

Under the influence

As we go through life we experience different states of being. Happiness, excitement, hope, stressed, worn out, frustrated, and the list goes on. We are a different person in each of these states. In each one we think, feel and behave differently and it influences our body chemistry. It's like we are 'under the influence' of that state.

When we are strongly under the influence of the stress and fatigue states, it cuts us off from our inner resources, blocking our ability to perceive what's happening. Blocking out ability to respond. What seems obvious and easy to do when we are functioning well, so often isn't available to us when we are stressed and tired.

Being aware of the state we are in means we can be more responsive. It opens up a wider variety of things we can do. A simple way to get some understanding is to tune in throughout the day to where you are at. Just see if you can pick up what's in your inner landscape and what the experience of it is like.

- how open are you?
- how focussed?
- how set in your thinking, feeling and behaviour?
- how happy?
- how driven?
- how stressed or uptight?
- how enthusiastic?
- If things are 'normal', notice what normal is like

Don't get too caught up in this, just notice and perhaps ask yourself if there is any response you can make to where you are at, even it is a slight shift, a softening around the experience, or recognising the enjoyment that comes from something positive.

This week be curious about the different states you are in and how they influence you.