

## All About Attitude

### Why AAA?

- My passion is to relax the world - one person at a time starting with me. That has begun a lifelong process of discovery. I learn every day and continue gently.
- Challenges - yes. Changes - everyday. Internal listening - still a long way to go. Worth it - absolutely
- For much of my life I've had a strong desire to develop all parts of me - physical, emotional, mental and spiritual body. A belief that softness can overcome force and Taiji showed me a pathway towards that.
- Letting stillness in to my body and mind - beginning to train a chattering head – quite a minefield and for someone who thought she was pretty normal the last few years delving inside have uncovered sludge I didn't know was there, rising above it has been part of my business journey!
- My 60+ years of experience as a human being has taught me much about good and bad, right and wrong, I've done my share of stupid things. I'm human after all! The more I live on this earth the more I realize it's about the little things I do each day that can contribute to the good of humanity.
- My book, Everyday Reflections - connects people back to their soul, moments to reflect and feel and be.
- My students - start to relax and soften, they share beautiful stories about the ways that Taiji is helping them to relax and how every day routines like sitting, standing and walking become softer. Some say they sleep better, have more flexibility, posture improvements and more. A range of stories that have a common link to better health. All things good.
- So much we can't control - focussing on inner health is something I can do something about every day. Mental practice is free!
- Lots of R words - respect restore revise reset rescript reinspire redress repair reinvent remedy regenerate rejuvenate resurrect recondition... all these are about renewing, bringing energy back in.
- Cultivating an attitude of mind stillness, presence, energy
- This journey of self has enabled me to bring the skills I developed as a teacher/ counsellor/ mother/sister/friend and dig deeper into me, no longer a surface dweller I've plunged through many layers and although the water has been murky at times its getting clearer and without drugs I have found an inner glow and clarity that I believe is worth sharing in my unique way. So how will I relax the world. I'm still not sure but each day I work on myself a little bit, maybe that will rub off. If not I feel satisfied that I am being the best that I can be. It is enough.
- Living with stress and tightness for many years I am transforming my body and my life - amazing
- An attitude that cultivates a calm approach with humour and gentleness leading the way. It can happen.
- 40 years in the everchanging dynamic field of education and re-emerging and transforming from a fully stressed and busy life to a full life with normal stresses and more lightness and balance.. it's taken a while and it's an ever changing script – but I'm writing it now!
- Gradually transforming into a more relaxed, healthier, happier me is proof enough that I know something about releasing tension, overcoming mental stress and letting stillness in, still very much a work in progress. Growing towards the light each day, like a seed finds its way towards the light.