



Safe Places of Reflection

The warmly tinted wooden chairs in the coffee shop are scratched with memories of so many passing meetings. Families, friends, business connections and single reflective moments gather at the table - for discussions, for chess games rarely played, more often for pastries and lattes tempting and warm. Secrets shared, echoes of laughter, all have soaked deeply into the grain of its worn wooden surface.

A line forms at the register as people seek warmth on a cold, east-coast-in-the-city winter day. Shoulders relax, smiles return, stress fades as warm liquids refresh body and soul.

What strikes me is the safe feeling of it all. Whether people come for solitary, nourishment or a quick connection with friends, family or associates - they all feel safe here.

The Question Beckons All of Us

Do you have a safe place in your life? Think for a minute: Where is the place you go to recharge, reflect, reconnect? Is it a fishing stream, a hot bath, or a neighborhood watering hole where everyone knows your name?

How often do you seek the sanctity of a safe place? In today's world of constant contact, where do you go to disconnect long enough to reconnect in ways that add value to your life?

My thought is this: To speed up, we need to slow down. Slowing down - even for 20 to 30 minutes a day - gives us pause to catch our breaths, rest our brains and, perhaps most important, gain perspective!

Without setting reference points each day in our lives, we often go through days and weeks with tunnel vision. Then we feel surprised when we end up in a place we didn't want at the end of the year. We didn't check in, reconnect, often enough.

So if you're looking to make a bigger impact with the actions you take, do this:

1. Find your safe place and visit it frequently.
2. Let go of your "To Do" list long enough to look at what is happening around you. Be the observer of your own life! While you're at it, check out what is going on around you and in the rest of the world.

3. Ask yourself, "Is where I'm heading today taking me where I really want to go?"
4. Nourish yourself - mind, body and soul - each day.

When you do these, you'll reconnect with yourself, with your soul. And you'll stay warm through the winter months.

Private Teleclass Info

The waiting list of the next Tango for the Tapped Out Soul Teleclass has started. Our first class has been wonderful. Consider creating your own private teleclass with a group of friends or associates who want to a more in-depth look at making life. For more information call 1-888-706-0176 or email me at kcarol@starnetdial.net.



All Rights Reserved
© 2003 Tango Consulting
Katherine Carol, Tango Consulting
1-888-706-0176
www.tangoreresults.com
kcarol@starnetdial.net