

The Joy of Challenge

Sit comfortably ... close your eyes ... and take a deep breath

Feel your feet on the ground ... how connected are they?

Can you feel all points of the foot being connected?

Slowly release energy into the ground and connect with mother Earth.

Ask her to promote the flow of energy throughout your body, so you can be replenished and old, stagnant energy can be released.

Feel how this connection channels new energy throughout your body.

Think about your last week... How much flow was in your week?

Have there been challenges?

Take a closer look at those challenges...

If you hold them up to the light and look at them from all directions can you see that they offer possibilities?

Take one of those challenges and look at it as if it was a cube.

What do you see when you look from the front ... and how does it look from the back?

Does it change when you look from the bottom.... does it change again when you look from the top?

What colour is it from the one side... what colour is it from the other?

Does it have a taste ... or a smell?

Is there a sound and does it change from one side to the other?

Does the sensation change when you turn the cube around or flip it over?

The joy of any challenge is that it provides the possibility of change and growth... Once you change your perspective.

Take a look at the challenge again...

Has it changed from a cube into something else?

If not then you change it into a ball or any other shape that allows for flow...

How does it feel now?

Is it still a challenge that troubles youor has it become a possibility that fills you with joy and gratitude.

Allow yourself to be completely filled with this joy and gratitude

Take a deep breath and anker this feeling in you...

When you are ready come back into this space and open your eyes...

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