

The background is a deep blue gradient. At the top, there are several orange stars of varying sizes and a crescent moon. A dotted orange line with a star at its end curves across the top right. In the center, the title 'Journeys of the Spirit' is written in a white, elegant script font. Below it, the subtitle 'Tasty Morsels for the Soul' is written in a bold, italicized, orange serif font. To the left of the subtitle, another dotted orange line with a star at its end curves upwards. At the bottom, a stylized world map is shown in shades of orange, yellow, and blue. The map includes a large orange sun or moon in the background. Various landmarks are marked with dotted white lines: a teepee in North America, Stonehenge in Europe, and the Great Pyramids in Africa. A small star is also visible in the lower left sky area.

Journeys of the Spirit

*Tasty Morsels
for the Soul*

The background is a teal-to-blue gradient. It features several orange stars of different sizes and a crescent moon. Some stars have dotted orange lines trailing behind them, suggesting a shooting star or comet. The central text is enclosed in a light yellow rectangular box with a thin orange border.


Tasty Morsels for the Soul

is where we share inspiring audio's, videos and information that will help expand your consciousness, illuminate your purpose, and inspire you to deeper self-awareness and more clarity. We hope you accept this little tasty morsel filled with all our joy and love! We look forward to meeting you soon on one of our heart-opening journeys. If there is anything you need – please don't hesitate to ask!



10 Tasty Morsels For The Soul

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Sheri's Story

MY PERSONAL ADVENTURE BEGAN in 1998 when I was going through a challenging time in my life. I realized on some level that I had never been truly happy in my life. Although I changed: husbands (twice), cities (five moves), podiatric practices (three different offices) and friends (should we even go there?), I still had no real joy. A leap of faith was the last resort – I sold my practice, boyfriend (only kidding), and home – and closed the surgical residency program I was director of (yes, that was a pretty big deal and yes, the medical community thought I was nuts).



During this time I received a copy of don Miguel Ruiz's book (The Four Agreements®) and decided to go on one of his spiritual journeys to the sacred site of Teotihuacán. The journey was profound – I discovered there wasn't anything outside of myself that needed changing at all – instead it was what I believed about myself and my world that needed work! It was the first time I saw myself as an expression of divine consciousness and I realized my pain stemmed from my basic lack of self-love and limiting beliefs. As a result of that journey, I became an apprentice of don Miguel Ruiz and later a teacher of the Toltec philosophy.

From 2000 to 2002 I had the privilege to design and run don Miguel Ruiz's spiritual journeys, and co-teach with him at his workshops. Learning from don Miguel inspired me to write: The Complete Idiot's Guide to Toltec Wisdom, Banish Mind Spam! and to co-create the WITH Forgiveness – Are You Ready? online program with my dear friend Susyn Reeve. In 2002 I gave birth to Journeys of the Spirit® to assist others on their transformational journeys and to give back what I personally received. As a journey leader for many years, I have watched travelers in faraway places come "home" to themselves again and again, changing their life perspective from one of fear and limitation, to one of love and limitless possibility. It is truly awe-inspiring, and it's my passion to create experiences that free individuals to be their very best in this life-time. (I hope to be able to offer this gift to others for the rest of her life.) All of the facilitators at JOTS® delight in bringing forth the esoteric teachings of our many beloved spiritual teachers and traditions from around the world and watching people change and grow before our eyes! (You've got to admit this is a great job!)

Traveling on a Spiritual Journey or Retreat

SPIRITUAL TRAVEL IS CERTAINLY POPULAR these days, mostly due to the generation of baby boomers having the time, inclination and desire to look deeply inside themselves. Perhaps the inspiration for this kind of travel started back in the “hippy days” when we were first investigating new and different approaches to spirituality – looking at Eastern philosophies, meditation techniques and esoteric spiritual traditions.

Of course, years have passed since then, and many of us have experienced marriages or profound relationships that may or may not have been successful. We have questions about our lives and how we want to experience the next half of our existence. As rebellious as the baby boomers were as a group – for the most part we have bought into the traditional family model and “American Dream.” Now perhaps we are looking to see if there is something beyond the material trappings of our comfortable lives.

I have traveled to many places in the world, and have seen many “poor” people who have lives that have more meaning, purpose, love and joy than many “wealthy” Americans I know. They seem to be grounded in a way that has them feeling valued as humans, rather than feeling like disposable numbers. I certainly do not mean to romanticize world poverty here – not at all – but I want to make it clear as an ex-physician that our moneyed society members suffer greatly from depression, stress and a general malaise of sorts.

What is so powerful about a spiritual journey or retreat is the opportunity to leave our current lives for a while, and remove ourselves from the day-to-day stresses that steal our clarity of mind. It is true that sometimes we cannot see the forest for the trees, and that it takes some separation and objectivity to have a deeper understanding of the circumstances of our lives.

On our journeys, we assist trip members in obtaining clarity about what is working and not working for them – and we help them incorporate a deep sense of spirituality into their lives. Finding what is most important in our lives and prioritizing these items is the key to a balanced, peaceful, stress-less and loving existence. To most, this means looking at the wants and needs of the ego-mind and learning to see beyond those never-fulfilled cravings to the true desires of the heart.

For many folks this is a challenging task since we were never taught to perceive our lives from this point of view. Material wants and needs have traditionally been given preference in our society, but in the end, we cannot take those things with us when we die. What defines a satisfying life is one filled with loving human relationships. And these days that seems to be a rare commodity!

When we learn to strengthen our spiritual connections, everything falls into place in life. What is temporal is given less importance, and what is eternal is given primary focus. By visiting the many sacred sites in our world we have the opportunity to use the energy and intent of those places to focus on our spiritual evolution in a most positive and nurturing way.

If you have never experienced this kind of journey, I highly encourage you to participate in one. You may find out many enlightening things about yourself – and that can be an amazing experience! After all, we are part of the Infinite and that mystery is an ever unfolding adventure of the heart and soul. If you are ready to begin your journey – *we are waiting for you to join us!*

The Attitude of Gratitude

IT IS A RARE OCCASION that someone will rant and rave about how wonderful their life is, how everything is fabulous, or how grateful they are for all that has happened to them. As a society we tend to focus more on what's wrong, how life isn't going our way, or how unfortunate we are.

As spiritually minded people, we can acknowledge that we create our reality from our thoughts, however; how often do we put that understanding into action in life? If we focus our thoughts on what is not going well in our lives (and feeling dissatisfaction and frustration), then how are we going to create loveliness from that?

Well, we cannot. If we are constantly putting our attention on what is not "right" then we will create more of what is not "right." In our society it is not considered polite to talk about how wonderful life is because there is an idea that we will attract the "evil eye" and bad luck will come our way – or some variation of this thought. Let's take a moment to break that belief right now, as there is no way it can serve us in a positive way.

It is imperative that we have gratitude for everything that has occurred in our lives, no matter how we judge those events. If you cannot find anything to be grateful for, then I suggest focusing your attention on what you believe about your life and the way you personally judge everything. Your judgment would be the true problem here rather than the actual events in your life – they are simply what they are – neither good nor bad.

Everyone has something to be grateful for. Whether it is clothes on your back, food on your plate, family, your job, your car, your health, your divorce, the death of someone who is suffering, friends, or your pet – there is always something to be thankful for. Often the things that we judge to be bad are simply events we are not enjoying in the moment – without any regard for the blessing that change can bring in the long run.

I invite you to try this exercise every morning for 5-10 minutes. Close your eyes while you are in a restful position. Focus your attention on a mental picture of everything that you have in your life. Picture those events, people or things in your minds-eye and feel the joy well-up within you as you view them. I often do this until tears come to my eyes and I feel so filled with gratitude and joy that the feeling is overwhelming.

Starting my day in this way sets my attitude towards gratitude – and my actions, words and deeds follow suit. I encourage you to experiment with taking the attitude of gratitude in your life and see the difference it makes. It is time to stop the judgment and start focusing on choosing to be happy, satisfied and appreciative. Feeling satisfied doesn't mean you lapse into inertia and no longer create new dreams and adventures in your life. It simply means that you accept what is with happiness – then you take action to initiate new and more exciting creations (rather than focusing on judging what you have to be not-good-enough). Nothing is going to stop life from unfolding, *but you can definitely change the way you react to it and have gratitude.*

Change as Your Lover

ONE OF THE HARDEST THINGS for us humans to digest is change. From the minute we are born we are subjected to it, surrounded by it and experience the results of it. Yet, we are resistant to change, afraid of the impact of it, and in general simply abhor it. You would think that by the time we reached adulthood, change would be a welcome life partner; considering that change normally brings with it the opportunity for self-realization and personal-growth. But no – we kick, scream, and complain our way to adulthood allowing ourselves to be intimidated by something that is as part of us as breathing.

Well, the truth is our tiny little ego minds cannot seem to get a grip on change – even if the mystery within us embraces it. It is simply a matter of what point of view you choose to see life from in any moment. If the eternal aspect of you is viewing life – it is sure to see your current circumstances with neutrality, objectivity and detachment. However, if you are observing your life from your ego-mind, you are sure to be stressed, troubled and engaged in fighting life – doomed to be caught up in the minutia of your circumstances and judging them to be good or bad from one moment to the next.

The result of this kind of resistance is suffering, something which we are all too familiar with. So how can we lift ourselves out of our suffering and learn to embrace change? The first step is to learn to embrace the truth. The truth is that there is only change and that change is initiated either by actions taken with awareness or without awareness. Even if you take action without awareness – you are still going to create a reaction – so why be surprised or pass blame? This is simply how the universe works.

Now let's talk about the second step – detaching from internal judgment. Once you let go of your judgment of yourself and others – you'll be able to see your world with your spiritual eyes and have neutrality regarding life. You totally lose your neutrality and clarity when you start judging your actions and the reactions that result from them.

Any time you choose to see your reality through your social programming and ego-mind you will experience pain. Sure it is nice if you could judge all the circumstances in your life as good – but you would be experiencing happiness secondary to your judgment. That means that you are not centered and at peace – you are still on an emotional rollercoaster due to your judgment even if that judgment is "good."

That is why it is important to seek neutrality or equanimity on our spiritual path – it is good practice so that we can learn to see with our spiritual eyes rather than our filters. I encourage you to embrace change as your life partner and lover. It will have you enjoying your life a lot more and you'll become excited about living rather than being cautionary and fearful. Go ahead – give it a try...

Confrontation of Conversation?

ONE OF HUMANITY'S BIGGEST FEARS is that of confrontation. So often when feeling like someone is in our face, we don't speak our feelings and then we are angry afterward. Our anger can then manifest as passive-aggressive behavior. But truly it is not about dealing with our behavior or learning to speak up that is the underlying issue – it is what we believe about confrontation.

Impeccability of the word is the key to creating a beautiful and healthy life dream. So it behooves us to look at the word confrontation since we create our reality with the word. A common definition is: An open conflict of opposing ideas, forces, creeds, etc. When we feel like someone is raising their voice to us, disagreeing with us, getting angry or doing their best to make us feel small – we call that confrontation.

Now let's look at the word conversation. A common definition is: An interchange of thoughts, information, etc., by spoken words; oral communication between persons; talk. Here we are referring to an exchange of ideas, it doesn't matter if they are opposing or not – as this definition implies that the communication is non-aggressive.

What makes conversation aggressive is our attachment to concepts. When we believe that we are right and we are willing defend our beliefs, thought forms, points of views and opinions to the point of anger – that is mental slavery. We are being ruled by what we believe and anything that doesn't align with what we believe frightens us. The structure of our ego-mind is shaking and we'll do anything to protect that structure.

George Barnard Shaw once said; "Our ideals like the Gods of old, are constantly demanding sacrifices." Shaw's got a good point – as soon as you start to defend your point of view you are at war. Of course concepts cannot fight a war; only humans can, and they are the ones who are going to be sacrificed. It is scary to think the mind can be so attached to its beliefs that it will project its anger out at others and even harm them to protect those concepts!

Human consciousness expands when we share ideas without attachment. People die when we want to be right and protect our ego mind's structure. When someone starts arguing with you, understand that there's no confrontation at all – you are simply dealing with a frightened person projecting anger; it has nothing to do with you. Confrontation can only occur when two sets of ideals are in conflict. When you no longer need to defend your mental structure the whole concept of confrontation no longer is truth.

I'm not saying you shouldn't express your point of view in life. I am only suggesting that you share it without attachment knowing that there is nothing to be afraid of if someone does not agree with you. Have compassion for the person who is making him or herself ill defending a concept that they are so attached to. Speak your peace, detach and let go.

Truly, there is only conversation, and it is up to you to create that reality based on where you place your faith. It is your choice – you can put your faith in conversation and uphold the expansion of consciousness or you can put your faith in confrontation and the conflict of rigidly held beliefs and points of view that you are too scared of detaching from. I don't know about you, but I know where I'm placing my faith!

The Art of Redirection

I HAVE TO ADMIT – I love a good martial arts movie. Crouching Tiger, Hidden Dragon is one of my favorites, and while I enjoyed the movie and its fabulous special effects – I also appreciated the wonderful spiritual lessons. For me, one of the best teachings in the movie is on the art of redirection.

I'm not a martial arts expert, but this much I've observed: you can either meet your opponent directly matching him or her blow-for-blow, or you can re-direct your opponent's energy causing much less harm to both of you. This simple concept applies to all of life, not just martial arts. Imagine for a moment that someone comes up to you and wants to start an argument. They are very angry and start getting in your face accusing and blaming you for something.

Normally our immediate reaction is to defend ourselves because our mind frames this situation as an attack. Moving to victim mode and taking this person personally causes us to have an emotional reaction and lose our clarity and critical thinking. Arguing back, becoming upset, and getting in their face is a common response – albeit a useless one! Going after someone blow-for-blow is going to get the two of you beat up. You'll feel totally drained of energy which is no surprise considering each person has to hit harder in turn to "win." So why choose a strategy that has no positive outcome? Instead, what if you observed your situation from a neutral position, not taking it personally, understanding that your opponent is suffering in some way?

Just this simple change in perception will have you more centered and clear. Once you are in a place of compassion rather than reaction, you'll have the advantage. When the person comes at you again, you'll move with them, redirecting the force of their energy and no longer absorbing their blows. I'm sure you've seen this type of move in Aikido or Tai Chi.

Aikido can be loosely translated as "the way of harmony with nature or life/universal energy." The idea was to create an art based on non-resistance – one that seeks to resolve rather than oppose. In essence, Aikido blends our energy with our attacker's, redirecting their oncoming force and energy rather than taking it head-on. You need very little strength to do this as you are leading and redirecting the other person's momentum preventing the two of you from physical harm.

The same goes for us in life. If you seek to live in harmony with life rather than resist it and others, you will not suffer and exhaust yourself. If you choose to stay centered and keep your clarity you can redirect anything in life that comes at you. Truly resistance is futile and the sooner we understand that what we resist persists the sooner we'll have that harmony and peace we say we are looking for.

Recognizing Fear

MANY OF US LIKE TO IMAGINE ourselves as pretty fearless – but I'd like to share some thoughts about fear that perhaps you've never considered before. Keep in mind that the ego-mind is fantastic at creating a wall of justifications – and if that doesn't work it can always depend on denial when things get tough! I'm curious as to what you think – so feel free to let me know!

Most of our fears are quite obvious and we can identify them immediately. For example, if you are afraid of heights or snakes – you know exactly what you are afraid of. But what about when you get pissed at something that was said or done to you and you start arguing, defending yourself, or blaming others? Are you as clear then? Some of you might be thinking – what does that have to do with fear – that is simply two people not agreeing about something happening in life. Right?

Absolutely not! If we can see the human mind as an archery target – we can visualize the thought forms and actions of others coming at us like arrows. If you are mentally rigid, your bull-eye will be obvious to others, clear as day and easy to hit. But if you are mentally fluid (not attached to any particular point of view) like running water – you won't be a walking target – after all, you can't hit a target that isn't solid! When we argue with others it is because we feel like we are being attacked – we are afraid that we are going to be made to be wrong, stupid in some way, less than or unworthy. Those thoughts solidify us and make us easy marks. Of course we don't think this consciously – this is an unconscious mental process based on our old unconscious agreements.

When your mind is open, fluid and unattached – life comes at you, but nothing can stick. Things that others say and do don't bother you. You may not agree with them – but you don't care because you no longer feel like people are attacking you, and you no longer have anything left to defend. You have more tolerance for others and you respect them even if you don't resonate with the way they live their life or think.

When your parents, partner, family or co-workers bicker with you it is because they are afraid. If they insult you or put you down it is because of fear – not because they are nasty or bad people. When folks take your actions personally that is fear in action and the same applies when you take the words and deeds of others personally. If we could see the bigger picture and recognize that the ego-mind is very afraid, that would give us a great advantage in life. It would be clear to us that when our “outside” reality doesn't match up with what our mind believes to be truth we get very nervous and scared.

In the end awareness is the cure to all mental ills! If we can see fear in action within us – we'll have a greater tolerance for the same in others. That opens the door to compassion, love and ultimately peace and respect. I encourage you to sit with this for a while and watch yourself for the next few days in your social situations and see your fear in action. Once illuminated, any behavior can be changed and transformed – and that is what it is all about!

Dealing with Pain

IN WATCHING THE WAY PEOPLE respond to pain, difficulties and challenges, there is one thing we all have in common – and that is aversion to sitting in an uncomfortable place. When the going gets tough we simply want to run. Perhaps part of that nature is related to our limbic system and the fight or flight reactions we display when we feel threatened. But as spiritual students this cannot be a justification for our behavior because – if we know in our souls that there is only one – how is it possible that we can be threatened by anything or anyone? In other words – at some point in time, our spiritual consciousness must supersede our reptilian brain's dream of separation.

The truth is that no one has died of emotional pain or difficult circumstances. Yet, we often feel so uncomfortable that we are compelled to put into action dozens of habit behaviors that we have cultivated over the years to make ourselves feel safe. Some of those actions might be: busying behaviors (burying ourselves in work, repetitively cleaning the house, keeping the TV on to not hear ourselves think, etc), addictive and zoning-out behaviors (drinking, drugs, sex, etc), and/or defensive behaviors (blaming, accusing, pushing people away, seeking friends to align with our point of view, etc).

When we take the time to simply sit with the way we are feeling, with all our anger, fears, resentments, frustrations and angst, we come to a place of acceptance of what we are experiencing. We recognize that it doesn't feel pleasant – as no fear-based emotions feel “good” – but at the same time we see that our feelings are not bad things, they are indicators of the point of view we are approaching life from, how we are thinking and perceiving. Armed with this realization we can look forward to our pain as it is the perfect alarm system to alert us that a change has to be made in our lives. First and foremost the change that needs to be made is inside of us, and second, we make external changes if necessary.

It is about cultivating a new relationship with pain – learning to not be afraid of it – to appreciate the value it has in our process of self-growth and awareness. If we can shift our point of view to see pain in this way, we'll avoid many harmful behaviors that we sabotage ourselves with and we'll be able to have more clarity around difficult situations. If we avoid sitting with our pain, then we avoid sitting with the situation and we'll never have clarity or truth about the causation of our suffering.

It is critical that we develop the ability to sit still deeply within our feelings, honoring our process – and at the same time being able to have a sense of humor about the intricacies of life. Without a sense of humor, our spiritual path and life becomes dour, heavy and a burden to bear. In addition, if we always see our pain as bad – we will feel guilty and punish ourselves for feeling that way, and that is not the place we want to be coming from. As spiritual beings I feel we are meant to be happy, live authentically and fully, and to explore who we are through our creative expression.

I encourage you to embrace your pain and stop suffering it. Perhaps from this point of view – no pain, no gain has some truth! See it, learn from it, move through it and finally – *have gratitude for it!*

Changing Direction

YEARS AGO, BEFORE EMBARKING on my spiritual path, I believed that I would and should have a career that would last until my retirement. But since then, and after many years questioning such beliefs and programming, I have come to realize that it is not in the nature of fluid beings of light to be doing anything for an extended period of time. Yes, I do agree that there are some folks who find something they adore and stick with it for their lifetime – but they are not in the majority. Perhaps we can say that they are blessed with an unending passion for what they do.

However, for the rest of us, we often chose a career that is seemingly steadfast and fiscally sound until we find ourselves terribly bored and without passion. Or maybe we never felt any passion in the first place for our career or maybe we never knew what we wanted to do in life at the time we made those choices. If you are one of those people who are not enthralled with your career – read on.

There's always a moment when we realize our life is not going in the direction that we always dreamed it would go – it is kind of like getting hit with the cosmic two-by-four and asking: How did I get here? Sometimes we call that a mid-life crisis, spiritual breakdown or a come-to-Jesus moment. No matter what we call it – the best aspect of this realization is that it brings with it unending possibilities and opportunities – if we are willing to be open to the miracle of life.

Once this realization comes into our consciousness – normally the next occurrence is not a vision of us running off, excited to find our next calling. Instead what happens is an onslaught of every possible reason for not letting go of our comfortable but mundane lives. The amount of fear-based reasons for not getting out there and taking a chance at something new are formidable. Perhaps you are familiar with some of these objections:

- I can't leave where I am until I have something new in line.
- I don't know what I want and until I do I should stay with this.
- I'm too old to start something new at this time.
- I don't have the resources to make what I would like happen.
- I don't know how to create what I would like.
- I don't know anyone in that business and have no connections.

If any of these objections have passed through your mind – please see them for what they are – lies. You are capable of creating anything – especially with help. There are so many people out there willing to assist us in creating our dream – but we must be willing to start talking about what we would like and asking for assistance. Believe me, you are never too old to create something new and allow your spirit to soar. There are no excuses for mediocrity and you pay a very high price for a little safety in life.

If you haven't thought about any of this before – perhaps now is the time to meditate on your happiness before the cosmic two-by-four gets you! Spread your wings, *open your heart and fly.*

Authenticity and Integrity

IN SPIRITUALITY WE READ MUCH ABOUT authenticity and integrity, but I'm not always sure we have a clear understanding of these terms. Some folks have told me they believe these words refer to being honest and true to themselves, but I most often feel that they are speaking about their ego-self rather than the true self inspired by the divine within.

By the time we are adults we actually believe that the way we are is our authentic self, but normally this is far from the truth. We've been deceived into believing that what we think about ourselves is what's real – rather than the no-thingness of the Infinite within us.

François de La Rochefoucauld, the French noble and writer, has been noted to have said; We are so accustomed to disguise ourselves to others that in the end we become disguised to ourselves. When we are young, we mold ourselves to become what others tell us to be until we finally believe that is who we are. Since we are domesticated using punishment and reward, we seek the reward which comes from doing and becoming what others expect from us. Fear of punishment is a strong incentive. Eventually we no longer even know who we truly are – only what we believe ourselves to be. The disguise is complete, our integrity and authenticity gone, traded for a biscuit or a shred of love.

It is this very observation that we must be on guard for in ourselves in every moment. By questioning our motives and our thinking, we can begin to get clarity on what is truth and what is not. It takes persistence and faith that what is ultimately true will reveal itself. In the end it is harder and requires more energy to be what we are not, than what we really are. The disguise takes personal power to maintain and requires constant internal dialogue to uphold. In other words, our constant reiteration of what we believe about ourselves and our world in our mind, helps keep the construct of the disguise in place.

Once we take the time to quiet our thoughts, we can see the construct of the mind fall apart and we are no longer certain that what we believe about ourselves, or anyone else for that matter, is truth. It is in these moments that the truth reveals itself, and we see the light of our integrity and authenticity shining through. We glimpse the perfection of our divinity and see that our faith has been sorely misplaced. And even if letting the disguise fall away is uncertain and oftentimes frightening, our ultimate freedom of expression is well worth the temporary fear we experience in letting go.

In that moment we no longer seek approval or love from others through our words and actions; we no longer need the biscuit or the shred of love. Our actions are genuine expressions of life moving through us, rather than from the neediness of our wounded ego. We are no longer diminished by the disguise; we expand to the width and breadth of the universe, knowing we no longer are trapped and bounded by falsehood. We realize deeply that when we are no longer beholden to anyone for approval or love, we are whole or one unto ourselves and we have embodied our integrity fully and completely.

This is the reward of our spiritual path: Ultimate freedom from the masks we wear that seemingly keep us safe, but steal our greatness and our personal power. I encourage you to go beyond your comfort zone and challenge yourself to let your disguise go, it never really looked that great on you anyway...

Leaning into Life

I'VE NEVER CONSIDERED MYSELF the bravest human. However, a number of years ago I decided it was time to engage in all the activities that I felt afraid of, no matter how frightened I felt. Back in the day I had a horrific fear of heights and so the idea of skiing was aberrant – considering you have to go up a mountain to be able to ski down it. I approached this task like most things in life back then – with focused determination (back then I saw everything as if it was a medical residency program to be overcome rather than life to be experienced).

So I went to my local sports store in Florida and took basic skiing lessons on a moving carpeted hill (you heard that right). After a few weeks I could stop, turn, and do all the basics. When I arrived in Aspen, my friend (very questionable indeed) told me he'd take me up the easy hill before my first ski lesson. I protested vehemently stating that a moving carpet is nothing like the beginners run in Aspen. But he dragged me onto the ski lift and we started to go up, up, up – you get the picture.

Somehow I managed to get off that lift, face down in the snow mind you – and was confronted with my deadly fear of heights not knowing how I was going to get down the mountain. I was shaking – not from cold, but from the distinct possibility of broken bones and mutilating pain.

My friend gave me one piece of advice. He said, "Sheri if you do anything, even if you snowplow the whole way down, make sure you lean forward as you descend. It seems counter-intuitive, like you should be leaning back away from what you fear, but I promise if you keep leaning forward you'll make it to the bottom."

As I cursed the very ground he skied on, I leaned forward and made my way down the mountain. Interestingly, I only fell 3 times – and each of those times was because I let my fear get in the way and leaned back. So what's the point of this story? No matter what you are afraid of in life, consider that your fear is only the result of a fear-based thought-form. You have the choice of either believing yourself or not, and taking action in the face of adversity. When we lean into life we are engaging fully, we are 100% present in the moment. If we lean back due to fear – our skis will slide out from under us and we'll end up on our butts! Life works the same way. Shy away from what you fear and you'll receive the kind of outcome that will confirm the very fears you already have. In other words, if I chose to lean back while skiing I would have proved to myself that I couldn't do it. That is exactly the outcome my ego-mind was trying to create. It didn't want to give up command to my fearless divine heart! It would rather have me living a boring, limited life of fear.

The bottom line is that a spiritual warrior leans into life. No matter how many fear-based thoughts you have, or how much fear you feel in your body as a result of those thoughts – the only way to transcend that fear is through action with clarity – rather than non-awareness. If I can get over my immobilizing fear of heights you can get over what ails you too. The solution is simple no matter how counter-intuitive your mind would have you believe it is. Show up for life, lean into to every experience you have, be fully present and don't believe any of the things your mind proposes to you, no matter how frightened you feel. See your mind's strategies and don't play into the actions that will confirm those fears. I'll look forward to seeing you at the bottom of the mountain!

The background is a teal-to-blue gradient. It features several orange stars of different sizes and two orange crescent moons. Some stars have dotted orange lines trailing behind them, suggesting shooting stars or comets. The central text is contained within a light yellow rectangular box with a thin orange border.

Tasty Morsels for the Soul

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