

A Brain Massage



Mary K's Theme 2008 ~ A Blank Page

As the year 2006 started to wind down I started feeling the pull toward my theme for 2007. It's been my experience that out of the old is revealed the new and so I felt clarity when 'VISIBILITY' popped up for 2007.

The Universe, with typical humor responded by shining the spotlight for me on both the areas where I missed opportunities to shine my light... *and* in the nooks and crannies where I had been hiding my 'uglies'... causing them to become *visible* to me in some BIG ways!

There has been LOTS to appreciate around all of that, and to tell the truth also some challenges so I was looking forward to a change... oh who am I kidding... I was looking for respite! ;-)



So as 2007 started winding down and I was contemplating how I colored in the pages of the past year I was staying alert to the inner-prompting that would reveal and bring to the surface my theme for 2008. Nothing. Nada. Quiet beyond belief.

Understand... I happen to have a birthday on January 7 so the New Year is really a NEW year for me... I LOVE BEING BORN! I LOVE The Universe giving me a 'theme' that rides along in the background for my personal illumination... (and sometimes even enhancement *grins*) So I kept thinking..."*Hey, what's up? Where's my launch pad?*" and the only thing I could visualize was the purest, whitest, blankest (yes, I could be making up words here) page sitting atop a well-worn and highly polished desk made of beautiful cherry wood.

Hmmm, I thought, perhaps a word written in beautiful calligraphy is supposed to be manifested by moi? So I squeezed my eyes shut tight, took a deep breath... released and...**NOTHING!**

So in my mind's eye I saw a grin on my face as it dawned on me it was most likely there, just written in invisible ink. So I gently lifted that beautiful piece of blank paper and held it ever so cleverly over the heat of the desk lamp... baited breath... waiting for the word to appear like magic. **ZIP! ZILCH! NOTHING!**

OUCH! I got a virtual burn from that imaginary lamp. And you know what this means, right? My theme... my precious theme for 2008 is **A BLANK PAGE!**

Hey... I even tried to semi-cheat...I really wanted a word so I decided to draw a rune from my bag of rune stones. I really love my runes and used to play with them a lot... but I haven't touched them in quite awhile. I was rationalizing away saying that actually...it was my higher, more connected self drawing the word because in fact... that's who I believe *is* operating in sacred rune play. Well, you guessed it...25 rune stones and I draw... *THE BLANK RUNE!*

So there you have it. I'm going to make my mark on this beautiful blank page and if I dare... it will be **bold**, brilliant, **colorful** and **brehtaking!**

I will move with no past into a future I have yet to create... and take full responsibility for its creation. In fact, it dawns on me that perhaps this is the reason that I decided a month ago that I was going to discipline myself by writing consistently in my blog over at MySpace. I think I'll track my creating there and you're welcome to come discover what I discover at – [Ambassador of Play](#) Hey... if you have a website or blog that I don't know about please fill me in... and then YOUR stuff could be some of what I discover!

For those of you who do not have a website a free blog is a wonderful alternative in order to share your life and activities. Remember that when you set up a blog Flickr and Photobucket both give you the ability to post pictures to your blog. It's amazing and FREE. You can embed YouTube videos to your blog as well.

Or you can build a website for free at a variety of places. [Weebly](#) is one I just found out about and it seems quite fun. Drag and drop photos, maps, videos and more onto your pages and customize the design with ease.

By creating a free blog you're **exercising your brain**. With every new thing you learn how to do you develop new synapses, no matter what age you are. There's a woman who is 82, who blogs about her life... I LOVE THAT!!!

<http://mymomsblog.blogspot.com/>

If you get PBS do check out "**Brain Fitness Program**"

"Improving brain function is explored by neuroscientist Michael Merzenich. Narrated by Peter Coyote" Check out your local PBS stations for times it'll be shown. If you don't get a PBS station near you do a google on "Brain Fitness" and there's a ton of sites available for us to do exercises to increase our cognitive ability.

What I found very interesting in that program is the fact that our brains are "plastic". Meaning, no matter how old we are we're able to build new synapses. When we learn a

new skill, a new dance or language, we affect our brain's fitness. [What the #\$\$%\$# Do We Know talks about this too! ;-)]

Get rid of the notion that the older you get the more your brain ceases to function. New studies in neurobiology shows that even old folks can build new synapses. It's when we give up that we aid to our cognitive decline. Even folks who have had strokes can relearn things, like walking, and other parts of the brain take up the task. Blind people have used the visual parts of the brain to be more sensitive to touch, like with reading Braille, or with hearing things.

That being said, the brain is so plastic one can teach it bad things. You know... those things that don't serve your best interests. There was an example shown in the "**Brain Fitness Program**" about balance and the elderly. When we fear that we are losing our balance and start to look at our feet instead of looking ahead, we train our brains to do the wrong thing. Our eyes have been the tools to maintain our balance when we look forward. When we train our eyes to look at our feet we are doing ourselves a disservice because we are already off balance by looking at our feet.

We hurt ourselves each time we doubt ourselves. Each time we tell ourselves we are "dummies" we hurt ourselves. I want to burn every "Dummies" book in the book store. It's such a negative message. We are not dummies, we are brilliant creators. We create with our thoughts and it would be valuable for us to start tending to our thoughts a bit better. We're bright enough to use a computer and read, and some of us are reading this in a language that they didn't learn from their mothers.

We have to be careful about attaching ourselves to false beliefs about ourselves. Life is hard enough without beating ourselves up with unfounded doubts and fears. Breaking ourselves of the habit of listening to those negative voices in our head takes time and effort. Each time you have a negative thought about yourself you need to say consciously, "*That's just a trick of my brain and a bad habit of thinking. I'm smart and capable.*"

Each time we entertain a thought it creates a wrinkle in our brain. What sort of wrinkles do you want to carve? I'd rather carve the wrinkles that say to me "*I can learn anything.*" and believe it.

You have to know that what you're doing is what is good for you. If it doesn't fit into the reality structure of family, spouses and their family, friends and their family, then that is just too bad for them. They don't live in your skin. They don't look at your face when you're brushing your teeth. *You are.*

Doing what is important to you is one of the hardest things for the majority of people, especially women. We're always "Somebody's something": daughters, sisters, wives,

mothers, grandmothers, neighbors, citizens, etc. We're always thinking about being the care giver to others and when do we put our foot down and say "*I'm doing this for me because it makes me feel good*"?

NOW would be a brilliant time for that. And NOW! And NOW!

I'm here to pump you up... to encourage a rampage of appreciation for the blank page before me and to remind you that it's also there for you. I'm here to remind you that you not only have the right to create but the duty to create. Creating is Who You Are!

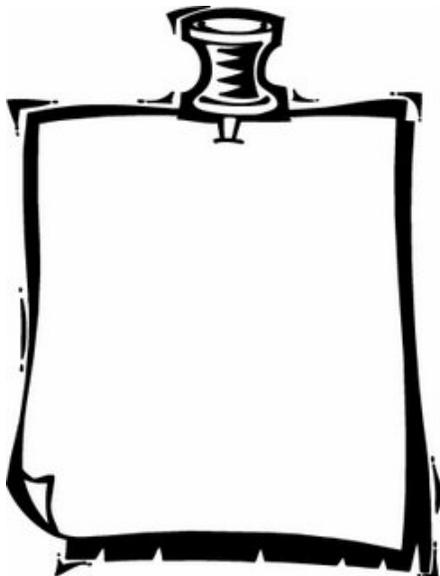
We create to celebrate and we celebrate our creation. How do we celebrate a birth, honor a union of two loving people, mourn a death? We create something.

So anyway, this is a drum I beat today to remind myself that what I think is important. What I feel is important. And having those two aligned is most important of all! I invite you to join me in the drumming. How you think is important and only *you* can change how you think if your thoughts are getting in your own way.

Do not compare your work to another person's work. It doesn't count. There will always be someone who knows more and who knows less than you. That's the nature of things.

Do not wait for others to give you permission to express yourself.

You're the 900lb gorilla on your own back. You are the only person who needs to be pleased and if you're not pleased with your efforts ask yourself if you're comparing yourself to others, or are you expecting perfection like instant noodles?



With the stern (yet dry witted) Saturn in my Sun taking me for another spin around the wheel my intention for 2008 is to do what makes me happy. Also to not only ignore the naysayers in my family, in my community, but to quiet the negative thoughts in my own mind. I am all about embracing the 900lb gorilla that dwells inside of me and turning her into an amazing new friend.

So that's a little bit of brain massage for me as I celebrate my entry into the year of the **BLANK PAGE!**