

# Standing Still IS Moving Forward

Consider this:

***Standing still and moving forward are not mutually exclusive!***

It seems that we are all on the fast track to get somewhere, do something memorable, make our mark and find our purpose. But, at what cost? How much can one physical body take? We would never make a conscious decision to run a marathon 365 days a year and yet we live as if we are running for our lives!



When the suggestion to take some time off, do nothing or rest is offered to some of my clients, fear is often their immediate reaction and I can assure you that many of them think I've jumped off the deep end and lost my mind. But, I am no different than my clients. The lesson of timing, patience and pacing myself to increase stamina is a constant challenge. After all, we teach what we most need to learn!

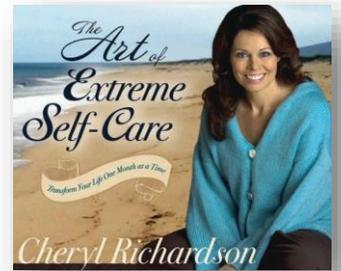
*"You must learn to be still in the midst of activity and to be vibrantly alive in repose."*

Indira Gandhi

Years ago, I had a passion for ice dancing. I had a partner, two pros and I spent 10 years and more hours than I can count at the skating rink. I couldn't get enough. And the day came when I just couldn't do anything right, I kept falling, I didn't want to be there and I got so frustrated that I told my partner I wasn't coming back to the rink for a week. My skates were put away, I didn't think about any of the dances and I took a break. Returning to the rink the following week was magical and you would think that I had been practicing 24/7. I couldn't do anything wrong. (Well, at least that how I saw it. My pro would argue with me on that.) The point is, I TOOK A BREAK. By stopping and giving my mind and body a needed rest, I actually moved forward in my progress. My mind and body had a chance to process and assimilate all that I was learning. This experience is what I go back to when I feel myself pushing too hard.

With the challenge of doing nothing or at least taking a break from pushing yourself so hard, I offer a few books to read as you curl up with your cup of tea.

*The Art of Extreme Self-Care* by Cheryl Richardson is an easy to read, life-changing book. She offers 12 strategies to transform your life one month at a time, such as *The Absolute No List*, *Soul-Loving Space*, *Wake Up!* and more. Cheryl is a best-selling author of *Take Time for Your Life*, *Life Makeovers*, *Stand Up for Your Life* and *The Unmistakable Touch of Grace*.



If introspection and insight is what you feel drawn to, Julia Cameron's books offer that. *The Artist's Way*, *The Vein of Gold* and *Walking in this World* offer tools and tasks for creative self-discovery. You will never look at your life in the same way. And the process that Julia takes you through covers a significant time frame, so you don't feel like it's necessary to have a bucket of fairy dust close by in order to have immediate results. It's a chance to be the tortoise and not the hare.

Oprah has not gone away, either. She has her own network now. Her Super Soul Sunday is a place to visit for introspection and body, mind, spirit inspiration. You will see interviews with Dr. Brene Brown, Iyanla Vanzant, Marianne Williamson, Gary Zukav and many more. There will always be insight that you will take away.

*"I don't have to chase extraordinary moments to find happiness –  
it's right in front of me if I'm paying attention and practicing gratitude."*

Dr. Brene Brown



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