

Honoring Your Internal Cadence

by Tania Welch

Slow down and tune into your internal rhythm, your unique cadence.

Within this internal song there's magic.

A steady rhythm comforts us, and brings us closer to our own sense of inner knowing.

Relish in this distance you have wandered, embracing the journey, arriving to the sound of clarity. This clarity that is the voice of God, Spirit, Source.

Our own internal cadence keeps us aligned with what matters most, in harmony with the Universe.

It is the language of Spirit, the wisdom of your heart.

This rhythm is the same energy that governs the rotation of the planets, the ebbs and flows of the tides, the moon, a woman's monthly cycle.

When this rhythm is nurtured, nourished and embraced fully it can sustain and guide you through life.

This rhythmic pulse is always there and with careful, deliberate attention gains strength and momentum to move you towards miracles.

Be curious. Begin with your breath.

Connect to it's spacious rhythm.

Inhale deeply.

Exhale fully, the sweetest most delicious tempo.

Linger in this calm.

Listen fiercely. Engage with the sound.

Lose yourself to the rhythm so that you can find
yourSELF.

Surrender to what is rising...your highest potential.

When thoughts, or next actions feel loose and nebulous,
tune in.

Sometimes inaction is the greatest action you can take.

Then listen.

Get quiet, do nothing, be open.

Receive.

Be willing to consistently hone your listening skills.

This deliberate attention attends to and heals all those
wounded parts of ourselves.

Our healing becomes healing extended to those around
us.

As your own listening expands notice how you become
more available to listen to others.

Listen with not only your ears but your eyes, your heart ,
your cells and with your whole body. This listening then
is returned to you.

This. Is. So. Good.

So vital.

Through a melody of patience and trust, allow your sense
of rhythm to lead you towards a path that feels
authentic, clear and paved from your highest integrity.

Flow with the melody, let go of judgements and the need

to know the next step.

Trusting, surrendering, just being in the flow.

This flow, your own unique expression, is your inherent state of being.

Centered and grounded.

Pause often and listen to the music of your soul. It's within this gentle song that we will find the best parts of ourselves.