

## Voids

Voids are those times in the day when external input is reduced or eliminated and a person has a chance to focus on the self and/or relax with very little to do. Times when a person does not have plans or responsibilities and can follow ones inner direction.

Those in the West are oftentimes focused on doing more, accomplishing and acquiring to make sure that we have assets and material objects. In order to accomplish these tasks, we fill our life on a continual basis with connections and input from the outside world that flow into our bodymind and disturb prana (life force). With all of this external activity, very seldom do we find time to look inward and discover the Self. Yet when we do look inside and take time to get to know our inner core, this inner exploration allows us to then act in accordance with our true inner desires.

Taking time to scan our bodies, mind, and pranic field is vital to making a healthy connection between the inner self and the outside world. As we look inward, we can discover our values and our principles. With this knowledge we can then better plan our activities to match our inner core.

These voids can be planned in our daily routine to ensure having self-care time set aside every day. Suggestions include:

When you rise in the morning, take some time for yourself and consider a silent breakfast. While at work, periodically get up and walk around your environment while you search inward. Take 10 minutes before or after lunch to sit in a quiet space and contemplate. Take a break at 5 o'clock or give yourself five minutes of quiet as you arrive back at home. In the evening, check inward as you begin to think about snuggling into your bed for the night.

These voids can also be spontaneous when the opportunity arises in your day and you can choose to pull your attention inward. Sometimes the spontaneous voids are the most exciting and romantic times a person can have.

While in a void, you could take a sketchpad and relax as you put images onto paper or canvas. The void could be a brief meditation with eyes closed, following one's breath and ushering out ideas that are not wanted. Voids could also be used to sit back and look at a beautiful lake, an animal engaged in nature, or a flower growing.

Hope these thoughts help you search for and discover a void for yourself today.

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