

# **Natural Awakenings**

## **Emotional Fitness: What Surrounds Your Life?**

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By Kathleen Noone

*There's a wonderful article in the "Health Briefs" section of the September issue of Natural Awakenings NYC. The article discusses how music harmonizes the brain. It references a study charting a patient's recovery from heart surgery, while listening to the tranquil tones of a Brazilian guitarist.*

In measuring the brain's response to musical notes, doctors are discovering music's harmonizing path, from head to heart. I was taken with this article because if music can have this affect on a healing body, and help its progress, what other things in our surroundings can assist us in a healthier way of being? In certain hospitals that recognize the importance of this kind of care, they already use music and animals in service to those who are ill and/or in the process of transitioning from this life.

I have seen patients light-up when a service dog comes into their room for a visit. I've also witnessed the joy on the faces of the family members. Music feeds our souls and the dogs help us remember unconditional love.

Have you ever walked into a room and there was a certain personality that literally sucked the life's blood out of it? Conversely, have you ever attended a party and were instantly drawn to that upbeat, warmhearted person who felt so present and alive? We've all had these experiences.

The key is IT'S TIME TO PAY ATTENTION TO THOSE EXPERIENCES. This is your life. It is not a rehearsal. What surrounds your life is your life. It is its reflection. You get to choose. Isn't that great! We have been given the grace of choice. So, what can you do this month to begin to pay more attention to your surroundings?

Here are some questions to ask yourself to support this process.

***What surrounds me that I truly love?***

Do I like my apartment ... the furnishings, paintings, family and friend photos, the *colors in the rooms?*

**Do I choose the right foods to eat that give my body life-affirming energy?**

**Do I speak in an affirming way about and to people I'm in contact with on a daily basis?**

**Do I give my body good exercise to be in my surroundings in a health filled way?**

**Do I keep good company with people who support and nurture me, and my surroundings?**

**Do I have enough fun?**

**Do I honor my spiritual yearnings?**

**Do I allow myself to be in silence, even if just for a few moments a day?**

**Do I accept and honor my vision for a health-filled, joyous and abundant life?**

Have a great journey being of greater service to your Self, and lovingly enjoying your surroundings.