

full tilt living newsletter

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Here's a new wrinkle--We don't like them. Unless they're of the idea variety. Find them in our clothes or (gawd!) on body parts and we DO NOT love them. Some of us even deprive ourselves of what June does best--make us toasty with hot, heavy rays that blast down on us and wipe away any lingering memories of how chilling the winter was. Because we might not get wrinkles baking in the sun today, but they're sure as sunshine gonna show up later.

I've heard tell that some try not to smile too often or too hard for the same reason.

Laugh lines! I want 'em.

But I also admire the soft as a peach cheeks of babies and young ones and the sleek, clean look of twenty-somethings. Oh, and the delicate patterns that are

beginning to run across the surface of my oldest friends' faces.

Especially if they have the glow.

We can have it on our first day here. An inner brightness shining through our eyes. A sweetness in our smile. A warm undertone in our laugh--when we finally figure out how to gurgle one out.

We might lose some of it with the bumps and scrapes we get along the way. But we can always get it back. And build it up. So it comes on stronger and brighter.

Getting our glow going is a multi-level kind of thing. Like this:

Level One

- Start with bringing in some extra oxygen, with a critical additive. Breathe in deeply and

make an image of each oxygen molecule you are taking in and have each one carry a "plus." You choose the "plus"--your personal additive. It can be calm, peace, healing, joy, love, you name it. Oxygen molecules plus. Breathe them deep into your chest.

- On the breath out, make an image of the toxins stored in your body. Give your toxins a shape, a color, a texture, a name. Like stress or fear or anger or pain. Send them out on your "out" breath. Watch them as they stream out and away and completely evaporate when they are exposed to the air.
- You want at least five minutes of this breathing in oxygen-plus and breathing out toxins. Ten minutes is best.

Level Two

- Some of the tension has now gone out of your muscles. You feel lighter, more relaxed. You can let your attention shift away from your physical self and allow your awareness to lift ever so gently into what you have been breathing in; calm, peace, healing, joy, love. Whatever you choose. If you like, allow your awareness to include light. And color. Let it expand so it is large enough to easily carry you. Feel yourself being buoyed, cradled. And let this energy softly penetrate all your awareness.

- Until you and it are the same. Breathing calm, peace, healing, joy, love. Whatever you choose.

Level Three

- Now notice this energy expanding even further, reaching out, linking with its source. And communicating back to you the purest, richest form of calm, peace, healing, joy, love. You breathing it in. Filling fully. Deep, complete, stunningly satisfying saturation. Calm, peace, healing, joy, love. Whatever you choose.
- You bask. You restore. You glow.

Then when you find yourself shifting back to your everyday world, allow the glow to stay with you. With just the thought, it will.

Don't be surprised if you get smiles from strangers. Love the sun. Spontaneously hum bits and pieces of tunes. Laugh at yourself. Have a burning desire to play air guitar. Give in.

And if you've enjoyed this little exercise in getting back your glow, don't be a glow hog. Share. Send this newsletter to a friend.

And know that I'm behind you all the way.