

# The Dance of Life

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## **Sample of Content:**

Life's ups and downs gotcha confused? Saying "No" when you really want to say YES!? Has life dried up and become stale? Did you stop dancing? Take a peek and rediscover a part of yourself lost in your mind.

## **Content:**

Waking up as a little boy the excitement for the day's adventure pumped through my veins and lit up my eyes. I'd look out the window at the bright sunshine, the hay fields, and the expansive blue skies and magical clouds. Once out in the freedom of the day, with no responsibilities, I'd hop, skip, jump, and run with joy, wonder, and excitement. Somewhere along the way, I began to remember and learned about cause and effect. Suddenly some limitations came into existence. Continuing to grow and mature, I learned to

reason and apply my own critical thinking to situations that may or may not happen. I was creating a new reality within the context of my mind and my past experiences. The horror!

Now, with another level of awareness that has developed, the spiritual awareness, it's like walking the tight rope between this world we live and work in, and the uninhibited freedom of a child at play. There is something more to this experience of life. We are not just conditioned beasts of labour and love. We are not just confined to living a life sentence in suburbia. There is, and always was, so much more available to us. It exists everywhere, including suburbia, at work, in the mundane, at the most extraordinary and ordinary. The only way I can explain the discovery is to dance.

One day hopeful, the other day destitute, one day in love, the next day hateful, one moment playful, the next moment serious, and one day success, the next day failure. We're constantly moving and changing. The only constant is the silence, the stillness, the quiet place deep inside where spirit connects spirit. We feel it in the closest moments of intimacy with family or significant others. It is experienced in the greatest profound moment of joy and all words, all senses, all comprehension has escaped us. There is nothing left to figure out, there is only to forget.

Everyday we would do well to forget many of the happenings of our yesterday. No bias, no fear, no limitations, no expectations, just wonder. Wonder and curiosity accompanied by joy and love. This intrigues me greatly. How would tomorrow look? How would my world interact? This ideal leads me to believe that more is available for all of us. As an idealist, many things I say may seem unattainable. This is the peak possibility, of that there is no doubt. While the ideal is beautiful, any measure or occurrence of that ideal is welcome. A grain of salt to flavor each day for a fantastic experience of life. Each day, I need to be that grain of salt too, and dance!

*Lee Down is a Professional Coach, Trainer/Facilitator, Speaker, & Writer of [One Man Can Human Capital Development](#) that focuses on relationships, the key foundation to success in business and life. With more than 15 years professional experience and a thirst for truth and understanding, he focuses on the human spirit and human capacity.*

Working with clients, he facilitates the breaking down of beliefs, barriers or obstacles that bring clients forward on their journey of discovery with spirit, energy, abundance, passion and purpose, integrating the mind and body experience. Working with business, he brings visionary leadership and relationship skills to the forefront that witnesses an empowered culture evolve and develop directly impacting the improvement to the bottom-line.

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## **About the Author:**

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