

## THE JOY OF CONSCIOUS LIVING – Part II

### The Zen of Lawn Mowing

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If you don't remember the importance of "Grace up the butt", Rosie and her cantaloupe, and the Wisdom on Ra-Shait the Egyptian cat, you'll want to read, or re-read, part one of this article. (*The Joy of Conscious Living – Part I: The Power of Grace*)



I've been thinking. (Aaron says "Uh-oh!" sometimes when I say "I've been thinking", but always with a playful smile and a sparkle in his eyes...and it works both ways!) Did you know that 80% of your brain's energy can be used up by useless thoughts, worries and chaos? That's why we try not to focus so much on that "useless" stuff. Wouldn't you like to increase your energy by 80%?

Here's an example of what I mean: One day I asked Aaron if he minded mowing the lawn. He replied, "It's not 'fun'; it's not 'work'; it just 'is'. So as I mow, I focus on following the prior cut, not mowing over the newly planted trees, not hitting the rocks. It's not frustrating at all, as long as I pay attention to what I'm doing." He's absolutely right! Focus and mindfulness are very important in the joy of conscious living. This brings me to the topic of quality.

Some people I know prefer to "hurry up and get it over with", regarding regular activities such as lawn mowing, meal preparation, making love, administrative tasks, and much more. When I ask why, sometimes I'm told, "It's easier that way". I'm not so sure that it's easier. Because then the quality suffers. This mindset of "rushing to get something done" often results in mistakes, or dead tree saplings, or having to re-do the task properly. How about a "simpler" way instead? I like simple, which is very different than "easy", which we just talked about.

The SIMPLE approach is like Aaron's Zen of Lawn Mowing: Stay focused and mindful. And I'll add "intending love behind our actions" as part of this simplicity and quality. If our intention is "love" and we are honest and mindful, this is truly conscious living. And, ironically, sometimes love means "tough love", like telling the Truth to someone who'd rather not hear it, but needs to. I don't enjoy the moments when I'm the "bad cop" bearing tough love. Like when Ra-Shait used to bite me when I told her that we were going away for a few days. Ouch! I'm glad she's learned that we love her, and that we always come back, so she doesn't behave that way anymore.

I think life is simpler, and I don't waste my precious brain cells so much, if I try to remember how to define a "Good" Day, or a "Better" Day. If we define the day as "what happens to me", it is a harder day than if we define the day as "How I respond to occurrences and events". For example, "Oh my God! I have a pimple on my face! I can't go to work looking like this!"

Just recently I asked a new client, "How are you doing today?" on her second visit. She replied, "I'm having a good day, thanks for asking." She suffers from advanced Multiple Sclerosis (M.S.), Lyme Disease and mental illness as well. Through our discussion, I learned that her control of her arms and hands had overall worsened since my recent Medical Intuitive Reading on her. It was a challenge for her to follow up on part of her action plan/homework plan from my reading, so the progression of her conditions has not yet halted or reversed. We naturally focused our time together on simplifying and accomplishing her action plan. Despite the challenges and circumstances in both her long-term view of her life and in recent circumstances, she told me, "I'm having a good day." She's a perfect, beautiful example of conscious living! So, I challenge you to ask yourself: How do YOU define **your** day?