

Keep Dancing!



Eileen Lichtenstein
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"You only dance when you're dancing. You can't dance by the numbers." You can't dance when you're checking to see if you're dancing. You can't dance when you're comparing your movement to your ideal. In order to dance, you have to dance. That's what freedom is. That's who you are."- Werner Erhard, 1988

To all the wonderful people on the journey with me,

Recently, a psychic healer via telephone told me, "Never stop dancing". I agreed, and asked her to tell me her reason. "Because it frees you", she said. Contemplating this conversation for several weeks, while undergoing numerous physical ailments due to age and over-use, I've come to peace with physical modifications for myself in dancing and exercising. Additionally, I've placed the concept of "dancing" into an intellectual-emotional realm of possibility: creativity for the soul. Do you know what frees you? We can know something (or someone) for a lifetime(s), and be taking it/him/her for granted. While the western world is moving in fast forward, I encourage you to take time to pursue your passion and create new possibilities.

And, if you can join the Balance and Power™ Network March 12, 26: www.balanceandpower.com/events.php lunchtime, your time will be well spent networking, participating in a tapping EFT (Emotional Freedom Technique) session, and enjoying brief seminars.

My blog- <http://balanceandpowerblog.com/>