

Aldea Explores Series

Every day we tell ourselves stories about why things are the way they are. We spend large chunks of the day lamenting our circumstances, mulling the possible culprits responsible for the unhappy place we find ourselves, or worrying about what we fear is coming in the future. We hurt ourselves when we do this.

The problem with this way of spending our time is that it distracts us from the present—the tasks we could be doing now, the choices that we alone have to make, the decisions to act that are the essence of participating in the good life. We can never be happy when we abandon our responsibility to our choices in the here-and-now. Our choices govern our responses, and our responses are the entire leverage that we have in each moment.

Read the Rest of Ryan Holiday's article [HERE](#).

**Reflect on the words above. Take time to read the rest of the article.
What can you take response-ability for in this moment?**

Taking Response-ability

In week two of our series, *Know Thyself*, we explored the idea of *taking responsibility for our lives and transformation*. We discovered that part of that journey is the life-long shift “beyond ego” to a more authentic “being.”

EGO

- Conditioned responses
- Unconscious awareness/. autopilot reactions; action without strong awareness
- Fearful; seeks comfort & to keep us safe and looking good and being right
- What “Should” be; contracts and resists what it doesn’t like
- External focus: Out there is causing in here: conflated
- Self-conscious internal chatter
- Control

BEING

- Unconditional presence, intuitive, connected
- Conscious awareness, perspective on my perspective; align deepest intentions and attention
- Sufficiency, confidence, love; flow state and co-creative
- What “Is”—pleasant, unpleasant, neither; expands & accepts what is
- Internal/external focus: In here and out there impact each other
- Flow state
- Co-creative emergence

As you consider the lists above, reflect on these questions:

What are my self-limiting patterns and how do they manifest?

How can I shift my state in any moment to live from Being?

The Journey of Self Discovery

Take Response-Ability

The chief task in life is simply this: to identify and separate matters so that I can say clearly to myself which are externals not under my control, and which have to do with the choices I actually control.

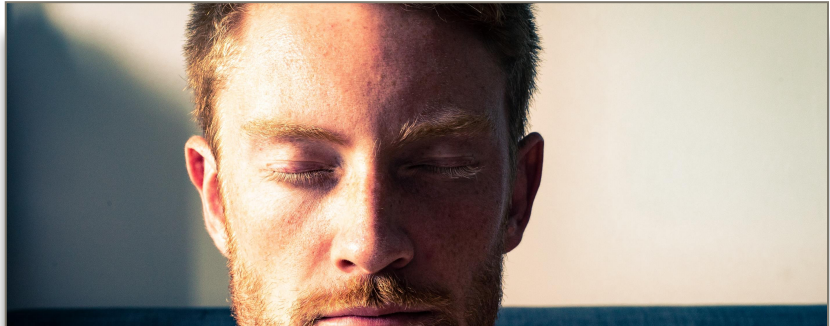
Where then do I look for good and evil? Not to uncontrollable externals, but within myself to the choices that are my own . . .” —

Epictetus

Discourses, 2.5.4-5



Breathe and Shift Into Being



We know our body and mind are connected. It's possible to shift into a place of "being" by altering your body and breath. Check out the article below from the Chopra Center on ways to shift your state and access your "being."

Click [HERE](#) to access the article.

After reading the article, consider the reflections

Do you pay attention to your breath during the day? If not, what could help you do so? If you do, what do you notice?

Can you see how taking intentional control of the breath can shift your state?

Try this: Use one of the breath techniques in the article and see how it shifts your state.

Breath work is powerful. Know your physical and emotional health before beginning.

Going Deeper



Click [HERE](#) to read a reflection on the power and practice of journaling. After you finish the article, take time to reflectively journal how the practice could help you move through your journey of transformation.