



Inspiration for the Dance of Life

Take the Day

Take the day. Explore the planet, let your mind expand, open your heart, smell the moment; bask in your freedom. Yes, I know...there are bills to pay, mouths to feed, careers to promote, chores to do, errands to run, and the self-imposed trap of not enough time. Be creative...imagine a way to take the day.

I've lived in Tucson, AZ (USA) for three years and have always wanted to take the 1.5 hour drive to check out the famous Kitt Peak Observatory where astronomers live on the mountain and gaze into the heavens utilizing magnificent, monster telescopes. So, a friend and I drove up together last week (October 2010).

The experience of getting there, being there and the drive home, was like blazing through an entire set of encyclopedias.

In six hours, I experienced LIFE *outside* of my situation-ally, self-consumed, self. I swam in great conversations with my friend, felt heart wrenching and conflicting emotions while witnessing a young man being led into the back of a Border Patrol truck, and was wowed by up close and personal wildlife encounters to include: a tarantula gracefully crossing the road, a roadrunner who changed its mind about crossing the road and did an impressive *zoom* back into the bush (sans *beep beep*), a bobcat that leapt, shimmied, hopped, and zig-zagged across the road, and a non-stop land and air parade of ladybugs, dragonflies, hummingbirds, grasshoppers, squirrels, hawks, and the not so subtle, hair-raising posted signs, cautioning of rattlesnakes.

Did I mention I went to check out the Observatory? The astounding foresight, brilliant minds, and gumption it took, in the late 1950's, to build these beyond impressive telescopes on the top of a 6,875 foot mountain summit...awesome! And...a shout out to the upbeat EMT, new to the job, on her way to lunch, who was our unofficial travel guide to life on the mountain. Everyone should be so lucky to get the inside scoop from such a darling messenger of goodwill who by the way could change your vehicle's oil, stamp out a fire, clean the public restrooms, and save your life.

Remember what it is like to live in wonder -take the day. You are worth it.

Take good care,

Kimberly Clausen, MS
Professional Speaker
Holistic Dance and Movement Specialist
Wellness Educator-Coach
(520)219-1676
clausen915@aol.com
<http://www.soul-dance.com>