

28 The elements: air

Key words: clear thoughts, mind

A soft breeze caress our face as we stand there, eyes closed. We open our palms and feel the air colling the warmth within. We feel our mind take over this moment. Our thoughts are clear. We start to put some order on the events we lived lately.

We are now able to put them into perspective, to see the links existing between each of them. We can see a chart starting to draw itself within our mind. Causes, effects, possibilities. Everything seems so easy to understand now.

We take a deep breath, and calmly start to look at everything more in depth. We let the air chase away doubts. Each aspiration gives us the inspiration we need to go into each details. Our eyes are wandering on the inner map, and the air unveil hidden meanings, paths, secrets. We now know what each of our choices led us to do, go or even be.

There is no judgement, just a clear vision of our journey. And we realize that there are no bad or good choices, no bad or good decisions. Each of them is a teacher, and we should keep an open mind to appreciate them as such.

Acceptance is coming next. We are who we are because of these choices and decision and we are grateful to have been able to go that far without knowing where we aimed to go.

We take another deep breathe and look one more at the possibilities it offers us. We then choose one of them, knowing that the others will come back on our path, sooner or later. We then bath a bit more in this serene peace of mind. We are.

When the time has come to go on, we are ready.



You need to step back and clear your thoughts.

Take deep breaths and envision the air clearing the fog invading your mind right now.

Try to see beyond the emotions you may feel, beyond the projections you may make.

Everything is what it is, it only depends on you to see it for what it is, or to project whatever you feel like into it.

Now is the time for you to unveil what you refused to see, and to face it. It's not for you to judge, but it's for you to accept.

Then and only then you can act upon it, if it's the path you want to take, or to walk away from it.

With a clear mind, you'll be able to make the choice you need to do right now. Because you deserve it.