

In the Spirit of Green Living

by Camey Jensen

Our daily routine can lull us into the trance that our fast-paced world produces if we allow it. We connect with information about global warming and greening our lives, perhaps view one of the latest informational films, "An Inconvenient Truth," "China Blue," or "King Corn" and feel the inner fire ablaze with the passion of action. We desire to align our values with our operational life. Then the Monday morning schedule draws us into its claw-like grasp, and we shuffle through the week looking forward to Friday when we can contemplate anew our life purpose. Many of us are learning the wonders of simple trust

in the divine as we traverse the path of the soul instead of the more mainstream, ego approach.

Reconnecting with earth will assist us in reconnecting with our true self. Today people are more often being raised outside the realm of nature. Asphalt is fast becoming the new "fields" of their youth. Rejuvenating soul energy through time spent in the natural world is important in our journey as we seek further clarification of what life wants us to do.

Along with spending physical time outdoors, making lifestyle choices that are earth-friendly can support the awakening that so many of us are experiencing. The spirit voices of nature speak to our inner spirit. When we

eat, wear, and rub on substances into our skin that are foreign to Mother Nature, those voices can only be further dulled. So much of what we purchase is synthetic and lab produced to replicate the real.

Have you ever thought about the word synthetic? Webster's Dictionary says it means, "Produced artificially, especially by chemical means. Also, not genuine."

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The Wisdom of Your Face

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that made us wonder. For instance, one prominent diet advisor states the best way to lose weight is to follow a very specific and limited meal plan so you won't be tempted to cheat. Another one tells her clients that a list of "do's and don'ts" is far too restrictive and ensures failure. One personal coach believes the best way to de-stress is to have a good cry; another thinks you should exercise your stress away.

Who's right? Or actually, who's right for you?

We all view life and other people through our own personal filters. The advice we give others is often the advice that works for us, but may not suit the energy of the person we're advising. The photo of your life coach shows dark natural shadowing around her eyes and a prominent chin. This is a sign of someone for whom working directly with deep and intense feelings is an important and necessary part

of moving forward in life. So it'd be likely she'd be advising you to do some rather dramatic process work.

However, your face shows a very different energy, one for whom much more subtle and gentle work is appropriate. The kind of release work she's recommending could feel almost violent to your system. This does not necessarily mean she's the wrong coach for you; however it will require awareness and understanding on both your parts to create a way of working together that feels right. I'm very glad you're trusting your instincts on this, so that your

unique spirit feels honored and supported.

Jean Haner is the author of "The Wisdom of Your Face." With her 25-year background in ancient Chinese principles of balance and health, Jean places an emphasis on compassionate and affirming ways for people to live in alignment with their own true selves. Please visit www.wisdomofyourface.com for information on workshops, consultations and Jean's free newsletter.



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