

DO YOU HAVE WHAT IT TAKES?

Monthly Series

~ Marcia Harris, MA, CLL

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“Can You Be Still?”

With the New Year bringing fresh ideas, opportunities, and important decisions to be made it is important to **“be still”** to give your body and mind time to catch up from all the external interferences of the day.

Your most creative thoughts, leading to your solutions, are often triggered by silence which allows your mind to visualize and see your desired result clearly with important details. The details will surface as your mind internally listens, hears, and recalls creative solutions from past experiences which relate to your current situation. The details of your past experiences may include memories of the benefits of trusting, having faith, and working consistently because of your clear vision.

Being still may also produce memories of you accomplishing the impossible through pulling your body and mind together in previous still moments producing determination, focus, and teamwork.

Let’s stop and take a moment to recall your reaction to a recent overwhelming event. If you are honest with yourself, you will remember your need to get away from routine tasks, conversations, and external noises (interferences) in order to digest the details of this overwhelming challenging event.

As you recall the outcome, you know that only in “being still” were you able to examine the details in order to gain an understanding of what happened, why, and how it occurred. Only in “being still” were you able to listen internally to gain focus and a sense of direction to overcome your challenge.

In closing, keep in mind, being still is necessary for giving your mind and body time to catch up and to clear out life’s daily interferences which can prevent you from moving forward to overcome the mental and physical obstacles blocking your peace of mind.

I challenge you this month to “Be Still” for a brief period to clear your mind in order to receive insight, understanding, and focus to overcome your mental and physical challenges.

In memory of Dr. Martin Luther King, Jr. "The Courage to Love" comes with "being still" which allows you to look for the good in others when noisy external interferences try to block your view.

To share your story, contact Marcia at 740 353 8056. You may also contact Bill Murphy at WNXT radio at 740 353 1161.

Have a great month of change!

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