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February 16th 2012: Natural Cycles Of Ebb And Flow

Just like the natural cycles of nature we all experience natural cycles of ebb and flow. Our energy waxes and wains like the moon, the tides, and the seasons; each cycle having its own distinct feeling. While in the flow there is an abundance of energy, a heighten sense of creativity, your mind is clear, you think of some one and they call; everything is going your way. In contrast while in the ebb, you have less energy, need more sleep, are not inclined to socialize, you feel a general lack of inspiration; it takes a lot more effort to do everything. These are are not random moods swings, the

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