

## Dreamtime

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Danny DeVito at my side, the obstacles to my dream of publishing wildly successful books seems daunting. There are moments when I feel like I am struggling against too many factors. Besides my inner critic, there are a dwindling number of publishing houses, most with shrinking budgets, and agents who only want to represent people who already have successful track records.

During those times, I recall a story of two frogs that fell in a vat of cream. The first frog immediately shouted, "We are going to die." Then he kicked his legs into the air and sunk to the bottom. The second frog said, "I won't give up." And with those words, he began thrashing about in the cream. The more his legs fluttered, the quicker the cream turned into butter. After a time, the butter became so firm the frog was able to hop out.

When despair starts pushing positive thoughts out

of my head, I think about Danny's guest appearances in my dreams and the frog story. They have become like talismans for me and inspire me to be optimistic. Tapping into their wisdom, I can usually find a point of calmness even when part of me feels like a victim skirmishing against factors outside my control. The levelheaded, confident part of myself knows I always have a choice about how I view my situation and what actions I am willing to take.

Drawing lessons from Danny DeVito and the frog story, I know that obstacles are not a sign of failure; they just mean I have not yet succeeded. I just need to have faith in myself and keep taking positive steps toward my goals.

Read more about this topic on Colleen Foye Bollen's blog at [www.flowingstillness.blogspot.com](http://www.flowingstillness.blogspot.com). *Colleen Foye Bollen is a professional writer and healing arts practitioner offering Jin Shin Jyutsu treatments and other healing modalities. For information visit [www.flowingstillness.com](http://www.flowingstillness.com) or call (206) 367-0491.*



## Life as Meditation

By Roseann Buritz

Life as meditation is a concept people in our society don't have the time to contemplate. Take a moment to ask, "Who am I?" Get in the flow of your life. Make the most of yourself.

Deep down, we all know that there is an easy way and a hard way to do things. By "things" I mean life. We know that if we take that extra moment to ask ourselves about a situation, we have an understanding that is beside, behind, right next to, what we "think" about things.

We know that there is a purpose to life and that we, ourselves, have meaning. Sometimes life can seem routine or limited. This does not have to be the case. There is an organization, a hierarchy, in the spiritual world, whose whole purpose is to shed light, to illuminate your destiny for you... and you, and you, and everyone; angels, poised to help you find your real calling in life, willing to help you face the challenges and growth inherent in life.

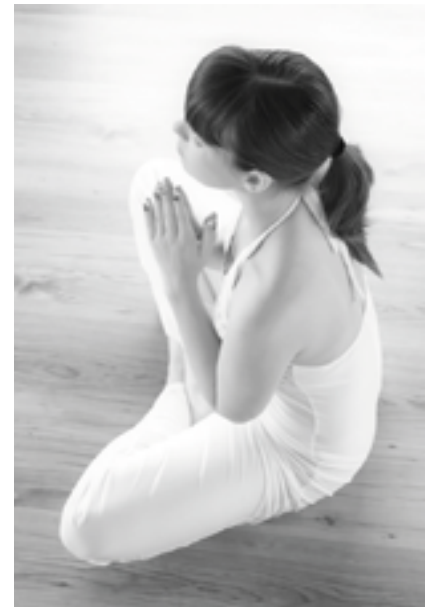
No one can tell you what your destiny is. Only you can discern the difference between inspiration and desire. But this hierarchy is there, poised, to help you develop discernment, to help you understand and develop a relationship with the spiritual world and your own mind; yes, your own mind. You,

the eternal incarnating being, can and should have an intentional relationship with your own mind. You, who knows things, should be able to interact with your reactions.

The mind is not meant to run you; your body, yes, but not you. The mind is ideal for repeating and categorizing, and is essentially reliable at performing vital functions such as, beating the heart and housing you in a working body. But you, the eternal incarnating being, must incorporate the mind and all its memories, patterns and conditioning in the broader knowing of things.

You can live your life in such a way that your normal day is in the flow of your destiny. Your destiny is not outside of your present life. Meditation is the ability to engage in your life with your full faculties: the mind, the senses, the knowing of things. Come to "the flow of life" and find yourself there.

Spend some time allowing yourself to know things. Ask and let yourself know the answers. Begin to see life as a tableau on which you paint your life. You can begin to view your life in a different way. Begin to anticipate the changes you know would be good for you. You don't have to make them happen. You only have to acknowledge the changes necessary and then participate when the opportunities for those changes are



When you begin to meditate, Roseann Buritz says to release all the thoughts of the day and allow the body to sink into stillness. Then envision a glow of white light all around the body. This light, she says, is soothing, cooling, enlivening and will support us in reaching deeper states while meditating.

presented to you.

Let's say you would like to live differently beginning tomorrow morning. When you awaken, remember to take a

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