

BE WELL

Time for Holistic Spring Cleaning

*"If you get the inside right,
the outside will fall into place."
~Eckhart Tolle~*

Now is the perfect month to implement spring cleaning, but with a holistic twist. Instead of merely focusing on cleaning (and sanitizing) your external environment and living space, expand into your inner space or more specifically, your mind. This is an important shift because I have found that my inner landscape is mirrored externally as my mind creates my outer perception or my reality. But, don't take my word for it. Try it! Pick a habit or thought pattern that doesn't serve you, let it go and see what changes externally.

*"When you correlate the changes you've made inside of you with the effect you produced outside of you. You are going to pay attention to what you did and you're going to do it again."
~ Dr. Joe Dispenza ~*

Here are some ways you can let go:

1. **Things** – As Marie Kondo says: "The space in which we live should be for the person we are becoming now, not for the person we were in the past." So, look around your physical spaces in your home or working environment and take inventory. What is serving you? What isn't? What brings you joy? What doesn't? Make space for what matters most in your life.
2. **Relationships** – Take a look at your relationships. Are the people in your life strengthening you, inspiring you, lifting you up, and helping you grow? Or are they limiting you, holding you back, and preventing you from growing? We can make choices about with whom we spend our valuable time, so choose wisely.
3. **Emotions** – If you are holding on to anger, resentment, or heartbreaks, let them go. Forgive those who have hurt you. Forgive yourself. Emotions become stored in our bodies leading to energy blockage, inflammation and disease. As the Buddha says: "Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else, but you are the one who gets burned." I have also heard that resentment is like a poison we take, thinking it will hurt someone else.
4. **Thoughts** – Reflect on those thoughts and habits which lift you up and those that



bring you down. Are there negative loops spinning in your mind? Worrying, organizing, overthinking, replaying, etc. What can you change about your thoughts right now? Developing the self-awareness to even know you are having thoughts and then to observe them are HUGE STEPS, so be easy on yourself. Practice patience because if you try to rush things, you often end up with something of lesser value.

As I teach in my mindfulness CLE workshops, when you cultivate self-awareness and are able to use this awareness to reduce your automatic reactions while moving towards conscious responses, you become superhuman to some extent. Not many are able to even attempt to become present and use that awareness to fully show up in their lives with love, compassion and kindness. We use mindful movements, breathing and awareness to get us to the present moment. When you are present, you are able to settle the body down and begin to become the master of your emotional and physical reactions.

Dr. Joe Dispenza states: "... (w)hen you master your emotions, you master your creations, period... When you take your attention off that person or that condition in your life, you are breaking your energetic bond with that person or that situation. And this is when we turn back into possibility, back into energy. You are taking your power back – your permission to create again."

So, join me this Spring to create space in your body, mind and life for what you want to bring forward in 2020! Become the conscious and deliberate creator of your life!

Spring Mantra Practice

A mantra is a word or phrase that is repeated often or that expresses someone's basic beliefs. I think of mantras as small affirmations that are repeated inside your interior space that are positive, uplifting and filled with self-love to motivate you even when everything feels like it is falling apart. And even if I am not truly "feeling" the mantra, I just keep repeating it and eventually something shifts within my vibrational space and I am there. Embodying it. So, I encourage you to choose one of these powerful self-loving mantras to memorize or modify for your own specific needs, making space to just repeat it. You never know. It could change your mind. It could change your life because there is no separation between the body and the mind. If the mind thinks it, the body responds.

This mantra is especially powerful in the aim to create space. Chant it internally or out loud for 3-5 minutes a day. If you can't do a full five minutes, start with two minutes, and finish with 2-3 more minutes later the same day.

"Inhale - Let. Exhale - Go."

Samara Anderson is a Legal and Policy Advisor for the State of Vermont, Agency of Human Services, a Registered Yoga Medicine™ Yoga Teacher and a social entrepreneur teaching mindfulness to stressed professionals and creating a non-profit community farm in Vermont to use farm animals, nature and mindfulness to heal people. She co-chairs the VBA Lawyer Well-Being Section.

