

engage

song: *Feeling Good* – Muse

week #23

engage (verb: do it)

- To attract and hold by influence or power
 - To interlock with: MESH
 - To bind (as oneself) to do something; especially to bind a pledge to marry
- agree, bind, catch, commit, contract, guarantee, obligate, oblige, undertake, vow

“How much do you engage yourself in what's truly real and important in life? That's the individual question.” –Ted Danson

Engaging yourself in any situation fully and completely while not becoming distracted, may be challenging.

“When you start to engage with your creative processes, it shakes up all your impulse, and they all kind of inform one another.” –Jeff Bridges

This week, make it your duty to engage another person (attract him and hold him by influence.) Perhaps you'll find yourself teaching someone how to surf for the first time. Or maybe you'll be speaking to a co-worker on a topic that they are not familiar with...and they'll learn from you.

Whatever the case, do your part in serving the world. **It's our duty to engage others...to share...to inspire...to promote change where it's needed.** Every one of us could stand to be led into a new discussion or an interesting activity. Once you engage in something new, you will step from your old self, shed some of your old skin, and begin your rebirth into who you will be tomorrow.

“If you can once engage people's pride, love, pit, ambition on your side, you need not fear what their reason can do against you.” -Lord Chesterfield

Action: Engage your power this week. Power in the sense of the ability to carry out an intention by sorting through innumerable impulses, deciding which ones to suppress and which ones to take action. When this happens and you reach a desired outcome, you have engaged your power.



Engagement is connection. In your Powerstance, engage your body and and mind... connect with the earth. Engage with yourself in the mirror. Today your workout is all about you.

June Color: Aspen Gold

Aspen gold, the color of June, can enhance articulation and verbal dexterity. It may even help when taking an exam or speaking in front of an audience.

June Chakra: Solar Plexus

The solar plexus or third chakra acts as the sun inside of your body. As the element of this chakra is fire, your body utilizes that internal flame as energy.