

# SOUNDBYTES FOR YOUR SPIRIT

Perhaps you've been seduced into an alluring but excruciating idea.

That your ducks - all the areas, chapters, compartmentalised sections of your life - should be in a row. That as you juggle your responsibilities and opportunities, your obligations and inspirations, the scale should remain totally motionless, steady, balanced.

There is an emphasis that is placed on the look and appearance of our lives, rather than the tone, feeling, texture of them.

We sweat over our schedules, before tuning into the guidance of what is of true priority.

We muscle our way through very lengthy and important-looking to-do lists, oftentimes mistaking busy-ness for productivity. Let there be no mistake - the difference between the two is vast. One, I believe, represents an almost panicked flurry of action as we attempt to affirm our worth. (No affirmation is required here, FYI) The other, represents a focused, creative spiritual practice. (Yes, I do believe true productivity is a spiritual practice, first and foremost)

We want all of the slices in our 'LIFE' pie chart to hover around equal percentages.

We simultaneously strive for this evenness whilst spouting mantras of overwhelm, burn out, comparison, not-enoughness.

There is another way. A better way. A way that feels better in your centre.

This way is so simple, it may be almost cringe-worthy to listen to right now. So painstakingly obvious and 'oh yeah I already knew that' that if you're not fully present, it may wash straight over you as you continue preaching overwhelm.

Please, let go of the way your life may, or may not, look.

Focus instead on how it FEELS.

Is your relationship suffering? Then stop working overtime and spending 3 hours a day on 'self-care' when what your Soul really craves is communion with your beloved.

Do you feel creatively starved? Then quit trying to uphold the identity of the perfect entertainer or hostess with mostess, and squirrel away with your notebook and some watercolours.

Are you a tired overachiever who thinks just scheduling MORE healings and appointments and chakra balances and adrenal recalibrations is going to get you over the line? I don't need to tell you this. You already know this, but you need to stop making appointments, and probably cancel a few you already have booked in, and block out your calendar for some good old fashioned rest. Sometimes this is the best thing you can do with your annual leave.

Let the pendulum swing in the opposite direction.

Let the space in some areas of your life become so empty that others may become swollen and full; oozing joy, wholeness, love.

Let yourself drop a few ducks. Lose a few. Neglect a few. Trust yourself to come back to a few later on down the track.

Your Soul wants what it wants.

A life that looks balanced?

I call bullshit on that.

I want to feel balanced. I want to feel harmony in my body in mind. I want to make peace with the decisions I make and the consequences that result from them.

You can get better at shuffling things around and adapting. You can learn to say 'no' to things that distract you from feeling harmonious; rather than over yes-ing as you white-knuckle your will-power on the pursuit of 'balance.'

Feelings first, okay? Inner harmony, before outward-looking balance.

One, you can feel in moment. The other will send you on a constant wild goose chase.

Hang out in here, in harmony. It takes a little courage, but the best things tend to take a little courage.

tara\_x

