

What is Natural?

Doing what is natural-that is what it is all about. On my recent trip to Morocco I was struck by the way the people of that country use everything, and it all comes from the land, its natural. They are working with the land, not against it. What is natural to you-what is your true nature? Many people have a tendency to work against what is natural to them, and feel frustrated and worn out because they cannot succeed or excel. Where is the place that you excel and it feels normal? That special place where it feels natural to expand, you fell alive inside and dare to go beyond your limits. The ebb and flow of the tides of the ocean is a natural process. A part of God's perfect plan, each wave creating a new design in the sand. Some waves reach higher and further than others, all a part of the plan. The natural expansion and contraction of the ocean, like our breath, helps us connect to the magnificent rhythm of the universe, the creative forces vibrating in each of us.

As we write the story of our path we explore what feels natural to us. In this natural creative state we observe our-self expanding and contracting. The natural expansion feels like flight, as we extend our wings and go beyond the ordinary. We are not sure where this flight is taking us but something resonates inside of us and we feel the natural rhythm. This expansion doesn't feel hard, it feels exciting, exhilarating. When we contract, we pull back, into our shells, contemplating and grounding our being, assimilating our new experiences in order to take off again, and soar to a place we have never been.

Ask yourself these questions:

- 1) When have you expanded yourself beyond what was ordinary or familiar?
- 2) How did that feel?
- 3) What have you done in your life that feels the most natural to you, that calls you and makes you feel connected to your own rhythm?
- 4) Would you be willing to do that again?
- 5) What could you change to allow you to explore that again?
- 6) How do you make yourself feel grounded?
- 7) List some things that make you feel grounded again.
- 8) Now, Go Fly!