

“The New Year’s Paradox”

By Dave Markowitz

At almost every lecture, I ask the attendees, “How many of you know that meditation is an inexpensive yet invaluable practice?” Invariably, at least 90% indicate yes by raising their hand. I then ask, “And how many of you do so regularly?” And again, invariably, only about 33% of the attendees indicate yes.

Hmmm...

Later when talking about diet, I ask, “How many of you know that vegetarianism or veganism is more beneficial to your health than a carnivorous diet?” Roughly 75% of the attendees raise their hands. “And how many of you are active vegetarians or vegans?” And then, well, you guessed it: perhaps 20% raise their hands.

So why is it that we know so much yet are still unhealthy?

Around New Year’s, many people re-assess their lives and ask what’s working and what’s not. Many make promises they know they can’t keep. And some think about all the things they should be doing but aren’t. Maybe they’ll make a list of ‘should be’s and be ready for the New Year only to find themselves right back at square one with a few weeks’ time. How many of you can relate to this?

The practice of meditation is called that for a reason. It’s my belief that if we thought of everything we do as a practice, we’d be a lot less self-critical. If we viewed everything a practice toward health or peaceful in-the-moment living, we’d be a lot more healthy and, of course, a lot more loving. In fact, the relentless pursuit of perfection (with all due respect to Lexus), when coming from a place of a need to be perfect, is an invitation to failure. Why is this? We all know we get what we focus on, and the energy associated with either a vision of an ultimately illusionary concept of perfection or from a place of self criticism--while at times can be a catalyst to better living—more often is dramatically less effective and ease-full than when coming from a place of self-love.

Will 2011 be the year of self-love for you?

My good friend Andrea Lozada (who, trust me, you will be hearing from in the future), points out that the energy associated with asking, “What am I doing wrong?” is far less effective in receiving an a-ha response than, “What can I do better?”

At New Year’s, when perhaps more than any other time we ask, “What did I do wrong this past year?” and then take a few steps toward rectifying the situation, we too often sadly find ourselves back where we started from in just a few weeks or even days. Just like the “Monday morning a-ha’s” that turn into the “Friday night blues” after an empowering weekend workshop, we wonder what went wrong.

It’s because we are all way too hard on ourselves and when we wonder what to do next, we come from this place of inquiry. This lower-vibration energy affects the level of energy in the response received from either Spirit or other people. The Universe is a giant scanner and printer and gives back to us whatever we send out at the same frequency we give! Marianne Williamson said that

