

Vacation: A time to be free

The Latin root meaning of vacation is *freedom*. Freedom from schedules, restrictions, responsibilities. Vacation is a time to relax and allow time to pass slowly without rush or hurry. Time to be with what is; with who you are and not with where you are going.

Have you done that lately? Taken time to slow down and be with what is and who you are—right now? We don't have to plan and save to have a vacation. We can create freedom within our own mind by carving out time every day to sit in the quiet and allow our thoughts to slow down, allowing our breath to calm and our body to relax. In these moments we can be free. Free from the worry and fear that may be a part of our daily existence.

We are meant to have a beautiful and fulfilling life. And the only way to create that kind of a life is to give yourself a vacation—whether it is 10 minutes a day or 10 days a year. Treat yourself to the freedom to slow down and be with what is. Then we can access our true nature, the creative ideas that live within us, those deep dreams that have been hidden in our hearts since we were small children and we were allowed the freedom to dream.

If you find yourself envious of others who are taking a vacation, then that is a clear indicator that you need to do that for yourself. Start right where you are and take 10 minutes to breathe and relax your mind, allowing the worry and responsibility to slip away for a moment and just be with who you are, without judgment. Then make the agreement with yourself to expand that time until it becomes days in a row of freedom—a true vacation and see what you can create. You are worth it.

Namaste