



Make Things Happen

Turn off your phone, turn off your computer, turn off the music and the tv... whatever is on... and find a place that's quiet. Go there, sit down and breathe.

Look within and ask yourself what you need to make happen. Breathe. Tune out what you think you should be doing and what you already had planned to do. Sometimes we think we should do what others told us we should do. The line is thin. Look within, through the layers.

Breathe.

Align your heart and your mind.

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It is not easy. I am going through this process myself and it is hard to hear it through the outside noise, difficult to tune to that voice that it's often told to keep quiet. Breathe. Look within, through the layers.

This process should not be a substitute to make things happen. It is not a goal, but a part of a process. It is just step #1. Breathe. It may take time. And always remember we are doing this together. Maybe not exactly at the same time, but together.

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