

Can You See Clearly Now?

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By Lady Camelot

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Johnny Nash's song, "I Can See Clearly Now," is one of those musical tunes that are not only dear to my heart, but a "pick-me-up" mantra as well. The lyrics are as follows:

I can see clearly now, the rain is gone,
I can see all obstacles in my way
Gone are the dark clouds that had me blind
It's gonna be a bright, (bright), bright (bright)
Sun-Shiny day.

I think I can make it now, the pain is gone
All of the bad feelings have disappeared
Here is the rainbow I've been prayin' for
It's gonna be a bright (bright), bright (bright)
Sun-Shiny day.

Look all around, there's nothin' but blue skies
Look straight ahead, nothin' but blue skies

I can see clearly now, the rain is gone,
I can see all obstacles in my way
Gone are the dark clouds that had me blind
It's gonna be a bright (bright), bright (bright)
Sun-Shiny day.

Mr. Nash certainly had the right sense of mind when he wrote these marvelous lyrics. Just the idea of "...seeing clearly now..." is a profound sentence that impresses upon those fortunate enough to truly

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hear the melody of its poignant message. Do we see clearly at all times? Not really. Our vision is often blinded by fatigue, stress, and daily issues that compound our mental, physical and emotional wellness.

The human mind, absorbed with the Id, Ego and Superego are constantly at battle with each other. As we explore our vastly existence in this world, it seemingly becomes harder and harder to deal with daily life. Up in the morning, off to work, kids to school, lunch conferences, doctors' appointments, homework, dinner, finances, phone messages... the list of daily tasks goes on and on. And at some point, we forget our sense of being and lose track of the priorities and "clarities" of our lives. The monotonous routine becomes more weight bearing than fulfillment.

Somewhere in our hectic lifestyles, we've created our own trench. As we attempt to find our own sense of self, we dig deeper in our hypothetical hole so to avoid our clouded perceptions and displaced priorities. Suddenly, our lives become a subsequent schedule of schedules. We no longer find the time to take a moment to breathe, relax and rediscover inner peace of mind.

Two of the biggest inducers of stress are lack of time and fatigue. Not all persons are afforded the luxuries of extra time; and in the business world, sleeplessness is a recurrent phenomenon. What can we do about it?

Perhaps, solutions to life's stresses are commonly simplified by wordy advice and not enough sustenance – and clearly, this is the reason most individuals don't even attempt these "cure–alls."

By that time, we are mentally, emotionally and spiritually drained. Our bodies are on the brink of mechanical meltdown yet we continue to push ourselves without refueling our whole senses.

Here are some tips to finding clarity in your life:

* When we become upset, our blood pressure skyrockets. How do we bring that blood pressure back within normal range? STOP. Breathe. I don't mean simply to "breathe" – take a deep, full inhalation. Let the breath fill your entire body from head to toe. Imagine it traveling to the soles of your feet. Hold it there for a few seconds. Now let it go. Exhale. This breathing technique can be repeated several times until we feel our bodies level.

* Take an aromatic bath before you go to bed. Okay, it doesn't have to be a fancy, French imported aromatic oil – even bubble bath or a pleasant-smelling shampoo will do just fine. Make your bathwater as hot as you can take it (unless medical reasons prevent it). Now, lock your door and put a "Do Not Disturb" sign on it. (A yellow sticky-note will suffice.) Lay back in your bubbling water for at least an hour. Let your fingers and toes turn to prunes. Close your eyes and lean your head back against the tub, or if you'd like, use a bath pillow to support your neck. Either way – don't let the outside world in your private sauna. This is your personal time and you deserve it.

* If you're too busy for homemade luxury baths, or if the breathing hasn't calmed your nerves; put on some music. Find your favorite Bach, Beach Boys or even Johnny Nash song that tickles your fancy.

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Nowadays, you can even play selected music midis on your pc while at work. The point is, find the song that sets your wheels in motion, or the tune that relaxes you the most. This is something many of us can do while we're working, driving or preparing a meal.

Okay, if all else fails, play the Johnny Nash song. It's a guaranteed winner. Meanwhile, find clarity in your life by making time for yourself. Human beings need emotional escape from time to time. Since we all live by routine, incorporate one or all of the above tips into your life and your body will thank you. Just some thoughts...

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