

Have you noticed the word PAY?

To pay means to give (someone) money in exchange for work done, goods received or debt incurred.

It can also mean to suffer a loss or misfortune as a consequence of an action - or inaction.

WE ARE ALWAYS paying in some way or another.

When we're inattentive, we are leading lives without intention as well as inattention.

Bringing awareness - by PAYING ATTENTION to our lives, brings purpose, meaning, and a great deal of satisfaction.

TO BECOME ATTENTIVE is to CONNECT with yourself.

How do we become attentive then - especially when we want, and even hotly desire a transformation in our lives?

1. Through observation: be a fly on the wall. Learn to step back, unplug and evaluate before making decisions.

2. Be a director and see life as a movie. If you're unhappy, you've given up the director's role to a subordinate, with no plan and no sensitivity with regard to time. Instead, be detailed with your time and intentions. What do you want the main character to do? Will they overcome and become? Directors choose the direction and create the hero.

3. Focus: you're the LEAD, not an extra in this movie.

You're the guardian and protector of the life you're choosing.

That means that your time is thought out and not wasted; that people are fellow journeymen and lifters of all boats; your habits, routines, and rituals are all in the process of serving you; and that your mind is not a dumping ground for crap (useless and endless social media, the news, political back and forth, games and gossip, for example).

Everything we consume, whether it's crappy food or crappy info, becomes part of us.

Your heart, mind, body, and soul are all affected if you don't guard yourself.

PAY ATTENTION! 😊