

SPIRIT, MIND & BODY

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The Rite of Spring

No, this is not a column about Stravinsky's work, "The Rite of Spring"... and although his is a beautiful piece of music that would make even the most dormant species burst forth with new life, it is still a piece of music and I don't really write about music. If I do, it tends to be in metaphor, like "dancing to the music of your soul" or something of that nature.

Don't get me wrong. I love music and find it such an inspiration in our lives. Think about all your favorite songs and how they mysteriously express the feelings or emotions you are grappling with at any given moment. It's as if the song was written especially for you or maybe even by you! Those magical musicians, how do they do it?

Can you even imagine a world without music? Without the opportunity to relate, to connect, to lose yourself with wild abandon as you dance around filling every ounce of your body with rhythm and soul? The mere thought of it makes my dance shoes quiver as I imagine the "release" going unreleased.

OK, so maybe this column is about music, but the metaphorical kind. It's about the music inside you and your ability to compose your own concert (a.k.a. life) from the orchestra within your mind.

Spring is here and I hope by now you are beginning to feel lighter and more energized. As the days grow longer and we begin to witness the miracle of new life, we too start to awaken from a some-

what hibernated state.

We are anxious to get out of the house, begin new projects, and indulge our senses in the beautiful sights, sounds and smells of Spring. Think narcissus, hyacinth, farmers' markets, and the chirping of little chicks. Notice also the "good" and "hopeful" feelings that accompany this season. Life suddenly seems more positive and upbeat. Inspiration comes easily, as if everything is possible.

And guess what? Everything is possible! Not just because it is Spring, but always. The only difference between possibility and impossibility is perspective. What the transition from Winter to Spring offers (as does every passing season) is the opportunity to change our perspective.

Passing seasons and landmark celebrations such as birthdays or anniversaries are great opportunities to shift our perspective, but they are not essential for that purpose. Using the orchestra within us, we can choose to direct our thoughts and intentions to a new perspective any day, any moment... even now.

What concerns me as I observe the nature of our society and hence the inspiration for this column, is that we tend to focus more on what is wrong rather than what is right. Consider your most recent personal conversations and what was discussed. I wonder if it went anything like this:

"Hi Becky, How's it going?"

"Well, I'm ok, but my car needs new brakes and it will cost \$1000 that I don't have.

Also, my boss is giving me a hard time because I am always late, and to top it all off, my back went out."

If you have ever listened to Country Music, you know exactly what I am talking about.

We have managed to glorify our suffering and minimize our glory. Why does our suffering get all the attention, while our beautiful creations and achievements go unrecognized? Is it because we relate better to each other through our pain than through our successes? Is it because we are sure to find an ally with whom we can share our woes? Could it be that we fear losing our social circle if we truly step up to our potential, or that we fear the awesome creative power within our very own selves? Perhaps it is simply conditioning and we've never thought to even question it? Whatever the causes of this behavior, once we become aware of it we can see how undermining it really is.


Knowing what we now know about the chemical effects of negative energy in the brain, body, personal physical reality, and the universe, we can no longer afford to carry on this way. To do so is to agree to stay exactly where we are, in a place of suffering.

The challenge I am posing, during this particular month when spirit and hopes are high, is to begin to recognize the goodness in your life and focus your energies there. To catch yourself quickly when you begin to vocalize your woes and see the opportunities that are available

to you instead. To realize you have an entire orchestra within you that can help you experience the same scenario in a different way. That you do have the ability and the Rite this Spring, to change your perspective any day, any moment... even now. And that by exercising this right you are truly creating a difference that benefits you, your future, and the world in which you live. Change your thinking, change your life! It's that easy.

"I no longer try to change outer things. They are simply a reflection. I change my inner perception and the outer reveals the beauty so long obscured by my own attitude. I concentrate on my inner vision and find my outer view transformed. I find myself attuned to the grandeur of life and in unison with the perfect order of the universe."

The Book of Runes by Ralph Blum



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