

## **Intentional Choice** by Suzanna Yahya Nadler 7/16/19

I keep asking the question, “Is this how I want to be spending my time?” Of course there are the many “need-to’s” in each day, even on vacation, but when the moment opens to reveal a new potential, do I really want to keep choosing more task-oriented work over dancing and creativity?



Just returning from our annual trek to Lake Michigan, I became aware of my time options.

Usually it is easiest to opt for getting more done, but that default was set so many years ago as a strategy to not feel

loneliness, to fill the space, much like being on our cell phones. The decision between tasks or creativity actually seems less important than the intention behind the actual outcome.

Today is the partial lunar full moon eclipse in Capricorn with a plethora of planets in retrograde, helping us to come to terms with the past, including limit-setting Saturn, imaginative Neptune, and transformative Pluto all highlighted in their relationships to the moon. This,

alongside the super-charged quality of an eclipse, shines light upon our life's choices and what are behind them.

Sometimes the possibilities of what to do, are more pragmatic. In the summer if I am going to work in the garden, I pretty much NEED to work in the morning or the heat not only exhausts me, but makes the vegetables wilt upon picking! Even though I like to meditate in the mornings which includes time for dance, it doesn't work on a garden day. This is not the pressure-driven Suzanna but the one who sings and practices as I pick and weed. Now, the new question is: "What is it that I am being asked to flow with and create into an alive, aware moment?"