

Make Each Step Count

By Segolene Ferrari

Lately, time is moving so fast that it seems to be speeding up, as we find ourselves rushing around trying to squeeze the tasks into our busy days wondering: "Have I achieved anything meaningful this week, or this month?"

The days end before we can really taste them, the weeks seem to be rushing by and, unannounced. Look! the first quarter of the year has passed us by already! Being caught up in all this rushing and multitasking, before we know it, years will have passed, decades slipped by, a lifetime spent and as we you look back we may wonder 'what the hell happened?!'

Our modern lifestyles are more like a race against the clock and, too often, also a race against each other. Currently, our competitive society is not geared towards acknowledging the importance of moments, taking time out to relish and share in the passage of meaningful transitions or being overly conscious of each step we take along the way, the cause and the effect of our lives and our world. We don't take enough time to connect in a meaningful way with each other. Instead, we keep pushing forward with a desire for achieving more while we tick off items on our 'to do' lists. It's quite easy to get lost in the process and forget to feel the offerings each moment holds for us.

Now is a good time to break this overwhelming cycle, to stop and pause in our tracks. Let's all take a deep breath! And on the in breath, in this very moment, let's just acknowledge where we are, who we are and how we are, right here, right now. Let us take a little moment to review the passage of our life, the important events, the seemingly discreet moments, yet etched in memory; any events in time we might regret to have missed out on, as well as those we have participated in. And on the exhale, let's slow down the pace a little so that we can reflect on how we could have made each step of the way count a little more and how we might do this from now on.

There are certain points of passage in one's life which can be immensely powerful if we allow them to be the major turning points which they are in potential. And as we move through the various stages of initiation, we celebrate such key moments which mark this awareness - and we are changed. Turning points can simply be a birthday, a woman's first menstruation, a first kiss, a first job, the birth of a child, etc. It can be as simple as suddenly realising that something can turn your world upside down.

It can also be contained in a random encounter on the street or a precious moment of reconciliation with a loved one. It can be words from the Dalai Lama or words from your cranky neighbour. However, all moments, whatever their nature, hold a potential for wondrous transformation, growth, learning, heart-opening, empowerment, expressing love... and many such times are not

necessarily grandiose or even noticeable, but can happen in the blink of an eye and may pass seemingly undetected.



To be totally honest, transformation truly happens in between moments, rather than in the moments themselves.

This cannot be understood by the mind alone, but best felt and known in the heart: the moments between moments, fluid as the seemingly linear passage of time which is really not time at all but a sense of evolving flow in waves of eternity. Whether the moments between those moments are noticed, and the opportunities for transformation are embraced, depends entirely on our conscious awareness and on how much of that awareness we are willing to express in our participation and co-creation with life in each and every single moment and the in-between's. We have all learned to push to achieve a goal with a seeming sense of urgency to 'get there', wherever 'there' may be, that we often forget that the journey itself is what really matters because, ultimately, this is what will help us to achieve the goals which are important.

Being in the moment is about letting go of the past, of defining ourselves by our past experiences. Let's break free of this! Let's leave them in the past where they belong. What the past has given us is a gift and an opportunity to integrate the learning so that we can know, accept and exercise the choice to then completely release the experience and associated unresolved energies, ideas, feelings or roles. Attachments to the past or to any other being or thing only acts to weigh us down and keeps us spread out, fractured, it takes us out of here and now. Any old 'story' you define yourself by only limits your divine potential. Crap happens to everyone, but so does the good stuff. Therefore, let's make a choice to cut the ties, free ourselves from this and set it free so that we can finally be here and create a fresh, new and exciting start.

There are so many simple ways to come back to the now moment. For instance, one way would be to simply stop whatever you are doing, thinking or engaging in, just stop and take a deep breath. Feel into your body and your connection to the earth. Feel into your connection with Spirit/Source. Feel into the stillness of your heart and connect with the love and the peace within. Now, come back to your centre, come back to yourself and be in the eye of the storm, where all is calm. From this space you surrender to self, to feeling, to spirit and when you look

around in this centred space, you perceive everything just as it is in this moment. You allow yourself to simply be and, from this point you can feel and acknowledge whatever is really happening here, within and without. It is that simple.

This act of surrender can also help us deal with feelings of overwhelm or panic, where we step aside and let things fall into place and find the courage to, again, take one step at a time. While another great way to come back into the now and fully embrace the gift within each moment, is to do a review from a heart space. Reviewing the day's learning and experiences is best practiced as a last thing before bedtime. This allows for the uploading of lessons to the soul before travelling out of body. This serves the sacred purpose of helping you retain the wisdom of the learning gained from lifetime to lifetime so you won't have to go over old ground again.

A review can really be done several times a day. Personally, I went through extended periods of doing an hourly review of my thoughts, reactions, emotions, feelings, interactions, experiences and learnings. This was an amazingly transformative experience for me. Consistent discipline and practice can assist in developing a more conscious awareness of one's self and environment - a crucial element of spiritual mastery.

A review can also be performed in writing, or simply while taking a little time with self to ponder in the heart and integrate what has been experienced. A very efficient practice, however, is a mix of both techniques, such as reviews within self during the day and a written one before bed.

Another important aspect of this process is to create ceremony, or simple rituals, to acknowledge important events and developments in one's life. Certain moments are key, such as puberty, weddings, parenting, achievement of particular goals, entering old age...etc. Ancient societies often had specific and meaningful ways to celebrate rites of passages and it assisted individuals to evolve into their new sense of identity, as well as to explore the qualities and responsibilities that each new phase entailed.

Our current society has lost this and it is us, the people, who suffer from this lack of guidance and conscious progression in our lives. Celebration nowadays is often about going out and binge-drinking. But all that does it take us out of the moment into an abyss of unconsciousness where we are nowhere to be seen within our time of transition. We can miss so much that way, and such 'rituals' do not assist us to fully participate in the moment.

A ritual can be a very simple act, or a series of acts, even just sitting and doing nothing. A ritual to acknowledge an important time can be done alone, with loved ones or like-minded people. It can be anything from meditating on the moments of one's journey, to having a bath, creating a shared ceremony, using story telling

or sharing experiences. But it also can be something more formal, such as a church wedding. All that matters is that the ritual be meaningful to you, or the person who is going through the transformation.

We need to take responsibility for engaging fully with our life. Each moment is our creation and therefore our responsibility. Being fully engaged is the only way to gain the learning which is needed to grow so that we become conscious creators of what we are aligned to. If we constantly forget to pay attention to ourselves, our lives and relationships or if we seek to escape the responsibility of our life-creation, we might end up feeling like a victim who allows any and all influences to have a say - a convenient illusion.

In each moment the Universe is listening to what we want, don't want, and what we need – including what we need for our greater learning – so that it can co-create with us. Without conscious participation and direction we end up sending mixed messages 'out there', we let random influences dictate what our life should be like and then we dare complain about what we get!

No, it really is time to wake up, to be here now in these moments between moments and make each one count. It's time to acknowledge and fully embrace each step of the journey in gratitude, humility and love.

There is a saying which goes like this: “There are those who make things happen, those who watch things happen and those who wonder what the hell happened.”

Which one of those will you choose to be?



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