

## The Attended Life

by Kathy O'Dell

Last year I put my writing and my web-site on hold while I taught some classes at a local school. I did not realize that an unattended web-site could be a target for SPAMers. I am in the process of cleaning up the mess left by the mice that played in my account while I was gone.

In any situation I always ask, “What can I learn from this? What can I give to this?” What I learned from my SPAM mice was that when you leave an area of your life unattended, whether health, your relations, your career, or a web-site—it suffers from the lack of **attention** and **intention**. When you come back to it, either life has moved on and left it in the past, or real damage has occurred. Think of someone working on deadline after deadline. He or she gets past one crisis only to move on to the next. With attention completely on work, health can go down until a healing crisis occurs. Then the career can suffer while you deal with illness.

There is a kind of balance in this, but balance would be better achieved by living each day in a balanced way. Life has a way of demanding balance. If we do not balance our own lives, the balance will be forced on us.

Erma Bombeck once said, "Life is what happens to you when you are making other plans."

Things will always come up. Sometimes those things are meant as wake-up calls.

Do you know what is really important in your life? Do not wait for a crisis to find out. Live life deliberately, with attention and intention.

I am reminded again that we are vibrational beings. My attention to my web-site kept it vibrationally pure. When my attention was not there, it fell apart.

**Attention** and **intention** create your life.

My colleagues and I recently did a workshop titled, “Healing Through Change.” One of the cornerstones of the workshop was a section on setting goals. We used the idea of the Potter’s Wheel to create a balanced set of goals related to each area of each of our lives. After balancing our Potter’s Wheel by setting goals, we then looked at the whole and created a mission statement for our lives.

This is a powerful and balanced approach to getting your life out of crisis mode and into being your conscious creation.

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