

Are you on auto pilot?

Where will you be next week Tuesday, or everyday next month? Have you known for weeks? Is your schedule full? What about **you**? Have you left time just for you? Did you remember to pet your dog before you left your house today? Did you kiss your spouse goodbye? Is life too short, do we run out of time for the important things? Are you on auto pilot wondering “**is that all there is**”?

In the world of Feng Shui, life meant to enjoy to the fullest, not just do? When was the last time you took a bubble bath and lit a candle while listening to peaceful music, or you curled up with a great book and spent the entire day just reading? When was the last time you walked in the rain, stopped to look at a daisy or watched a butterfly float lazily through the sky on a sun washed day. When was the last time you just sat on the beach and day dreamed while listening to the waves kiss the shore?

If your answer isn't last week this message is for you. We are given the gift of life when we are born. A gift most of us never even think about until we are so old we no longer have the energy, health or desire to make changes. This precious gift impacts us dramatically yet we never think about life, why we are here at this very point in time and if we are here to do something special besides grow up into productive responsible adults, raise a family, get a job, go to luncheons or do community service. Is that all there is? Is that all life is about?

Take a moment right now and mentally go back to the age of 12. Think about who you were as a 12 year old, how you looked, felt and dressed. Now, step into your 12 year old heart and mind. Think about how you thought about life, your hopes and your dreams. What did you want to be when you grew up? Were you looking forward to being 16, 21, getting married? Fast forward to 16. What are your dreams, hopes and aspirations? How did they change? What experiences did you have in those 4 years in between that changed your vision of the future? Are you still filled with hopes and dreams?

One more time fast forward to age 21. This time instead of going inside just watch what is happening to you and around you. Do you believe you are still hopeful and filled with dreams and aspirations like at age 12 or 16? Now go inside your 21 year old and think what you were thinking and feel what you were feeling. What has changed? Are you still dreaming, fantasizing, and believing that the best part of life is yet to be? Are you doing what you wanted to do when you were 12?

Now return mentally to today. Are you still hopeful, excited, dreaming, anticipating that the best of life is yet to come? As a society, we have taught ourselves that we must always be doing something or it is not OK. Somehow one of the most important things has been permanently deleted from the list, ” **taking time for self**”; to dream, to plan, to anticipate, to enjoy just being. We have been taught that taking care of self is selfish and the last thing we should do. This thought process leaves our bodies void, without hope and needy; in a state of un-fulfillment and co-dependency. If we don’t take time for ourselves to nurture our heart and feed our soul, how can we take care of others needing the same thing?

There is a simple process to help you get back in touch with your 12 year old dreams. One you can do anywhere, anytime and won’t cost you anything. How about some homework? Yes, homework. Within the next week, create a peaceful area, room or corner in your home. This area is to be just for you and no one else. Decorate it with a few favorite things. Perhaps even a picture of you about the age of 12. Let anyone that lives with you or is visiting know that when you are sitting in this space you are not to be disturbed. Then at least three times per week spend time there; to think, to write in a journal, to get in touch with your 12 year old.

The idea here however is to get you back in touch with that 12 year old who was full of life, with eager anticipation and dreams. One day you will latch onto one of those dreams and realize that your life would be much more fulfilling if you began sculpting, writing or horseback riding. Our human spirit needs something to thrive on to be at peace inside. It

thrives when not on auto pilot. More luncheons won't fill the void, more materialistic things won't and neither will more shopping even though some of us might disagree.

Create a quiet space, visit it often, find the inner you so you can get off auto-pilot and realize there is more to life than what is on the surface. As we find our own peace we share it with others, we begin building a road to peace one step at a time, one person at a time. Isn't it time for you to begin, now?

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"Everything you say, think and do matters."

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