be alive.

Bring those things into balance with your day and your day will run smoother, more efficiently than you have been seeing, without all of the struggle. Form a new and healthy pattern for yourself. Give this to yourself, for yourself. Do it today.

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