

Transformation happens when we Accept, not Except, ourselves. This week we are talking about Mindfulness on the Daily Dish show, and mindfulness is what teaches us to truly accept ourselves, flaws and all.

The external things are all temporary - they wear out, get old and die. We spend so much time saying "if only..."

...If only I had...

...If only I could...

...if only I lost weight...

The key to stopping this is to literally change your mind.

Neuroplasticity happens in your brain depending on how you use it. When you repeatedly think and do the same things, you build strong neural pathways, but it's up to you to decide whether those neural pathways are for good habits or bad.

We understand what it feels like to do something wrong physically - a twisted ankle, for example, or a sore back after lifting something heavy.

What if I told you we continually "twist our ankles" in our brains by using it wrong - ALL THE TIME!

We want to be aware but not caught up, instead of putting on blinders and being unaware and caught up. The difference is mindfulness.

We need to notice without complaint and ask better questions. Instead of thinking "Why me?", we should be asking "What if...? Can you imagine...?"

I told you the story about the Clay Buddha. We need to shed our clay and let the gold shine through. We are the apple of God's eye - fearfully and wonderfully made - on purpose for a purpose.

Mindfulness transforms our very lives because it connects us to our higher, golden self - it removes the clay façade and allows the preciousness of our true self to shine through.

Hiding is heavy and exhausting - like moving a massive clay Buddha.

Allowing ourselves to shine by refusing to hide, by becoming AWARE, is the starting place to vibrancy.

Let's recap the path to Mindfulness:

1) Acceptance of ourselves, not exceptance.

2) Stop "if only-ing."

3) Twisted ankles happen when we misstep, whereas twisted thinking happens when we fail to live authentically, to use our voice, and when we just go through the motions.

4) We can start asking better questions.

5) We can start noticing and stop reacting.

6) We can be aware and not caught up.

7) Being mindful literally changes our minds.