

Which is better? Slow or Fast?

By Phyllis King, May 2016

In our push button, instant access, immediate results oriented society, we unintentionally distance ourselves from insight that will lead us to own happiness and abundance. We lose sight of what happiness actually is, or how to create it. We have become addicted to external stimulus that causes us to feel something for a few moments. Science tells us that when we get something we want the high lasts about 20 minutes. We are on to the next stimulation, never quite connecting with the feeling that is urging us on. Without that connection we are creating our lives blindly.

I am all for convenience and the wonders of technology, with boundaries. Between the swipe right mentality of dating, and the incessant media messages telling us who we are, what to buy or look like, we lose our ability to allow in true abundance and happiness. We have no time to feel, to process or access internally what our next step or choice should be. We simply act unconsciously. We completely ignore our internal navigation. The creative process of our life becomes the luck of the draw.

Internal navigation moves slowly next to push button, immediate technology and stimulus. The more you practice intentional guidance the faster it can be sometimes. In unconscious choosing, no matter how skilled we become at navigating apps, new technologies and getting the best "deal", there are no short cuts to true happiness, or abundance. We just remain on the hamster wheel swiping right.

This month take the time to slow down your life. Let go of your devices for regular periods of time. Give your system a break from the constant distraction of being "electronically connected." Allow your inner guidance to tell you what's next. See what happens. See how you feel. I expect you will see what I do. That it is far better to know from the inside the choice to make, rather than to make a choice that is offered to you. It is in the space, and quiet of our day, messages emerge about our most abundant destiny.

With Love and Appreciation

Phyllis