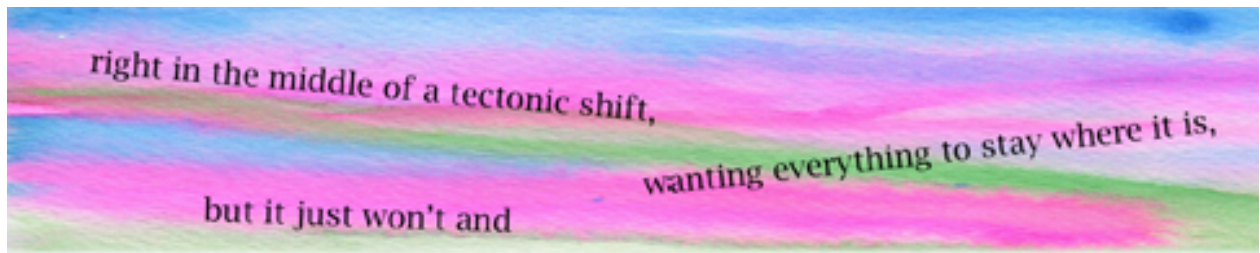


Things get rough.







In the smooth times you don't believe they will but, sure enough, here it comes again. You feel the ground start to shift. Little pebbles go skittering by. Your gut starts trembling and there you are,



what are you going to do now?

Practicing life as a compassionate creative experiment keeps you going when things get rough. It takes that roughness and makes it part of the fabric of a wonderful, treasured, imaginative life.

Practice means

-  you come back to it over and over.
-  you are not perfect.
-  you are always learning.
-  it gets easier and you get happier the more you show up.

Experiment means

- you're trying different things to see what happens.
- there is no failure because you are gathering information.
- change is part of what's happening instead of a rude interruption.

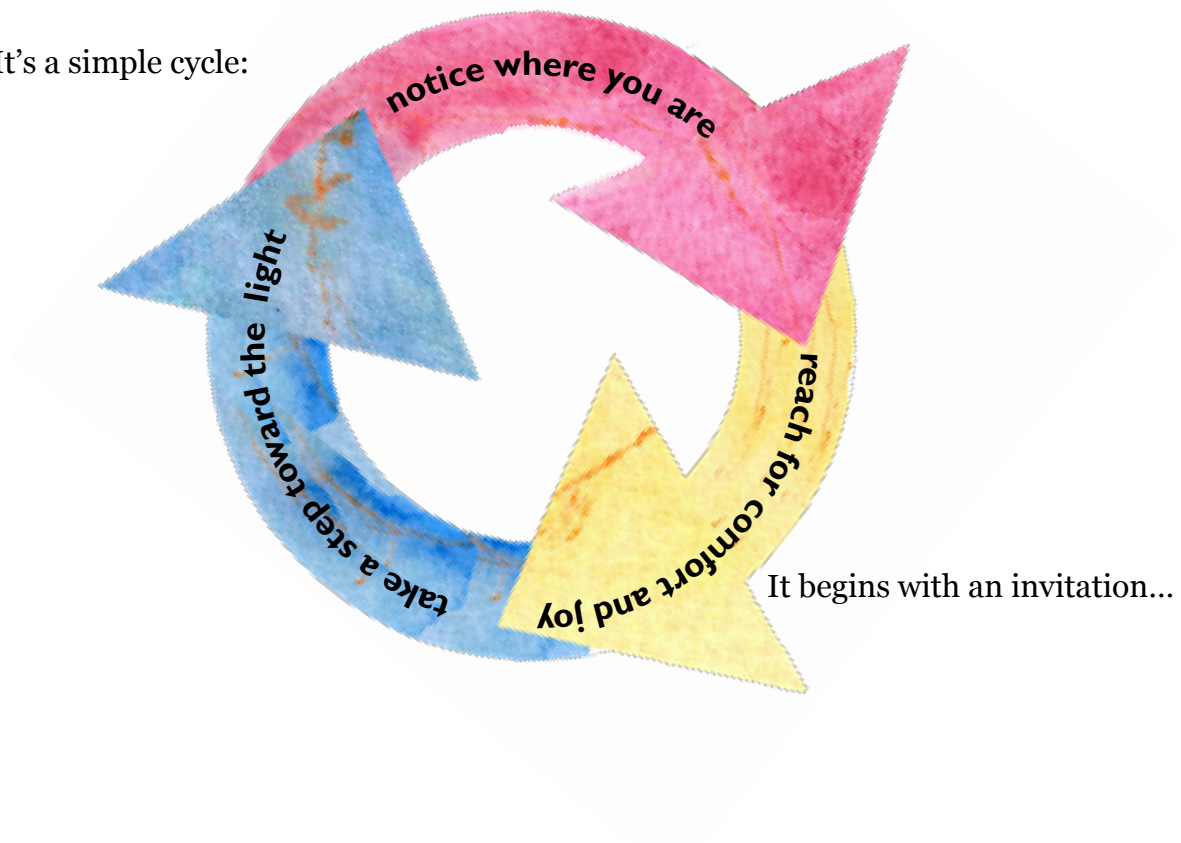
Creative means

- it's yours, unique to you.
- it expresses who you are without you even trying.
- you use your imagination with words and marks and sounds and motion and emotion.

Compassionate means

- you are kind and tender-hearted toward yourself and others.
- you forgive and start fresh.
- you open your arms to the world as it is while you're out to make it a more beautiful place.

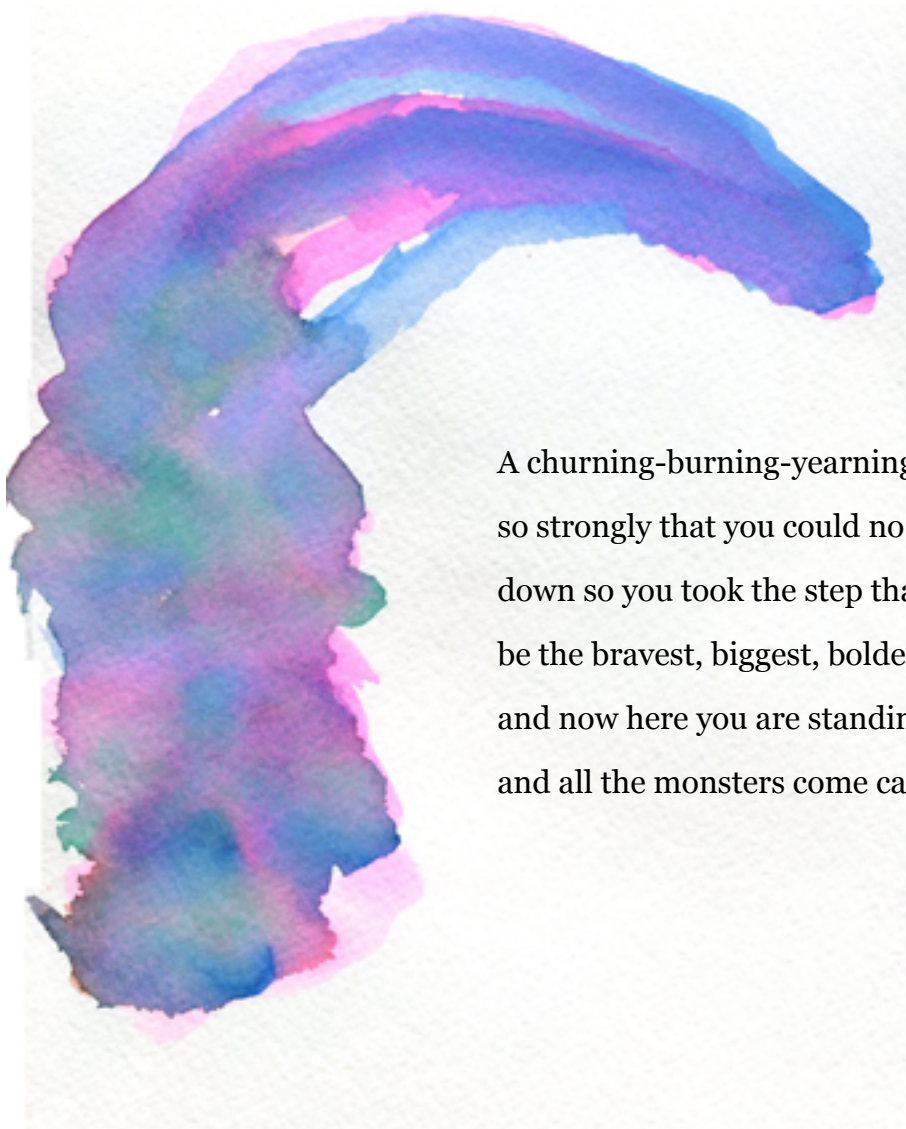
It's a simple cycle:



The Invitation

Change happens.

Maybe you invited it.



A churning-burning-yearning grew inside you
so strongly that you could no longer shove it back
down so you took the step that you thought would
be the bravest, biggest, boldest step you could take
and now here you are standing in your new life
and all the monsters come calling.

Or maybe it crashed down on you.

You thought everything was fine, that life was going as usual, that tomorrow would be the same as today, that you had it pretty much sorted and out of nowhere it fell on you. News you didn't want to hear turning you into a person you didn't want to be complete with a life you never thought you'd have but here it is and

all the monsters come calling.



About Monsters

The monsters say



Good news:

You do not have to know where the monsters come from.

You do not have to know what the monsters look like, how big they are,
what color they are, what they smell like or how they wear their hair.

Surprising news:

The monsters want to protect you.

They think if they keep you small,

if they keep you low,

if they keep you sure that you are not enough then

you will be safe.



You do not need to listen to the monsters. You do not need to argue with them.

You do not need to fight them or struggle against them or wail at them or
pay attention to anything they say.

They are scared fragile beings. They may seem big and loud and strong and righteous.



When a monster comes slathering at you, bold as brass and loud as thunder

Pat it gently on the head. Say, “I know you’re scared, sweetie.”

Give it a hug and some warm milk and send it to bed. It needs a nap.

Understand that it may come back out in 10 minutes, trailing its blankie behind it
and telling you another story of woe and destruction.



Another pat.

Another hug.

Another cup of milk.

Another sending.

Do it gently.

Do it with love.

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subscribing to the Journey Dancing newsletter
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