



Weaving the Fabric of Satisfaction

We sometimes think of satisfaction in terms of days or big accomplishments. In fact satisfaction is made up of the many threads of moments of aliveness and nourishments. Think of satisfaction as a picking the yarn for a many colored scarf. Your visioning may help you identify your color palate. You find the threads that make up the garment. Noticing and breathing in the moments weaves a fabric of satisfaction.

The first threads may be those of contact and connection. Cuddling your grandchildren, hugging a friend or touching a lover creates a thread of aliveness. Really seeing someone you meet on the street, smiling and acknowledging or being acknowledged, becoming a container for a friend's pain, laughing, talking in a way that touches your heart are all golden threads of connection.

Weave in the colors of beauty. The oranges and reds of sunset, the brilliant green of woods, the blue of the ocean, the smooth grain of wood sculptures, the beauty of a painting, the faces in old photographs weave in sights

We weave in the tastes and smells of good food. Remember the sweet/tart flavor of an apple, the crunchiness of a fresh salad, the spices in good indian food. When we stop and taste and smell we weave these experiences into our fabric. We relish the smell of salt air, the dessert after a rain, the orange blossoms in spring, the pine smell of Christmas trees and weave those into the fabric.

We weave in sounds of birds, the notes of a flute or trumpet in the Brandenburg concertos, beautiful voices, the sound of waves or chimes. Our sense of hearing contributes to our fabric of nourishment and aliveness.

The exercise of our mind and our skills weaves in threads of aliveness. We can remember talents and things we have done well. Concentrating on something new with such a focus that we are hardly aware of the passage of time contributes to that fabric. Having an energetic conversation with someone can open our mind.

Our body also can provide threads of aliveness. Dancing, feeling the soft breeze in the spring, getting a massage, deep breathing, and meditating can nourish us. Playing and laughing build more threads of aliveness.

What does it take to weave these threads into a fabric of aliveness and joy?

1. Stop and notice. These moments can slip away almost unnoticed. Rich Hansen in *Hardwiring your Brain for Happiness* says that you need to stay with these experiences for about 30 seconds to really let them in. Last night I heard the Brandenburg concertos in person and my body still vibrates with the sound.

Take a few minutes to remember a time today that nourished you.

2. Create a list or journal of these moments. I once started a many pages list of all the moments I could remember. Doing a daily gratitude list or a list of moments every day can weave your fabric of satisfaction.

Start a journal of moments you remember

3. Add moments of joy. Commit yourself to do something to create moments every day.

What are two things you could do today to create moments for yourself?

4. Redirect your attention when you start to dwell on what is missing or what you do not have. Even when times are hard you can discover moments of nourishment.

Think of a moment that occurred when things were not going well.

I COMMIT TO NOTICING AND CREATING MOMENTS OF ALIVENESS AND JOY
TO WEAVE INTO THE FABRIC OF MY LIFE.