



Is your Life on Auto Pilot?

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I have been thinking recently about how often I hear people say that they feel as though they plod through the day as if sleep-walking through life.

In order to enjoy life or to enjoy or see signs of any spiritual growth, we need to be fully awake. This means being present in our bodies, consciously aware of what's going on around us, and connected to how we feel so we can act with clear purpose and intention. For many, this can be quite a challenge. I for one would be included in that.

There are days when I feel over committed or so overwhelmed by a multitude of "to-do" lists floating around in my head that I end up looking like I am on human being auto pilot, just plodding along but not really present. I bet many of you also relate to that.

When we live consciously, we make better choices. For example, we stop eating when we're full. We take time to consider a request for help instead of rushing to say yes only to regret the decision later on. And we certainly are more able to see the signs that to lead us on the right path.

To learn to be more awake, it's first helpful to know when you might be operating on auto pilot. Here are some clues (see how many you identify with) I have marked the ones I often identify with:

- I'm always tripping over or bumping into things
- I tend to run late because I lose track of time.
- I can't remember what I had for dinner last night
- I tend to eat unconsciously. Before I know it, my plate is empty and I feel stuffed.
- I often miss exits on the highway.
- I'm surrounded by lists or yellow sticky notes.
- I wait until I have painful hunger pangs before I stop to eat.
- I forget to eat
- I tend to bump into people (or they bump into me) while walking down the street.
- I find cuts or bruises on my body and I don't know where they came from.
- I focus too much on the future.
- I sometimes arrive at a destination without remembering how I got there.

When these behaviours become chronic, it's a good indication that your body is in one place while your mind is in another. Not the best set up for making healthy choices. So, how do we stay conscious? Here's some ideas some of which I do myself.

Try to use everyday activities like taking a shower, brushing your teeth, eating meals, or even going to the bathroom, as reminders to practice present moment awareness.

When eating, stop to notice whether or not you are actually tasting the food. Ask yourself: "Am I enjoying what I'm eating right now? How does the food taste? What does it feel like in my mouth? How does my stomach feel? Am I full yet?"

Try to develop the habit of taking "breathing breaks" the moment you feel pressured or overwhelmed. As soon as you notice yourself getting tense, stop and pay attention to how your breathing. Nine times out of ten, you may find you are taking short breaths, only inhaling as far as the upper part of the chest. To centre yourself in the present, stop and take several slow breaths deep into the stomach, This will pull you back to the moment, it releases the pressure, making you feel better and able to handle whatever is in front of you.

All of this is important because unconscious actions make for an unconscious life.

When we live like that, time passes much too quickly, we fear getting older, and we end up living with regrets.

Please don't do that to yourself.

The next time you find yourself tripping over things, losing track of your keys for the fifteenth time, or eating so much you feel like you're going to explode, stop, breathe, play with your dog or cat or children, take five minutes to watch the birds. Think of it as coming home -- the most nourishing place to be.

Angel Blessings

Julie and Steve

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From the Angels:

Your angels are standing by waiting for you to ask for their assistance Don't worry that any request is too large or too small If we can help, we will do so immediately and you will soon see results of our assistance."

Julie and Steve's Meditation CD's and Angel Essences can be bought from:

Bahrain - Julie and Steve, and Book Case (other outlets to be announced soon).

Dubai - Jack Montgomery, Tel - 00971504585860 Or
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