

Avoiding Truth

Written by Gayle Nobel

Sunday, 20 February 2011 21:22 - Last Updated Monday, 21 February 2011 13:40

Friday is now Guest Blogger Day here at AutismWithAttitude.

However, due to technical difficulties , it was moved to Monday. Sandi Greenberg is the featured guest blogger this week. Friday , it could be YOU.

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We run from one activity to another, perhaps from one relationship to another, or even one phase of life to another without pausing and taking stock of what had just occurred, of whom we are and what our needs might be at the moment. We may mistakenly think that our old stories continue to suit us in the present, which is not usually the case. Often in spite of craving some peace and quiet we avoid just sitting and being during those times of transition, when we could turn inward and tune into the present moment, mindfully assessing the next step that would best serve us. Often as soon as an opportunity for solitude presents itself, rather than savoring the chance to go within we turn on the radio, make a phone call, or run an errand instead. Are we running to the next activity or running from a truth that we don't want to face?

Suggestion: During your day, take the time to pause between your activities and take stock of where you had been before running to the next thing on your agenda. Notice if your habit is to fill those moments of peace and quiet between those activities, rather than allowing them in. Ask yourself how each reaction serves you.

"It is only when we silence the blaring sounds of our daily existence that we can finally hear the whispers of truth that life reveals to us, as it stands knocking on the doorsteps of our hearts."

~K.T. Jong

Sandi Greenberg has been an educator, counselor, and mentor for several decades in the academic and fitness fields, both in Israel and in the United States. In addition to her Bachelor and Master's Degrees in Literature, she has 500-hour certification training as a yoga teacher, and certifications as a life coach and hypnotherapist.

Sandi's mission is to help people attain peace of mind, clarity, direction, and self-empowerment, as well as maximize their physical health and well being, by sharing the tools and talents that have benefited her over the years.

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