

INTEGRATING YOUR EXPERIENCE INTO DAILY LIFE

So you've just had a profound experience in a workshop, or a class. You head home knowing something has changed inside you, and it feels good, and you want to stay that way, right?

It's a big thing to dance the rhythms; you will have stirred and shaken yourself deeply. As the magic and extraordinariness of a workshop blends into daily life, how to nurture the new self you found?



The structure of your life — your relationships, work, living space etc — is an expression or manifestation of your 'energy signature' as a human being. It's like an imprint that you live in, that fits the shape you are. When you undertake deep transformative work in something like the 5Rhythms, your shape changes and will no longer fit the imprint you were inhabiting: either the imprint has to change to fit the new you, or you have to go back to your old shape. In practice, a bit of both will happen, but you have some influence over where you land between the two extremes. What follows are some suggestions of how you can stay in your new energy pattern more consistently in order to allow more change in the structure of your life.

- 1) Practice what it was that produced the changes — you were going with your own flow, showing up in front of other people and daring to be real, letting go of stuck patterns, experimenting with new ways of being. You were in meditation. There are many ways to do all this, but regularly making time for some kind of practice (whether it's the rhythms or something else) is reliably, deeply, simply, fruitful. There are ideas for home practice in the "Just do it!" article on this page.
- 2) When you get home, as soon as you can, dance there. Move in a way that embodies the new qualities you want to bring into your daily life, as though you're introducing your new self to the space where you live. You can even find a way to walk that subtly embodies this 'new you' as well, in which case you can similarly introduce yourself to the space at work, or your local high street. Literally practice being that new you everywhere you go.
- 3) It may be useful to have something physical in your home that reminds you of your experience and anchors you back into that, every time you see it. You could write about it — as straightforward prose, or a poem. Or draw it. Or create an altar that somehow captures the essence of what you found.
- 4) Seize the day! Windows of opportunity will come your way that give you the chance to take the changes you've made on an inner level already, and have them bear fruit. Little moments when you could do something a bit differently — be more true to yourself, or more expressive, more unconventional or more creative. Notice, and leap if you dare! You'll learn, whatever you do.....

- 5) Be aware of the field or the constellation that you're moving within. When you make a change, all those people who are part of your world have to change their position too, and the closer they are to you, the bigger the effect of your change upon them will be. No-one likes being forced to change, so be creative and kind in your communication. Remember that they may not completely understand what you've experienced, especially if they've never done anything like that themselves. If they're threatened by the changes in you, it could be challenging to negotiate the steps ahead — use your practice by staying aware of your body, breathing consciously, taking time to move through any difficult feelings that come up. This stuff works, if you do it!
- 6) Get creative! All creative acts, whether it's baking a pie, starting a business, writing a book or raising a child, will take you through the 5Rhythms in wave after wave. And dancing the rhythms gets your creative juices flowing. Let them flow! Paint a picture, take up the guitar, create a garden, start a new project, or dance again. You are an extraordinary creative force. Enjoy!
- 7) Take a breath. Life will have it's way with us all, and we're not really in control. The intensity and freedom you find on the dance floor will likely always be your leading edge of consciousness; that environment will often be where you are at your best. The unity and clarity of purpose there, the support of like-minded people around you has a lot of power. Let that be your holy ground, and know that little by little, and occasionally in big leaps, that beauty and power will find it's way into your days. Take a breath.
- 8) Slow down. Coming home from some huge experience, and whether I'm in my house or the supermarket, home life is so familiar that it's easy to go onto auto-pilot mode, not really present. This is one of the ways my ego gets back into the driving seat. In my lack of presence, old patterns creep back in and before I know it I'm feeling off-centre and wondering where my enlightenment went. Staying present is the key for me, and going slow is often what it takes to stay present. I go slow and then all the juice and awareness I found on the dance floor spreads into my world like a subtle light. Then in turn any behavioural shifts I need to make in order to accommodate my new awareness become more obvious, and I have the strength to choose them.
- 9) Keep allowing change to happen, because it will. You cannot hang on to that relatively enlightened self you found on the dance floor. Everything moves in cycles. You'll have to let yourself get more ordinary again. Old patterns will resurface to be reworked: don't give up. Simply keep going. If you feel sad at the passing of that altered state of consciousness, allow the sadness, but maybe don't believe the thoughts that can come. Set aside some time, and do your practice, on or off the dance floor. (See "5 Ways to Dance".) It will all come around again.

[← Back to Downloads](#)