

Faster than the Speed of Life

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Written by Nanice Ellis

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Tuesday, 01 March 2016 00:00 - Last Updated Friday, 15 September 2017 07:49

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From this perspective, I was no longer in a rush. I was no longer stressed. At some point, I

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## Getting in Sync



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### Use Love

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It is often our identities that keep us from being truly present and in the flow. Maybe we are so busy playing the good mom or dad that we forget to pay attention to our children, or we are so caught up in playing a career role that we forget who we are beyond the performance. Instead of being Superman or Superwoman, just be present. There is no stress in being present.

## Detox Your Mind

It is often self-judgment that causes us to stress out and go faster than the speed of life. When we drop criticism and self-judgment and we let go of have-tos and shoulds, we become free to grow and flourish waves with attitude. Women, are tent Srowsrds, we

