



A Kinder and Gentler Life
Exploring the Four Quadrants

I am old enough to remember a time when our lives were simpler. When there was time to lay on the grass in your backyard with friends or family and see what shapes you could agree on from the passing clouds. Or to sit on a rock in the middle of a stream and let the sound of water and dappled light lull your ears and eyes into a Faerie World. I remember as a small child sitting outside for hours watching insects or running in the woods or climbing trees. I can recall when putting in a place for a garden came with almost every new home.

As time went on, I also remember as a mother of teenagers that I had to ban cell phones from the dinner table to keep the integrity of our family conversation intact. I recall that many other things have “fallen by the wayside” since then. Nowadays many families rarely sit down simply to be together without the TV going or mobile devices close at hand that constantly rob them of the pleasure of each other’s company in a quiet, relaxed setting.

We can turn this around! We can forego external conditioning of the masses that seems to have created a generation dominated by Robotic Behaviours and Senseless Activities. We can return to our Nine Senses of Joy. We can turn our phones off and go for walks without them. We can get down on the floor and play with children any time we are invited. We can pay attention to our bodies when they scream at us with pain and frustration from our busyness! We can look people in the eyes so we can better know their hearts. We can listen more and talk less, especially when someone is visibly upset and we have an opportunity to comfort them. **WE CAN BE PRESENT AND HERE FOR EACH OTHER!**

I have made some suggestions for you to move toward this Kinder and Gentler Life. I am sure you can expand and enhance these tips so they are uniquely your own, customised to your circle of influence in family, play and work life. This is what I wish for you, dear one!

1. Your Relationships

- Stop during the day to muse about how you could improve or heal a relationship.
- When there is conflict with another, create a prayer from your heart for the solution.
- Write love letters to yourself or others without regard to sending or keeping them.

- Write a letter from Your Future Self about how she benefitted from Your Present Self.
- If someone continually “triggers” you, envision holding them in your arms like a child.
- Believe in magic and play with children every chance you get. Or relish solo play.
- Keep looking in the mirror at your own inner (and maybe angry) child **With Love!**

2. **Mother Nature**

- Leave a space for daydreams outside in both the busiest and laziest of days.
- Take lots of walks! Hug trees and talk to plants. Then listen for the answer...
- Keep at least a few plants in your home to breathe on them with gratitude each day.
- Commune with Mother Earth as if she’s your **Life Whisperer**. (Because she is).
- Watch sunsets and sunrises like they are command performances. (Because they are).

3. **Creativity**

- Sing and dance spontaneously. Play as if you are the **Poster Child For Joy!**
- Colour, draw, doodle and paint without regard to results. Create, create, create!
- Listen to music (and nothing else) to hear every single note clearly.
- Write poetry longhand in a journal dedicated to randomness.
- Find an art or craft to do with your hands that gives you simple pleasure in its process.
- Take yourself to a place in your heart to envision creative solutions to your problems.

4. **Rituals**

- Make time to say Good Morning and Good Night to our Earth, Planets and Stars!
- Make time to sit with Loved Ones to simply talk or gather together to share feelings.
- Create rituals for the cycles of the moon, seasons of the year and other cosmic events.
- Create an altar in your home with affirmation cards, crystals, objects from nature, etc.
- Keep a journal to write down AHA’s and epiphanies as they enter your awareness.
- Schedule regular breaks to stretch, yawn and breathe deeply all day long.
- Make tea and pause to breathe while it steeps.
- Luxuriate in a bubble bath with candles as if you are on holiday in a resort spa.
- Get ready for bed with conscious intent for a luscious and restful sleep.

Be your best self! You’re the only one in the world who can!



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