



## MONDAY NIGHT TEA & TALK RHYTHM

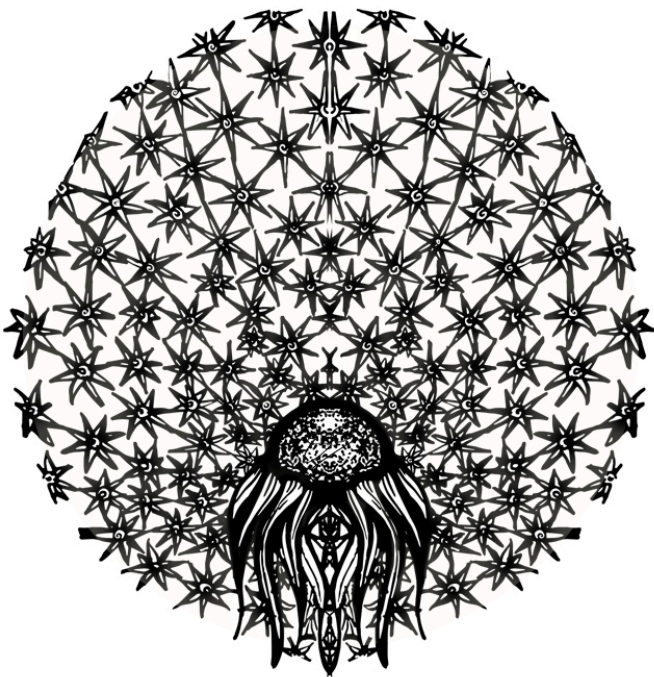
Rhythm typically indicates a “movement marked by the regulated succession of strong and weak elements, or of opposite or different conditions”.

Consider your breath: is it long or short? Shallow or deep? Regular or irregular? Full or light? Measured or erratic?

What is your pattern in life? Are you fast paced or do you prefer to be considered and take your time? Are you more of a morning or evening person? Do you enjoy working within groups or do you find it more comfortable to travail on your own?

Have you noticed the perpetual rhythms within nature; the ebb and flow of the tides? The fullness and recession of the moon? The changing of the seasons? The migration of birds, butterflies, fish and so forth? The cycle of death, birth and rebirth are also synonymous with the very pulse of the rhythm of life.

All around you, there is flow, offering us the music of its infinite symphony. We can harmonise our own tempo by clearing any internal residue that may pollute our ability to notice what longs to take place within. This can be shame, trauma, anger, resentment, fear, etc.



How often had you had a strong inclination to rest but you pushed through? How many times have you doubted your intuition only to notice how right you were?

These are indications that you are out of sync with your own, innate, natural flow.

Imagine music without a rhythm section - it would be a cacophony of sounds all fighting against one another to find their rightful voice.

This is the case for most of us. We go to bed too late and struggle to get going in the morning. We drink coffee to get moving and then consume alcohol in the evenings so that we can wind down. This overrides the natural rhythm of our organs, causing great stress within the body.



If this sounds like you, ask yourself why this is. Whose life are you living? Who are you living for? What constraints do you currently have that prevent you from living in sync with your higher self, higher knowing? Where do you feel pressured in your life? Is there a way you can release this?

The brain also has its rhythms and patterns based upon frequency. From the time you are born until 7-8 years old, your brainwaves are in theta. This is the frequency of the unconscious, meditation, sleep and daydreaming. During this period, the brain is on record without any ability to discern. This is why we so often adopt the beliefs and behaviours of our primary care givers - even when they are not to our benefit.

This is why it can be so difficult to change. Often, we are not even aware of what our core beliefs are. How often do you challenge your thoughts? Do you make it a habit to listen to your mind? It shall reveal to you all your deepest secrets, fears, insecurities and grievances. But are they yours? Do you really feel this way?

Until we question our thinking, we are operating in a fundamentally unconscious manner. This is not because we choose to, most of us just don't realise it. To change this, we can shake up the latent energy (which can be old thoughts, feelings and patterns) from our bodies. This will create space for new ideas and rhythms to be born.

If we continually 'hold on' to what was, there is no space for the new for emerge. Many do this unconsciously, fearing the changes that a transformed frequency may bring. We often unconsciously want all that has been' to arrive with what is yet to come.

When we learn to trust ourselves, we naturally become trusting of life. This is genuinely a friendly universe. It is only our thinking that determines it not to be so.

Let go. Allow the rhythm of your soul to guide your days. This will infuse you with courage, strength and awareness while polishing the light of your internal North Star so that you shall always be able to see.

