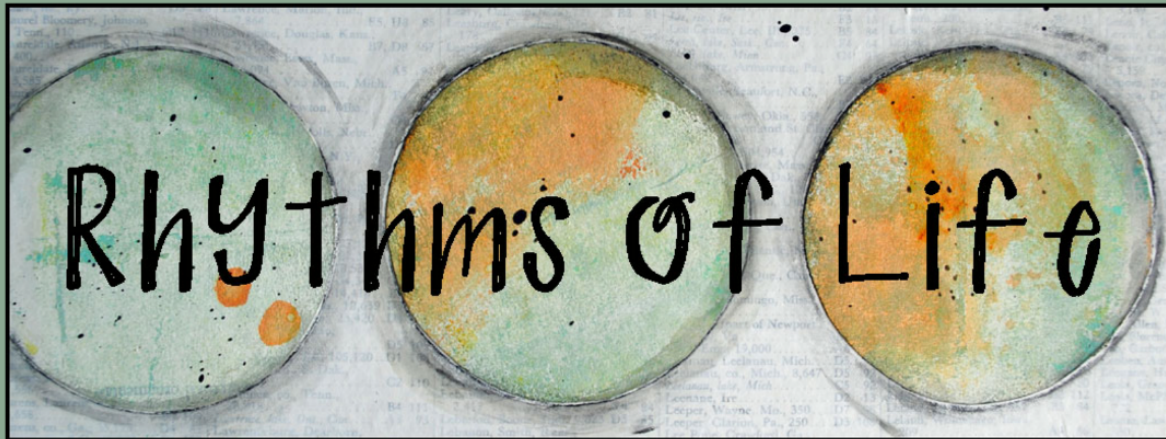


Aldea Explores Series**Finding and Following the Rhythms that Shape our Lives**

It has been my experience that persons have a basically positive direction. Life, at its best, is a flowing, changing process in which nothing is fixed. In my clients and in myself I find that when life is richest and most rewarding it is a flowing process. To experience this is both fascinating and a little frightening. I find I am at my best when I can let the flow of my experience carry me, in a direction which appears to be forward, toward goals of which I am but dimly aware."

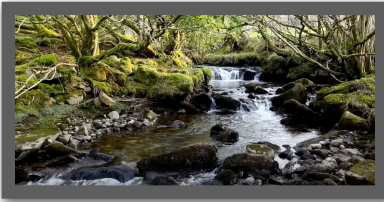
Carl Rogers, *On Becoming a Person*

Ponder:

What does it mean for you to live in rhythm with the positive direction of your life?

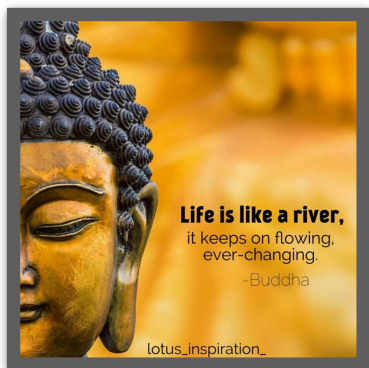
What does life look like when it is a flowing process?

Reflect: To be in rhythm with the flowing process of your life is, as Rogers puts it, fascinating and a little frightening.



Ponder a river and the three realities of rhythms (to the right). Consider that at different places on the river, the rhythms and pacing are different. There are times the water moves fast, slow, and even pauses.

What can this teach you about your life?



The Realities of Rhythms

Consider these three realities of rhythms of life. They have similar qualities to the flow of a river.

- Life's rhythms honor ebb and flow.
- The best rhythms in life are unforced and unhurried, even if at times they move fast.
- Rhythm is what we return to when we cease forcing and hurrying.

Rhythm guides your life. From the steady rhythm of your heart pulsing life-giving blood, to the breathing in and out of oxygen necessary for survival to the simple left-right-left-right marching pace as you walk along your path, rhythm governs each second that tick, tick, ticks away.

Sabrina Peña Young

Life is Full of Rhythms and Beats

- *Just like music, life has a tempo, as well. As human beings, we have natural and man-made beats.*
- Physical Beats
 - Sleep and wakefulness
 - Eating and the space between meals
 - Exercise and rest
- Mental Beats
 - Learning and the space to apply learning
 - Taking in information and space for reflection
 - Growth and the space for simply being with what's already emerged
- Emotional Beats
 - Need for connection and love balanced by need for solitude and silence
 - To nurture and to be nurtured
- Spiritual Beats
 - Meaning and purpose beyond ourselves
 - Meaning and purpose within ourselves
 - Make the world a better place
 - Learn to be our own ever emerging better self
- Beats from the realities of our world
 - The rhythms and beats of
 - Working
 - Playing
 - Chores
 - Chosen activities

For more on this click the link: <https://bethplachetka.medium.com/the-importance-of-rhythm-the-tempo-of-life-984639b30998>

Consider the different areas of life and how each has its own quality and purpose (like different beats with different tempos). Ponder how you are, or are not, honoring these areas. What could you do to better enter different rhythms with purpose and meaning?

Going Deeper

Here's an article by Dr Amelia Stephens. In it she contemplatively reflects on what "living in rhythm" it means to her. After you read and reflect on it. Take time to journal your own thoughts on what it means to live in rhythm with life. Let Stephens' words, and your own reflections, draw you to a place of meaning and transcendence.

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

