



Newsletter

April 2010

At the start of the year, my commitment was to continue on my journey to learn all there is to know about enhancing relationships. However, this time I decided I wanted the focus to be on learning more about how to enhance the relationship with the Self ... in mind, body and spirit.

The first thing I realized was that if this were to happen effectively, I was going to have to create some space. That meant slowing down, stepping back from my busy work life and, as an old Kiwi friend used to say, just spend time "chillin down on the bunk".



We are now almost through April and I can honestly say that this has not been an easy task for me. I have always embraced change, achievement, goal setting and adventure, and have been happy to leave smelling the coffee to the more laid back types.

But over the past few months, I've noticed a gradual shift and have become progressively more grateful for the time spent just being 'still'.

For this months News, I would like to share with you just a few of the things that I have learned.

"Within you there is a stillness and a sanctuary to which you can retreat at any time and be yourself."

~ Hermann Hesse ~

The Benefits of Stillness



1. The dramas and events of life give the ego a sense of identity. When we temporarily remove some of our regular life experiences and refrain from identifying with our established roles in life, a sense of vulnerability and confusion often follow. Sitting in those sensations, listening (well beyond when we think we have done enough of both) and not rushing to “do” something to fix or ease our discomfort, can provide a much greater sense of purpose than if we had taken action.
2. Dismantling the walls of the houses that we have built for ourselves is, at some point, a necessary step if we wish to allow for expansion and growth. Recognizing that these walls have provided us with the security and safety we have needed until this point, gives us the courage and self-forgiveness necessary to take the walls down now and live out in the open for a while.
3. If we can resist from using the quiet moments in life as a springboard for the pursuit of some new, more exciting event, then we have created the opportunity to experience the more ordinary moments that life has to offer.
4. When we learn to celebrate the ordinary moments, we begin to realize the delights of connecting to a life that does not obtain most of its pleasure and joy from external sources. We learn that delight does not live on a tropical beach or in a fantastic meal with friends. It lives within our own hearts.
5. All of our hearts long for moments of calm and stillness and we all wish to have a sense of belonging and peace. Surrendering to stillness gives us the space, energy and mindfulness needed to meaningfully connect with others and with ourselves.
6. Any kind of stillness activity (be it meditation, walking in nature or taking a hot bath) promotes the silent reflection necessary to hone our deepest listening skills. A deep level of listening allows us to speak simply and clearly from the heart. This quality should be nurtured in all of us as it is of profound importance to successful, loving relationships. And isn't enjoying loving relationships the one thing that all of us want the most?

With Gratitude,

Katie

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