

Rhythm, Monkeys & Pie... OH MY!



Wow that was quite the battle with the Lord of Lack!

The past few months offered up some interesting situations that left me shaken, blended and stirred. Oh yes, let's not forget pureed too.

He was lobbing Humble Pies at me right and left. He's got great aim. I received several pies in the kisser before I remembered my utility belt! I was bestowed with a Magic Gourd when I assumed my super powers. It gives me the power to change my focus, pivot off lackful thoughts and I can even pull out a shower to wash off pie. Now if only it would do the dishes....

These situations were full of contrast and shined a bright spotlight on the areas I need to tweak. These were a necessary catalyst to push me forward and to get crystal clear on a few other subjects. This quote showed up in my e-mail as I was moving through these experiences:

"In my life I have learned that it's at precisely those times when life seems to get worse that you may actually be getting ready to make a leap. When you feel like you're going nowhere-stagnating, even slipping backward, what you are actually doing is backing up to get a running start." ~ The Way of the Peaceful Warrior

This must be one hell of a leap I'm getting ready to make!

From all of these situations and events I learned some important things about myself: Where I am now, where I want to be, and my view of success. I discovered a big smelly monkey hanging on my back. Get it off! Get the monkey off! I decided to accept someone else's belief as my own. The result was extra pressure for me to perform and **make** things happen. Universal unfolding doesn't work that way. The



condition of my inner foundation (faith) showed up physically as water leaking into the basement through cracks in the walls. My faith in me, my success, and optimism needed some serious work. I was leaking energy and my vibration was all over the place. And that's all the Lord of Lack needed to send me on a downward spiral.

What's the next step? Where's the gold in all this? What am I focused on?

The first thing I did was to perform a Monkeyectomy. He now swings through the trees with the other freed Back monkeys of the world. I bet he's sharing his adventures over a nice ripe bunch of bananas as we speak. I stopped taking responsibility for this person's happiness. They have to be responsible for creating their own dreams. What I can do is see them, as they really are, a powerful deliberate wonderful creator. And I had to take a look at what was being mirrored back to me. I'm grateful it was one monkey and not the whole barrel!

The leaky foundation was a real eye opener. I was holding on to a silly belief that I was not one of those "lucky people" who would have outrageous success in my life. Back up the truck! First, exactly what does success look like to me? What would my life be like? What is important to me? What makes me happy? Do I have signposts of success in my life right now?

I sure do! Simple living and living off the land is important to me. I'm already doing some of that. I have chickens; I usually grow a vegetable garden (I took this year off) and preserve whatever I grow. I started baking and making things from scratch again. The more I played with this; I could see a perfect unfolding and rhythm.

The creative beast inside can be fed and nurtured instead of becoming stressed and burned out.

There are passive income opportunities doing things I already do. My success is not always in the form of how much money I'm bringing home; it's in the connections, networking and relationships being developed. I'm building a strong foundation for my business. There is no rule that says it has to happen overnight.

I've noticed that the more I enjoy myself, laugh, stay present in the moment, the more opportunities magically show up.

I'm filling the cracks in my personal foundation with daily affirmations. My intent and mantra is to feel as good as I can wherever I am or whatever I am doing; listening to Holosync, Dr. Wayne Dyer's *Change Your Thoughts* Meditation and practicing some gentle yoga helps immensely. The following (from Dr. Wayne Dyer's latest meditation CD) have been added to the repertoire of "conscious creating" gadgets inside my Magic Gourd.

1. There is no **way** to happiness. Happiness **is** the way.
2. I see simplicity in the complicated. I do great things while they are small. I can get anywhere from here.
3. Because I know that I do not know. I will be guided to find my own way.
4. I choose to live in a state of radical appreciation. I give humble thanks for all that I have. *Paradise is wherever I am.*

I've got rhythm. I have a flow. All things are possible. Gourdtastic Girl is back sans pie! Did you see that leap I made? Look how prettily my purple cape rippled in the wind. And in case you were wondering, I do not sport the normal spandex super hero garb because it's not my cup of tea. Okay that and it gives me a nasty rash.



Remember to find the gold in whatever is going on. It is there, glittering and winking, simply waiting for you to find it. You have a utility belt (and superhero garb) of your very own to battle your Lord of Lack.

Have a Wonder-Filled day and remember to enjoy the journey.

Namaste,

[Tracy Swartz](#)

The image of Raggedy Ann all grown up comes

to mind when thinking of Tracy Swartz; Red haired, delightful and sassy in her style of being a mom, an entrepreneur and a super gourdess woman. Visit our [Audio Section](#) to join Kat and learn how Tracy does it all and still maintains her sass.

