

March 2010

Have You Seen My Marbles?

I don't know about you, but I've found that over dependence on technology tends to make me forgetful. I don't have to remember things because I've entered them into my iphone or my computer. But the more I rely on my technology to tell me what I've got scheduled for the day, the more at risk I find myself when I accidentally delete appointments or enter them on the wrong day or time. This is all the more exaggerated before and after a trip when I find myself "juggling and struggling"—juggling my work with extra effort to clear my desk and get away and then struggling with the process of catching up upon my return. (And we call this a vacation?) Take today for example. I feel like I'm losing my marbles. I was sure that I had some appointments this afternoon and yet there is nothing in my calendar. Now, how is this a soul issue you may wonder?

I believe it speaks to the over-busy, over-scheduled nature of our lives. Perhaps you've lost your marbles now and then as well. We are generally so out of balance, with too much to deal with on any given day or month that recurring scheduling snafu's can become a reminder to slow down, breathe and regroup. In soul terms, words like rest, regenerate, restore and renew come to mind. March is the perfect time for us to pause because many of us in the colder climates are sick and tired of winter but spring is still a longed for dream.

Balance in the small things, translates to overall balance in the bigger issues in our lives, but especially in our souls. To the soul, a small shift, or a single act of kindness, for example, is actually a "big" or important shift. Change can come in very small packages. When we pause to just "be" in any given moment, we can use the pause to check in with our body, mind and spirit and adjust where necessary. From that place of silence and listening, where the time and space available to us seems to expand, we are better able to hear and respond to the call of our soul.

From this place of pause, I learned that there was nothing that I had forgotten; my marbles weren't lost after all, but I did need some time for myself.

What Does it Mean When...?

What does it mean when you dream about **earthquakes**?

For me, being born and raised in L.A. meant that earthquakes were part of my nightmare vocabulary. But in today's global village, headlines and photos of the recent destruction from the earthquakes in Haiti and Chile are available to haunt us all.

The earth is our foundation and dreams of earthquakes can hint at a "shake-up" of your ground or situation in life. Changes are coming and an earthquake dream may also warn of a crack in your foundation (something in your life that is not as supportive as you think or a structure that needs tending), a "fault" (are you blaming yourself or others?) or perhaps it's warning of an actual quake on the way. If you live in earthquake country, a dream like that can serve as a reminder to check your earthquake readiness. While the reasons we all dream of earthquakes will vary according to your circumstances, they all will serve as a wake-up call that your foundation in life and the very ground you walk on is going to shake, rattle and roll you into change.