

October 2008

### Upcoming Events

- ✓ stay tuned for reiki classes early next year...
- ✓ reiki mentoring group will also debut in January '09

### Paula's Update

The other day I picked up a Hertz rental car at the Dallas airport with a NeverLost GPS device installed. What an amazing invention! Instead of trying to read a map while driving in rush hour traffic in an unfamiliar city, I simply followed the prompts.

"Keep to the left and prepare to merge onto the 121", the female voice politely suggested. "Prepare to exit to the right in 1.5 miles" she said a few minutes later. "Recalculating" she said when I somehow missed the exit. She didn't even sound irritated. She just kept directing me until I made it to my hotel.

It occurred to me that this experience is a metaphor for the spiritual journey. We have an idea of where we want to go, but often don't know how to get there, especially when we're venturing outside of our comfort zone. The NeverLost computer knew the entire route, but only gave me just-in-time prompts. My job was to keep moving forward, trust that I was headed in the right direction, and listen for the cues to tell me when to adjust course. Sound familiar?

### News on Health & Wellness

I couldn't find a research article that struck my fancy this month, but thought you might resonate with these [10 Tips for Dealing with Information Overload](#). I don't know about you, but I am overwhelmed by media coverage of the financial crisis, the election, the ongoing Iraq war...

Just for a few days, I recommend turning it off and spending more time outside. Breathing in the crisp fall air will bring more peace than any candidate's promises.



*All that is gold does not  
glitter; not all those that  
wander are lost.*

*-J.R.R. Tolkien*