as I was coaching someone yesterday, a visualization exercise came into my mind out of nowhere  which seemed to help the trader I was working with. It featured an owl in a sacred place giving me "no advice", but rather it was sharing self-knowledge, infinite patience, compassion and "no judgment". I knew the owl would always be there. At the end of the exercise, you then "get up and do the next thing that needs to be done", knowing you can always go back to that place.

 I woke up to the facts that:

1. I've been mourning my Dad until Sunday, without being aware of it

2. His totem animal is the owl

3. I’d received a gift of a priceless drum at the KC workshop that I didn’t feel worthy of

3. After 20 years of doing the Tortoise work it was time to be business like, and get out of my own way, by trusting others

4. My intention is to do this work until I am 80, which includes coaching in a self and team empowering way

5. I had been doing a form of this psychological exercise for years, but without the spirit guide, which raised it to an entirely new level of meaning

in recognition of that moment, I offer the Owl meditation for your consideration, written in a stream of consciousness as it came to me in a flash…

I cannot tell you in words how much better of a person and a father I have been since doing this one over the last 5 years.

Thanks Dad. Keep watching.

Sincerely,

Ken Long

Leavenworth, Kansas

June 22, 2015

(in loving memory of Bill Long Sr <https://www.facebook.com/william.p.long.1?fref=ts> )

The Owl meditation:

Find every positive, encouraging voice in your head and the messages each is telling you and write a brief summary of those thoughts on one side of paper 1

Find every  negative, discouraging voice in your head and the messages each is telling you and write a brief summary of those thoughts on one side of paper 2.

Read paper 1 & 2; when you are done  close your eyes, and feel every feeling

Write the 1 word name of each feeling on the backside of each sheet of paper

Put the papers in an envelope, seal it.

Address it to: [your higher power]

Take the envelope outside, offer it as a gift of trust to [your higher power],

Burn it.

Watch the smoke and where it goes…until it’s gone…

After 2 deep cleansing breathes, close your eyes look inside until you see a pond at dawn or twilight with no waves.

***Stillness, silence, waiting….until…***

Notice the oak tree next to the pond

Notice the owl in the tree watching you. The owl sees everything but does not judge you, nor will it ever judge you.

It is the Owl of Self-awareness, Infinite Patience, Compassion and Understanding

When you acknowledge that and KNOW that it is true, get up  and do the next thing that needs to be done until it is time to sleep to be ready for the next day

Get a good night sleep

Meet the day with a smile, knowing you are ready for the next thing, whatever it may be

Remember the owl and what it will do for you whenever you need it

that's all

no hurry, no worry,