

# Ten Thoughts on Whole Living

1 Learn to *play*—it's the source of youthful energy.

*Pause* before you eat; reconnect with your sense of taste.

2 Small, conscious actions can sustain your *spirit*.

3 *Pace* yourself. Fatigue has a way of sneaking into our lives.

4 Set *limits*. No one said you have to do it all.

5 Desire is an *expression* of your deepest self; follow its lead.

6 Physical pain sends a message; *listen* to it.

7 A sense of humor keeps you grounded; *laughter* opens you up to the divine.

8 Stress can't be outrun. It must be *faced* head-on.

9 Celebrate every milestone. Where you've been has *everything* to do with where you're going.

10 *March 2007 | by Terri Trespicio*