

Let Go of Fragmented Vitality

Fragment: 1. A part broken away from a whole; abbreviated. 2. A detached, isolated, or incomplete part.

Vitality: 1. Mental or physical vigor; energy. 2. The vital principle or animating force within living beings.

Imagine one early morning, floating in that fertile and mysterious state somewhere 'in-between' sleep and awake, when ever so softly, and quite distinctly, you hear a mantra-like message that, *thankfully*, echoes it's every word through your mind and body often enough for you to be certain to remember it upon waking.

"LET GO OF FRAGMENTED VITALITY"...

...it whispers lucidly with each rhythmic inhalation and exhalation of your breath. In a method or way you may or may not know or understand, you feel as if 'the message' gently and lovingly breathes its way in and throughout your entire being...*changing you forever*.

Have we come upon a new 'chapter' in our Life training course? A chapter titled: "Let Go of Fragmented Vitality?" It seems that when we read this new chapter, there are no other words there beyond the title! We are asked to write it as we read it, do you know what I mean? As we allow our minds to empty, and our eyes to gaze softly at the blank pages, we open ourselves and the words appear. There are instructions and questions showing up all over the place, and yet they seem to be intended for the sole purpose, or should we say, 'soul' purpose, of our own individual *exploration*. No answers really, even in the instructions, simply invitations and ideas to investigate.

How unusual to 'attend class' with the freedom of no tests, no grades, no pass or fail, no certificate or diploma. The pressure is enormous! You know, learning to breathe and step into all that infinite creative potential, all those endless options, all that 'All-ness!'

We may discover that one of our most valued resources throughout this training will be to *love ourselves*.

Going about our day, what might we notice if we experiment with repeating this 'mantra/message' to ourselves throughout our moments of activity and inactivity? What comes into our awareness when we pause long enough to truly note what's happening with our vitality?

If you find yourself interested in exploring this topic further, you may wish to set aside, where and when possible, any judgments or expectations you might have about 'outcome,' and enter into a true 'experiment' of simple exploration and discovery, a gathering of information, from a place of self-love and respect, a place of *curiosity*. If or when feelings of expectation or judgment come into your awareness, it may prove educational to note if they are, in any way, a part of what may fragment your vitality.

♥ What are our reasons for being involved in any particular event, activity, project, job, etc? ♥

There are infinite reasons for choosing to involve oneself in any particular project, job, relationship, organization, church, event, spiritual group, task, discipline or activity. The richly rewarding and sometimes equally challenging task is to 'be in relationship with one's deeper Self' as we truly explore those reasons and how we feel about them once we've discovered them.

♥ How do we know when we are honoring our deepest truths and essence?
What does it feel like in our body, in our heart, in our breath? What happens
with our thought process when we are living authentically? ♥

It is useful to keep an open and multi-faceted approach during our
exploration, as falling into 'black and white' thinking may limit us from
expanding our awareness, or may have us walking, once again, in familiar
patterns or habits *rather than* stepping into new and unfamiliar territory,
with our curiosity and flexibility leading the way.

♥ Are there possible shifts in attitude, approach, or perspective we might
make that would enhance or change our experience? ♥

Sometimes simply deepening into the present moment will dramatically alter
the experience we are having, while other times entirely disengaging our
involvement can move mountains in our lives.

♥ What do we notice about our 'vitality' as we witness the things, people,
places, and activities we choose to be involved with? ♥

Noticing when and why we feel drained or depleted vs. vitalized or energized
can offer us an opportunity to choose where to focus our energy and
attention.

♥ What might we consider to assist ourselves in clearing stagnant or
unresolved energy, thus making room for more whole or authentic vitality? ♥

Are we able and willing to accept the rewards, responsibilities, and everything
else that go hand-in-hand with striving to live more fully our truest expression
and essence?

♥ As we journey silently inward on the soft, gentle spiraling path that invokes the private world of self-reflection and contemplation, while simultaneously unfolding ourselves like flowers out into the precious world around us, let's love this journey, this learning of how to be in both inner and outer worlds at once...how to be in *many* worlds at once...*with everyone and everything as our beloved teacher*. We have signed up for this 'class' with both eagerness and trepidation. So much to explore, discover and create, so much to re-learn and re-member...getting to know and live our whole and vital selves...learning to recognize when those around are involved in this same class..."Letting Go of Fragmented Vitality." Tender blessings gently shower down upon us all along the way. ♥

With deepest respect and loving support,

Jane Ellen