

song: *Ride* – Bond

explore: (v: do it)

- to investigate, study, or analyze: look into
- to become familiar with by testing or experimenting
- to travel over (new territory) adventure or discovery

analyze, examine, hunt, inquire, inspect, probe, prospect, question, research, scrutinize, search, seek, test, tour, travel, traverse, try

"... and then the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." –Anais Nin

Exploration is a daunting process; it presents challenging situations. You are bound to find yourself uncomfortable and vulnerable. Exploration does not suggest warmth, cushion or comfort; however, the result of exploration may yield riches beyond your wildest dreams.

Set no limits for growth...you are an unlimited being, accepting from an unlimited source, in an unlimited way.

"When I discover who I am, I'll be free." -Ralph Ellison

Exploration is searching. Exploration is experience. Exploration is living.

Analyze your current state...what's working and what needs to change? Every person, at any age, has the capacity for transformation. When will you realize that some habitual actions are not carrying you to where you're meant to be?

Dig deep...examine yourself...where do you have the latitude to feed more to your life?

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."
-Mark Twain

Action: Analyze your current state...what's working and what needs to change? Every person, at any age, has the capacity for transformation. When will you realize that some habitual actions are not carrying you to where you're meant to be? This week: walk down a new street, take a class with a new instructor, try a new restaurant. Drink beet juice (it's better than you think).



As you move through your Standing Cat-Cow, explore the space through your spine - allowing each vertebrae more room to float.

November Color: Claret Red

Claret red is a color that inspires depth, strength and love. Use it to remove emotional blocks that are in your way.

November Chakra: Root Chakra

The root or base chakra is associated with the element Earth. This symbolizes the densest grade of manifestation and basis of life.