

song: *Going Deep* – Chicane

week #38

depth: (n: own it)

- a part that is far from the outside or surface
- a profound or intense state
- the quality or state of being complete or thorough

abyss, base, bottom, completeness, declination, draft, drop, expanse, extent, intensity, lowness, measure, pit, pitch, profoundness, profundity, remoteness, sounding, substratum, underground

This week our word is simple and so is our goal. Go deep. Examine each fiber. Persist in your quest. Squeeze harder and engage more fully. Think it through completely; from all angles, and understand it all. Be fully you; to the very depth of your soul.

“Quality is decided by the depth at which the work incorporates the alternatives within itself, and so masters them.” -Theodor Adorno

When it comes to relationships (with different people), conversations, situations, I have sometimes been told, “You’re reading too deep into this.” Is it possible to “read too deeply”?

I don’t think so.

Recognize the truth...Read the writing...Contemplate the symbolism.

Absorb (and believe) the action. Your instincts lie far within; they are your personal compass.

This week, go deep.

“The depth and strength of a human character are defined by its moral reserves. People reveal themselves completely only when they are thrown out of the customary conditions of their lives. For only then do they have to fall back on their reserves.” -Leon Trotsky

Action: How deep is your willPower practice? Emotionally, do you infuse it into your daily thought process? Physically have you set a December Plank Challenge goal? The time is now. Dig deeper this week.



This week our word is simple, and so is our goal. Go deep. As you Peel Down, go deep into the mobility and articulations of your spine, explore your awareness there. Practicing safe yet deep articulation through the spine keeps the body young.

September Color: Baja Blue

This color can help you be more discerning and can help to organize your life better.

September Chakra: Brow Chakra

The Sanskrit name for the brow chakra is *Anja* which means to perceive and command. Use the color to help you look for deeper answers.