



# MONDAYS

*with Mike*

## AULTCARE

Weekly PLAN

monday

## Quieting the noise and getting aligned

In her book, *Redefine Your Success Metrics*, author Edlyn McGarity shares a neat reflection about a conversation she had with her mother:

In the middle of the pandemic in 2020, my mother called me from Mumbai to tell me how the birds had gotten louder. And then it hit me; it was not the birds that had gotten louder; the noise had quieted down. Mumbai is one of the noisiest cities in the world, and because of the COVID pandemic, the city that never sleeps suddenly shut down. Thus, with all of the silence, the birds got louder.

The point of her story is that we get so busy being busy that we stop hearing our inner voice and our intuition. We can let the “busy chatter” take over our personal alignment of our head, heart, and inner spirit. It is like a car being out of alignment. We can still drive the car, but the tires wear poorly, we get less than anticipated gas mileage, and other parts of the car begin to loosen and rattle.

This week, let’s check our alignment by quieting the chatter that continues around us and do the following:

Let logical thoughts of our head bump into our heart, which is our motor. Then, allow that motor to be fueled by the great inner spirit that we all have. When our head, heart, and inner spirit are aligned, we cannot be in a bad spot. The “noise” around us quiets, and we attack life with our best “personal vehicle.”

Drive well this week!

