

There's a deep hunger in our souls for the nurture and love that we all need. There is no substitute for your specific recipe either. We may be able to substitute a can of tomatoes for a fresh tomato in a recipe, but not when it comes to soul-feeding.

Like everything about you - you are fearfully and wonderfully made - unique and requiring a personal and customized approach.

One size will never fit all, and the path to vibrancy is no different. We are soul-hungry - all of us- for love, acceptance, significance, and connection. We want to belong, to fit, to be included, and useful - not just to take up space. We all hotly desire purpose, because purpose is the creator of meaning.

The only thing this "meaning" needs to be is something that clicks for you. Remember- you're not crowdsourcing your life's meaning or purpose...if you do, you'll miss your call.

Personally, I've experienced my call finding me, simply by giving my attention to the part of me that needed attention - my soul, the Beautiful Self.

This is the part of you that lives in your body suit that's not concerned about your scale, what you look like, or what's on sale at Target this week.

This is the part of you that is hungrier than you are after a fast- starving for attention, needing the sustenance only you can open the door to...

How do we do this?

- Use the M-word: Meditation. Start within. The Bible says, "Be still and know that I am God." Meditation is a be with-ness of being with your beautiful self and allowing for the divine connection with your God. It's a communion of quiet and a stillness that is otherwise, never experienced.
- Journal: Talk it out. Do you sort your laundry? Of course, you do! You don't want white towel fluff on your black socks, or your white sundress to come out with pink splotches from being washed with a red shirt. Similarly, journaling helps us sort our feelings, emotions, ideas, solutions, "Aha!" Moments, times of victory, and times of defeat. It helps us attach and detach from things as necessary. We're doing our spiritual laundry when we journal!
- Pray: There's no right or wrong way, there's simply the desire to connect. Get on your knees, take a hike, do the rosary, light a candle - whatever and however you connect, that's your divine privilege.

- Create: we are all meant to be productive. Productivity underscores the values of our whys, and we're providing something for others and ourselves. How you create is on your plate- it's delicious and lights you up!
- Eat Real Food - you know, the stuff that provides all the necessary nutrients for life. That "Real Food" also includes the stuff that feeds your soul. There are no shortcuts to REAL, just an embrace. Decide on Real, dump the fake non-nutrients, and create an environment, a fridge, a mindset, and connections that feed your hungry soul.

Vibrancy is the prize, but every single choice we make from thoughts, to art, to food, to spiritual practice, creates the path. Do you see this connection?

Life is a grand buffet of choice. How you choose and what you choose is your decision, but choose wisely- your vibrant life depends on it!