



Swimming in the muck? Swimming with the music? Swimming in the flow? Sometimes we do not notice what is going on until a crisis, upheaval, or disconnect shows up in our everyday life. How do we discern the difference in surviving in our day-to-day life and the more of life? The dis-ease shows up when we are out of balance inside our physical, emotional, and spiritual sense of who we are as humans.

I remember a time when I was a teenager with a group of friends on an adventure in Palo Duro Canyon. We loved to climb the rocks and go to the creeks that wound throughout the deep crevice in the panhandle of Texas. One summer day I waded into the shallow water. I stood firmly but noticed that my feet were slowly sinking into the wet sand. The texture of wet sand somehow changed into mud. Mud that felt dense and heavy. Suddenly the weight of my body sunk deeper by several inches. What?

A sense of sucking from underneath what had been firm footing startled me. My senses screamed, “quicksand”!

This was my first awareness that I was not in control of my physical body. I became instantly aware that I needed to decide. How do I get out of the muck that I had stepped into?

Each of us has similar memories of getting ourselves into situations that were not optimal. We navigate situations throughout our stages of living. We face one challenge and then the next without consideration that another option exists. Fear encompassed me. I was stuck.

What if we could see the often obscured or unnoticed, hidden pathway of EASE as a process to move through and beyond those fearful circumstances? Might we consider we have choice for other pathways?

In my religious background I adopted a mantra of ease and grace. My adulting process has deepened the meaning of both. Ease rose within me as the ability to move gradually and carefully.

EASE:

Engaging with our intuitive knowing: the inner wisdom in our gut

Aligning with the essence of who we are as powerful beings

Stretching beyond our stuck patterns: creating new beliefs

Energizing actions towards our purpose: we are all connected

Swimming?

Floating?

Drowning?



How are you looking at your life? Swimmingly, flowing, willing? Or in stagnant waters, stuck in the details, or waiting for life to happen? Are you willing to move towards a life that is congruent with who you are becoming, the true you?

EASE is a program for stepping into the water of your life to notice.

Notice: what's going on in your body

Notice: pay attention to what adds or subtracts from your happiness

Notice: the story of your life

Notice: what might you prefer?

Let me know if you are willing to embark on a pathway that leads you to ease and grace.

Schedule a complimentary call:

<https://duanneredus.com/shamama/>