

## full tilt living newsletter

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Ever notice how we love "up"? At the top, flying high, touching the stars-- that's where we want to be. There's nothing but agony in "down"--being on a downer, hitting bottom, feeling lower than low.

With up there's light. Down, deep darkness.

When we hope, it is to be lifted. We fear finding ourselves at the mercy of downward slides.

We are perhaps seeing well being as a vertical event. Happy up, miserable down. Life as an elevator ride.

And could it be that another geometry enters the scene. After all, love can get us going in circles.

What about spirals? Graceful, ever-circling movement.

And what if we select which way it will go?

So that when we notice an upward spiral, we ride it higher.

And when we notice ourselves moving in a downward spiral, we send an energy pulse into that spiral and cause it and ourselves to move once again upward. Into well being.

We, the author of this movement, not needing to be carried by anything other than our own choice.

Light, of our selves energy moving in each moment.

In our chosen direction.

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