

LIVING LIFE ON THE HIGH NOTE

Do you dare..? to live on high?

Do you have the courage to walk straight, when the arrows on the road of time, cross often and point you to distraction?

Do you have the strength to keep the pure choice?

Do you know how to make boundaries even though you may... lose, be alone, have empty pockets and gain nothing that the world can see? Living life on a high note is not for the small soul, or the faint of heart.

If you join the club of the high note people, you will have to listen to Beethoven's symphonies, look at Rodin's sculptures, smell freshly cut flowers and say hello to the sea. To be initiated, you will have to make all your own rules, tell your family to be quiet, give some friend the boot, and cry alone. You may have to quit your job, move to another city, and work by moonlight and follow an invisible watch and calendar.

You will have to talk to fish, watch willows blow in the wind, and laugh with your children. You will have to exit many rooms, travel in pain and hear words that call you crazy. Often.

And all you may get in the club, at the end, is some voice that may whisper to you, "hey, I admire you, you knew how to live." And your only response might be a gentle knowing in the deep planes of your heart that says, "Yes, I have lived."

This will have to be your new boundaries-

I am my own master.

I promise to never put myself down.

I am beautiful, because I breathe.

I will accept nothing but the best.

You will have to understand the nature of power and the light. You will have to ask often... who have I given my power to. Has anyone sucked my energy? Who must I get it back from? What past memory must I retract? Do I have 100 percent of my life force? Have I adapted another's belief or thought system? Will I command my heart to return?

You can save years of distress, if you make choices that suit your own soul. Choices make you- the king and queen of you. Choices of self-love make you stand strong in the breeze, alone in the sand, with your heart pink with unconditional love for yourself, and the world. In the choice of strength of spirit, it is enough to have your own feet.

In the jungle, your safety is in keeping the greatness of your own soul. Your elevator has one direction, no stop signs, and no decisions about buttons to push. It is enough that you know that you move beyond the third dimension – with Einstein, and Gandhi and the Beatles and the Lakers...

On the high yellow brick road, you may meet the scarecrow, the tin man and the lion, and the witch and the wizard, but you own your own shoes. You will never take them off for people, for money, for fame. The dark forest you will pass and the poison is the fake garden, and the empty rooms behind the doors. But, you will have committed to living somewhere over the rainbow, where dreams are born.

To live life on the high note, is not for the little soul. But, it will inspire the weak, and of course, it will get you invited to many parties. Others will look up when you pass, and ask you many questions and wonder, “how do you do it? How do you keep moving? Tell me how. And may I thank you and honor you for reminding me that there is another way.” Yes, that choice will do that much. And in our world, in our times, we need the compass that will seek the peaks.

Commit, choose, stay and walk on the high road with the high note. Keep solid and straight, because happiness is not a crooked tune.