



daily GOOD

Our life is composed greatly from dreams from the unconscious, and they must be brought into connection with action. They must be woven together. --Anais Nin

A Weaver's Reflections

Pam Hiller's weaving teacher, Aziz, taught her not to fix mistakes, but to stop and notice -- and then work with them. "It wasn't just paying attention with the mind; it was also listening with the body," says Hiller. "When someone is learning to weave they literally tie the strings in knots. There's a reason I think that we refer to ourselves as getting knotted up in our emotions because that's the interior experience. For example, one thing Aziz would do if I was getting very tense and compulsive about a weaving, he would insist that we stop for a cup of tea."

Be The Change:

Instead of immediately trying to erase or fix one of our mistakes, take a chance and just stop. See if it's possible to relax and take in whatever is going on. It might lead to some new understandings.