

Courting Your Life

by Marney K. Makridakis



Nothing feels like being in love. The emotional rush, the excitement, the anticipation, the inner spark...they all work together to fill our hearts with an unmistakable glow. *It feels good.*

It's no accident that when we talk about our creative dreams and goals, the word "passion" is often used. When we find something that we love to do - be it art or writing or yoga or volunteering or running marathons - we want to spend more and more passionate moments doing that thing.

However, it's usually not possible for us to drop everything else to focus on a love affair with our creative pursuits. We engage in lives of dissection, where our real life is "here" and our creative love - the fun stuff - is "over there". How can we bridge the gap so that we spend more and more moments feeling the drive and energy that we feel when engaged with our passions? By falling in love with the totality of our lives.

In order for us to feel the passion that we need to bring our desires to life and accomplish our creative dreams, it's imperative that we feel good. Call it "keeping high vibrations" or "whistling while you work"...when we are feeling good we are much more likely to produce and make changes in our lives that support the direction in which we want to move.

To this end, sometimes the most important changes we can make towards falling in love with life are on a very small scale. Call them gestures of courting, if you will. Making choices for happiness, joy, energy...they are all efforts at flirting with life in an effort to spark that love affair.

So, we can make inquiries such as the following:

**What can I do to be happy RIGHT now?
What makes me most joyful right now?**

This is a very simple act. It can be as simple as asking, "Do I want a cheese sandwich or soup for lunch...where does the joyful energy pull come from?" "Do I want to make this phone call or that? Where does the energy come?" It takes effort at first to make this inquiry when making decisions, but in time, our choices will come directly from that motivation. That place of motivating joy, purpose, and balance is where the choices will come to find themselves at home.

Spend time every day doing something you love. Not necessarily something associated with your project or goal...just something that will keep you feeling energized and fueled. Spending ten minutes every day - if that's all you have - doing or thinking of something that makes you really joyful is nothing to sneeze at. Put enough of those ten-minute "romantic trysts" together over time, and your whole body mechanism begins to respond when you feed yourself the joyful stuff. You'll want more and more of it and you'll create more and more of it. And the romance of - and with - your lifetime will be manifest.

Marney K. Makridakis is the Editor of Artella, who also leads popular creativity workshops and courses for members of the Artella community. Read about her creative offerings for your Muse and spirit at at www.ArtellaWordsAndArt.com/workshops.html.