

Accomplishment Addictions

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As we move into new millennium and towards *greater consciousness* (at least I like I like to think we are), I am constantly amazed at how we wear 'busyness' like a badge of honor. (And yes, I too am guilty of this). Confessing to our fellow co-workers, friends, family, that we have absolutely nothing to do - or that we choose to do nothing often stirs up fears we may be viewed as failure.

Thoughts cross our mind... maybe they'll think I'm not very successful, or make me feel guilty because I haven't been in touch, or they'll want me to help them do something like moving ("oh no, please not moving!") or they will wonder why I haven't finished that project from last week...

Demonic self talk can go on and on.

It appears, we have this 'gotta-be-doing/achieving something' disease and we can really do quite a number on ourselves. We take on this '*I am sooooo busy mode*' and of course if we constantly tell ourselves and others, of how busy we are, we begin to feel this way whether or not it is necessary or if we truly are accomplishing anything worthwhile. Some of us think we look successful and important as a result, however internally we are like a time bomb waiting to explode with an illness, burn out or break down.

We create our own busyness with constant claims that we are "so busy!"

As amazingly efficient as our bodies can be, they will eventually succumb to continual abuse and over use. Perhaps in doing so, our bodies really are more efficient and intelligent than our thinking mind - they force a break in the frenzied pace that have not taken, by physically stopping the neglect and abuse with an illness or disease which is of course best described as *disease*.

Before any noses get out of joint, I do realize the hectic schedule is not always a conscious choice - continuing to do nothing about it or letting it lend a sense of importance is the issue I am referring to. Take stock of how you go through your days - are you constantly under pressure feeling the threat of the clock with little time to catch your breath or do you take a few minutes for that visualization rejuvenation you recently experienced in your

last fitness class? (Didn't it feel great?) Does it seem like you never have enough time to do what needs doing, or time to do something just for you - or time to do simply and sweetly, absolutely nothing?

If this is more often than not, the way you are feeling, then consider how it is affecting your health and what the consequences may be if you don't decide to do something about it. Those heart attacks and strokes we so often hear about just may be staring *you* in the face if you live your life in the frenzy I refer too. How could our bodies and minds not crack under such continual pressure with little time to rest, relax and rejuvenate?

It is not merely self-indulgence when we decide to take time for our self, our loved ones, our passions - it is self-therapy, self-healing, and absolutely necessary for our peace of mind, health and happiness. We are not in a race to some preconceived finish line and unless we consciously set aside time for our self, we may get caught up in the whirlwind life we constantly witness buzzing all around us and miss the entire purpose of life - living it well.

My recommendation - take time for your Self - your passions, your peace of mind - your loved ones. The more we love ourselves, the more loving we become and as loving beings we attract exactly this into our lives. That is my idea of living life well. How about you - What do you think? More importantly what do you do to make your life as peaceful and joyful as possible?

"Often people attempt to live their lives backwards: they try to have more things or more money in order to do more of what they want so they will be happier. The way it works is actually the reverse. You must first Be who you really are, then do what you need to do, in order to have what you want." Margaret Young

"What we see, depends mainly upon what we look for." John Lubbock

Teri is an internationally known authority on whole self well-being. She has been inspiring and enabling people to embrace their personal power for several decades. In her own roles, both personally and professionally, accomplishment addiction is a familiar challenge. She maintains balance in her life by 'teaching best what she must learn most' and 'doing what she loves - loving what she is doing.

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