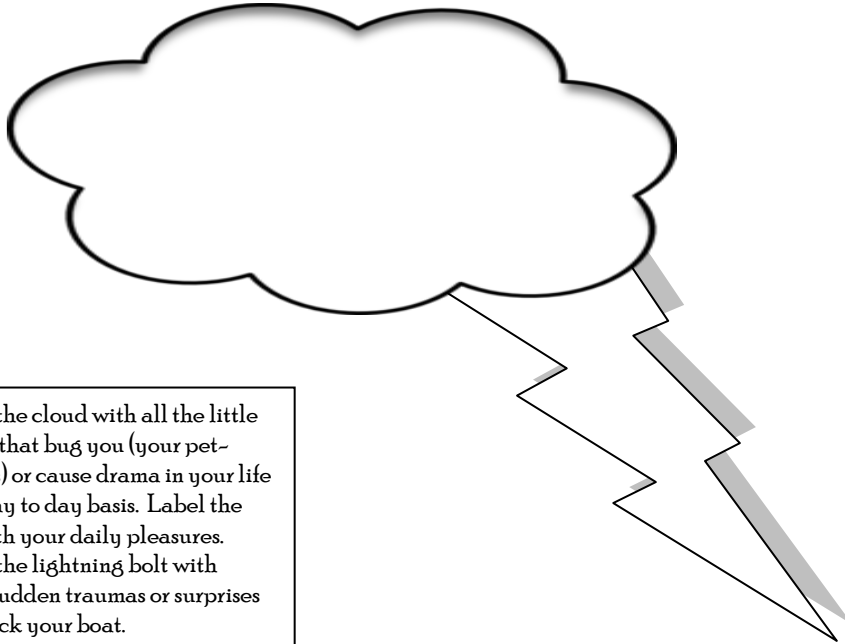
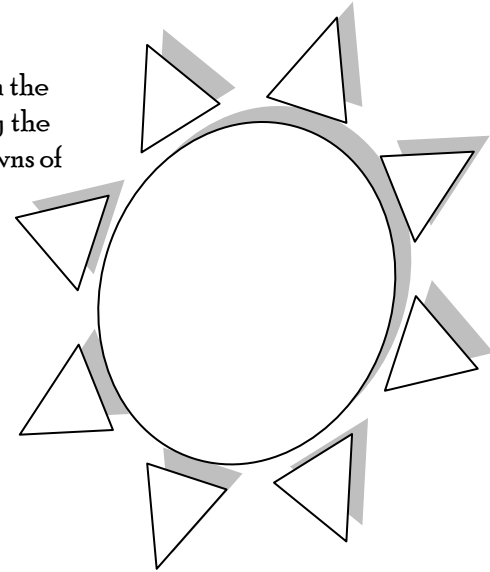


The Weather and the Deep

Life can be like the weather and the ocean. We tend to live on the surface, bouncing in the waves, being thrown around by every little storm and drama, tugged back and forth by the tides, and constantly under stress. It can be fun to ride the waves, enjoy the ups and downs of life, but it is also exhausting. You can also live in the Deep, in the stillness below.



Label the cloud with all the little things that bug you (your pet-peeves) or cause drama in your life on a day to day basis. Label the sun with your daily pleasures. Label the lightning bolt with those sudden traumas or surprises that rock your boat.



The Deep. We can also live our life in The Deep, far below the ups and downs, focusing on the core of what really matters in life. Take some time to fill in this space with all those things that really matter to you. Why are you here? What are you meant to do with your life? What is your mission? Your purpose? If you focus your life on The Deep, the core of what matters the most, the little storms can't rock you.

