

DR. LAUREN NAPPEN

ah-h-h-justing to life



INSPIRED THINKING

Celebrating the Extraordinary Nature of Ordinary Moments

A fresh start, new beginnings, the dawn of a new day, the birth of a new life, the start of a New Year. From one second to the next we are offered a brand new opportunity to grow, experience and create. This happens by the minute, the hour, the day, and by the breath. Breathe in the new and release the old. Remember what a sigh of relief feels like?

It's that moment when we recognize that some kind of weight has been lifted and the lightness of possibility has walked through the door. Breathing by itself is methodical, innate, and ordinary. Actually, it's quite inspiring and extraordinary.

Our primary relationship is with nature (*our inner nature as well as the world at large,*) and it requires our use of sight, smell, touch, taste, sound and spirit. Spirit is breath and life energy, boundary-less and limitless. Far too many of us have relied on the intellect as the sum total of knowledge. By divorcing ourselves from the knowing that comes through the senses we have lost our ability to experience what the Greeks termed ***aisthesis***...our ability to perceive meaning...we do this through all of our senses as they filter through the heart, set our souls on fire and reignite our desire for feeling alive.

Aisthesis is a moment of recognition that is accompanied by a gasp of deep breath. Something from the outside enters and transforms. We are still. We are in awe. We want a larger glass from which to sip. Immediately, and without words, a questioning mind is settled. What makes this process so stunningly beautiful is that because we are in relationship with the world, the world takes us in as well, willingly and lovingly, instantly reminding us of our worth and value. Feeling worthy erases isolation. Nature holds our hand so that a walk in the woods is filled with friendship. This exchange of soul essence literally drives our desire to keep breathing, to keep engaging in the act of inspiration. The world of our body and the body of the world loves when we are in partnership. Giving and Receiving engage in a circular dance.

Life is not measured by the breaths we take but by the moments that take our breath away.

Inspiration is a process that goes beyond simply bringing air into our bodies. It is the inhalation of creativity, energy, joy and passion. Inspiration is the permission to live in relationship and is at the heart of ***aisthesis***. We experience it when we greet something for the first time...a glacier, the ocean, freedom, a first glance, that first ah-h-h-justment, that first deep breath of sunshine after days of darkness. The experience is full of vitality, exuberance, hope, trust, and knowing. We are surrounded by affirmation. How do we sustain this feeling day after day so that life is fresh and renewed?



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- Choose to celebrate the extraordinary nature of ordinary moments more often. It is a day-by-day commitment that soon becomes a year and then a life. Observing life through the lens of gratitude and celebration creates a kaleidoscope of harmonic memories.
- Come to your senses. They are eagerly awaiting your arrival.
- *Sense* instead of think. It means you have agreed to use the *whole of you* for knowledge and action.
- Know when to live, more than you plan.
- Remember that you are the 9th wonder of the world! You are composed of at least 100 trillion cells, each having a different job description that enables you to magically make coffee in the morning, brush your teeth, pump blood, make a baby and create a life. It tracks everything through the senses and if one cell calls for a personal day, everyone else rises to the occasion to continue your movement towards wholeness. The innate intelligence of the body keeps you in touch with the cosmos because your biology is part of the greater symphony that exists in the universe. You are simply amazing.
- See your body as your ally rather than the enemy when it doesn't behave to your liking. We all love acceptance.
- Stay *ah-h-h-justed*! When you are *subluxated* your spirit is bound as is your body and its ability to handle life. A return to *ah-h-h-lignment* gets you back in touch with all of your senses, gathers their synergy and sparks your direct awareness of ***aesthesis***.

As we step into these first few days of the New Year, let us remember that each day is a new one (even in the dead of summer,) each breath filled with freshness and innocence that returns us to our inner sense that the world is perfect and beautiful, challenging and kind. It takes time to make peace with our inner natures and outer decisions. All the resolutions in the world won't speed up that timetable. Your spirit has a timetable all it's own. This is life and it is extraordinary.

Life should be lived so vividly that thoughts of another life or a longer life are not necessary
 Marjory Stoneman Douglas
 American Conservationist

Always live in the direction of your joy,

PS – Give someone else the gift of renewal. Pass this on and encourage them to stop by. The view of life from this elevation is pretty sweet, as you well know, and achievable, as you well know.

When you need to get to the heart of the matter, this is the place to be.

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