

OUR PRIORITIES

As we move from one day to the next, we may be so caught up in routines of thought and action that we may miss some of life's priorities. Are these priorities to be the same for all of us? Perhaps, not. However, it can serve us well to reflect on what decisions honor all areas of our health. What are you consciously making a priority in your life? Might there be things that unconsciously move---or paralyze---your life? What amazing things are possible when we become conscious of our daily decisions!

Let's pause more frequently to notice how we're feeling from one moment to another. This may be a path to becoming more conscious of what thoughts have the "heavier rotation" that influence our feelings. This, too, can support us in discovering what we've been prioritizing, even if we didn't realize it to be a central focus in our lives. When we take time to "see" what drives us, we re-connect with our power to transform our priorities. Only so can we elevate the quality of our relationships (especially with ourselves) and energy put into being of service to the world.

If the feelings noticed in this pause are doubt, fear, anxiety or any other in the "fear-based gang", we may be locked in rigid ways of interpreting the world around and inside of us. This tunnel vision traps us into miserably dedicating ourselves to the "blame festival". Nothing and no one is ever enough. What an experience of brooding through life.

On the other hand, if pausing is found to be an opportunity to recognize various forms of pain and to soothe it with self-kindness, wellness becomes a priority. As we allow wellness of mind, body and spirit to become the priority of life, we can better extend our kindness to others. Often this process of healing entails opening ourselves to others' support. Maybe the wisdom of those who've learned to transform the ravages of pain into triumphant living can inspire us to re-calibrate priorities. They may ask us if we're fighting against or standing for something...The energy in each approach is different---one can be angst-filled and the other can propel us with full embodiment of our worth ...What are you willing to do so that mere survival can be turned into thriving?

When we thrive, we pave a way for others to do the same. You never know who's inspired to mine their infinite potential to live fully by simply watching you. It's possible that just your uplifting presence, even in silence, can have a powerful impact. In our humanness, feeling connected is the rich sauce of life. Pain is such an expression of feeling disconnected---from ourselves, a sense of purpose, aliveness. Let's allow life-affirming connections to be a priority. Invite yourself and others back to life. Onward!

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