

## Relax - Don't do it!

### *Finding the Right Balance*

When someone says we all have a book inside us does the sequel to *'After the Ecstasy, the Laundry'* spring to mind?

Do you have a Zen-like attitude of *'chop wood, carry water'* or is life more like trying to push water uphill?

Are you caught in the belief that for every problem there is a solution? You just need to find the right book, the right person or work harder; in other words keep throwing more time, will-power and energy at the situation until eventually something or somebody gives way, gives in, gives up or gives as good as they get.



### **Your Spirit Guide as your Virtual Assistant**

If this is you then, in the words of that well known philosopher Frankie Goes to Hollywood, Relax - don't do it! When, like the frustrated ugly sisters we're desperately trying to force our foot into the glass slipper we need to call upon our Fairy Godmother, Spirit Guide or Virtual Assistant to remind us that there is more than one handsome prince or perfect solution out there!

And the clue to finding that solution is that we're always looking for the RIGHT answer, which can't be found by flogging the LEFT side of our brain.

For those of us with a typical western education we're conditioned to use logic to resolve problems and this can (at the risk of quoting another 80's classic) be a Hard Habit to Break!

### **Do what feels right - then see what's left**

Faced with a problem one of the many voices in our head is often a parent or former teacher saying 'Come on - THINK!' But that's just the problem - so often we've already done far too much of that; our left brain is on the floor surrounded by empty coffee cups and biscuit crumbs in dire need of a spa break.

Great, inspiring leaders know the importance of going into the right mind for the right answers. The left brain's logic and analytical powers are best used in service to the right brain's vision and creativity.

### **The Perfect Essence for Workaholics and Thinkaholics**

Rhododendron essence typifies this picture of workaholic conditioning, when achievement is everything and we don't enjoy the journey let alone smell the roses on the way. Our problem is outside us so we assume that the answer must be outside us too; it's someone else's fault. We forget that our problems mirror our inner state and any long-term resolution always comes from an inner change. Thus any activity which allows for us to go within and enquire into the will of spirit is far more productive than forcing ready-made solutions on to problems rather than trusting in the flow. Rhododendron helps us to relax, lighten up and see the situation from a more intuitive perspective.