

full tilt living newsletter

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Getting Fresh

Remember the Peanuts character Pigpen, the boy with the cloud of dirt? It sought him out wherever he went. It was there between Pigpen and the world around him, flies buzzing around his smudgy little face, eau de dirt in the air.

Do you get the feeling that there might be such a cloud around you? That some weird kind of a dust storm kicked up stuff and it is now swirling in your emotional airspace? It blocks your view and makes you feel like you've got grit in your eyes? Like the debris left from a tornado. Chunks and fragments of thoughts and feelings, not attached to anything you could name, just floating around loose.

It can be a sense of heaviness about you, making you feel just a

little off. Or it can be so thick that it feels like you are smothered in it. You are remembering when your coach would tell you to just shake it off after you were whacked off your feet. But this stuff just will not shake. It sticks, even. It is nameless stuff that will not let go.

It doesn't work to reason your way out of something like this. It truly is beyond reason. It is an emotional weight bearing down on you. You need to lift it off. Not by being Hercules. By going out and above it. Getting fresh. Feeding on what is light and whole, not on this fear residue.

All you need is a doorway to a place of light for you. The rest will follow without your effort. So you can be nourished and freshened. Lessen the length of the heavy moments and dissipate

their density. Help you to feel stronger, able. Ready to take on the world again.

What does a doorway look like? It can be a key word, a change in your physical position, a slow, deep breath, the sounding of a note. Your doorway can take just seconds to access. Or if you have the luxury of time, you can make it a slow, full experience. You can change it from day to day to suit your changing situation. Play with a few choices and see what works best for you.

For example, take three slow, deep breaths and let your focus float out on them until you pass into a place of peace. I use "place" here not to mean a physical place, of course. You're still in the room, just your focus is in another place. A softer, more nurturing one.

Make this shift a gentle one. Go for just the right amount of soothing, re-generating energy. Stay with this until you have a sense that you have gotten what you need. And let yourself come back into the room just as gently. Notice how much lighter you feel. Fresh, maybe.

I close my eyes to do this. And I come back to the doorway off and on during the day, whenever

I feel that I could use a boost.

Some other doorways to play with; stretching, walking, a hot cup of tea (okay, coffee), a great piece of music, fragrant flowers, a shoulder massage.

Choose things that are easily within reach.

Getting away for a day or a week-end is great, but

we need doorways that are more immediate. So you don't have to put off lifting out of the heaviness to a "better" time or place. You can use that doorway right when you need it. Like Pigpen with a fly swatter.