

“At the heart of each of us, whatever our imperfections, there exists a silent pulse of perfect rhythm, a complex of wave forms and resonances, which is absolutely individual and unique, and yet which connects us to everything in the Universe.” - George Leonard



In the Flow

I think we have all experienced that kind of day when everything just flows. We are aware of this perfect harmony with the world around us, maintaining ourselves in perfect alignment, and we float through our day, unimpeded. This day makes an impression on us, we notice it, and we feel....well, glorious!

Think of such a day. What was going on? What were you thinking? What were you experiencing? Can you remember? No matter. If you can't, stay aware and the next time you experience such a day, take notice. Most likely your day may have encompassed some of, but not all, the following characteristics:

You moved through the day staying completely present, appreciating each and every moment. Keeping open for your senses to perceive the sights, sounds, smells, tastes and feel of things around you. Seeing your surroundings with wide-eyed wonder; rejoicing in beautiful sounds *and* silence. All smells and tastes exquisitely tantalizing; and each touch is a sweet caress.

You felt full of kindness and compassion, for both yourself and others. You "saw" the connectivity of us all in moments of intense clarity. Each action you made had an element of love, or forgiveness, or charity.

You realized right down to your center of knowingness that you belong here, at this moment, releasing the past, and sensing the joyful excitement of the future. We are not alone and we are all connected and your truth is no less nor more important than the truth of another, and together, a better world exists for us all.

Synchronicities and signs abound confirming our thoughts, emotions and intuition. You are aware you are in sync with the Universe and are ecstatically happy for this. You have

just had a day when you were perfectly in balance. A day in balance with yourself, with others, and with the Universe is a treasure.

In these days of perfect balance we are experiencing what some call "grace", still others have come to call it "the zone". These are the times when all boundaries disappear and you remember them with intense love and peace, no matter what the daily occurrences are.

Are we able to achieve more balanced days such as these? I present to you what the Elders of the Seneca Nation encouraged their people to ask themselves to discover whether they were living in balance with their world:

- Are you happy living how you are living and doing what you are doing?
- Is what you are doing adding to the confusion?
- What are you doing to further peace and contentment in your own life and in the world?
- How will you be remembered after you are gone- either in absence or in death?

With Gratitude,

Kai