

“FLAT-OUT IS NOT A RHYTHM!”

Your mind may quickly agree with the truth of that statement. Yes, flat-out is not a rhythm. But, are you living flat-out anyway?

What we know and what we do are often not in accord. Where did we ever learn that if we ran as fast as we could, and then ran a little faster, somehow we might just catch up with being good enough? It could be that somewhere along the line, you, like many others, may have accepted these ideas:

- Running as fast as you can will make you a better person
- Keeping up the pace set by others is a requirement
- Losing yourself in a blur of activity equates to having a life
- Eating fast food is a wise nutritional program
- Comparing your life to others' is a reliable measure of success
- Strife and struggle are the price you pay for what you want

Do any one of those things give you a sense of control in your life? We strive and long for that, it seems. One thing is very clear: those things will not give us a sense of balance and stability. It may be time for a change in our thinking.

Running as fast and as long as we can is a sure-fire prescription for exhaustion on every level—physical, mental, emotional, spiritual. Some people have accepted this lifestyle to such a degree as to feel guilty when they *cannot* sustain the pace, when they really *should not* sustain the pace.

Our high-paced western culture sends us this message: we are simply not allowed to break down, to weaken, to succumb—even to bacteria or viruses, apparently. Years ago, there was a full-page color ad in a women's magazine that showed a mother with three kids. She was dressed in her business suit with briefcase in hand, marshalling her children into the mini-van to go to school. She looked cheerful and determined as she smiled for the camera. The ad said:

You don't need to slow down. Take [our medicine] and no one will even know you have a cold.

What now? Is actually appearing to be less than perfect while juggling a life complete with kids, job, and dog something we should feel guilty about? That's the way it certainly seemed.

Don't let down the team. Don't even let them think for a moment that you are less than invincible. You must be Teflon Woman!

That was years ago and the ad is long gone, however, the push, the drive and the pursuit has not been

reduced. You know that's true by checking the late night ads for pharmaceuticals.

Our culture of go-go-go advocates denial. The advertising world makes billions selling campaigns for remedies, fixes and cover-ups to keep you in the game. We even borrow a war metaphor to compliment each other.

You're a real trooper!

We say that when someone hangs in, continues past the point of reason and in the face of daunting odds and questionable wisdom. What is that about?

It is no wonder that we have sleep disturbances, weight problems and a culture dependent on the pharmacy. Many people would rather take a pill than exercise or improve their diet. We like instant gratification . . . and results! And, we seldom allow ourselves to think about the quality of our lives in the moment. It's all future-paced.

One day I will . . .
Someday I'll have . . .
There will be time later for . . .
Not now . . .

What if this were the last day of your life? Your partner's life? Your child's life? Would you make the same choices you are making today?

WHY SOUL SOLITUDE?

It will give you a new view, a new attitude, a new approach, a new direction, a new start. Here you will find both the questions and answers your soul is

waiting to hear. This book can change your life—and that of everyone you care about. It's in your hands now and that is a good start. Keep reading.

The Stumbling Block In The Stepping Stones

Are you tired of feeling pushed, pulled, harried and tense? It may have become the norm for you. Can you imagine it being different? Balanced? Clear? Focused? Relaxed? Successful on your own terms? It's possible.

One of the challenges that prevents folks, like you, from changing their lives from stressed to blessed is the transition period. It's like starting an exercise program. They don't want it to hurt, don't want to sweat, yet they want the results. It's not going to happen that way.

It's much easier, it seems, to have a reason why we cannot give up that "flat-out" lifestyle than it is to embrace an alternative one. That is, of course, until we come to the tipping point where we simply cannot run any more!

Would you rather wait for an illness, accident or breakdown than invite a breakthrough and embrace a better way to live?

Peace comes with a price: letting go of push, shove, hurry, must, should and ought to. It requires letting go of "keeping up with Jones'," "no pain, no gain," and, "give 'til it hurts." Are you ready and willing? You know that you are able. It's a choice. And, it's up to you.

You CAN make the transition from

I am running as fast as I can. Welcome to my world. Try to keep up, would ya?

to

I am the author of my life and I live from my authentic self. I am creating my life, peacefully, with balance, harmony, mindfulness and joy.

Why not construct your life rather than
run after it?
