

# remember

song: *I Remember* – Deadmau5 & Kaskade

week #37

**remember:** (v: do it)

- to recall to the mind; think of again
- to recall to the mind with effort
- to retain in memory

*cite, commemorate, conjure up, dwell upon, elicit, master, memorialize, recall, recognize, recollect, relive, remind, retain, revive*

***"I hear, I know, I see, I remember, I do, I understand."***

*-Confucius, Chinese Philosopher (551 BC – 479 BC)*

Remember is a verb. An action word; something we do. Remembering in itself is a transition, we are bringing something forward in our memory, recalling, considering, pondering how it felt. A transition, whether it be from two legs to one, from level one to level two, from sorrow to joy, can be rough or smooth. Life is about living through the transitions; moving through them, learning them, retaining the lesson.

***"If you tell the truth, you don't have to remember anything."*** –Mark Twain

Live presently and remember your lessons. Allow your memories to linger in your conscious and subconscious, in your heart, mind, and in your soul...in your muscles, in your nerves... in each fiber of your being.

Remember those people who have touched your life forever, and hold them in your heart.

Remember which of your actions propel you forward, and which hold you back.

Remember how to move; functionally, with grace, with patience, with confidence.

Above all, please remember this powerful lesson from "Total Freedom" by Krishnamurti. The ultimate gift is not finding any one thing in particular, or reaching a specific goal. It's the search that matters the most. It's the journey that creates your most treasured memories; the transitions. Remember where you came from so you can better keep on your search.

**Action:** Remember back to a time that you noticed beauty all around you. How did that make you feel? Think of ways to replicate those feelings again NOW.



*Your memories linger in your conscious and subconscious: in your heart, mind, and in your soul...Remember with your muscles, your nerves - each fiber of your being. As you practice the Rear Deltoid Strength exercise, your muscles will learn to remember the posture that you embodied in youth and prime health.*

## **September Color: Baja Blue**

The color Baja Blue can help increase your aesthetic abilities and awaken your sense of beauty.

## **September Chakra: Brow Chakra**

When balanced, the 6<sup>th</sup> chakra can help you find a clear vision of beauty all around you.