

## **Take What Resonates and Leave the Rest**

**By: Lee Papa**

The mantra, as the title states, is a repetitive theme in my Mindfulness teachings of the Mindful Makeovers™ programs both with personal and meetings & events professional trainings. And the e4 2017 theme was a brilliant platform for sharing this concept.

I explain to my clients and attendees that not every teaching will make a connection for every individual in that moment in time. However, it may be a seed for a later time that will germinate and burst into a bloom of knowledge when it is right. Or that offered philosophy may provide a prickly rub of non-acknowledgement for one and totally connects for another person in the room. It is important to impress upon the student to allow that which does not make a connection to wash over them with no judgement. This way, one does not spend time resisting that thought and miss out on the jewel that is speaking directly to them. This seemingly simply truth has far more depth below that humble surface than one might think.

When I was a sensitive, 12 year old, lanky child that weighed 70 pounds dripping wet, and was easily bullied by more aggressive children, my father imparted a great wisdom. "Not everybody's going to like you child." Indeed. But when I was young that seemed horrifying that someone wouldn't like me. I would have never guessed at the time that those words would ring true over and over in other areas of life but the meaning was far more scientific.

It is RESONANCE!

Officially, resonance is defined as "the quality in a sound of being deep, full, and reverberating." There are other more complicated definitions relating to physics, but what it means for this purpose, and for you, follows.

If a sound has resonance then it has a deep, strong clarity about it. When there is resonance with a piece of art, there may be deep emotion that wells in the viewer. During a chance meeting one may experience significant feelings of familiarity and a sense of ease, this is resonance in relationship. When your event falls into place and deeply touches lives with the professionals, experts, and instructors with minimal effort, you have ridden the thread of resonance. Another way to say it is "alignment". And what does not fall into place or "feel" good is not in resonance or alignment.

During the e4 2017 event, we explored resonance as it pertains to personal and professional success through Mindfulness training. By utilizing tools associated with our senses of sight and hearing; guided meditations were used to weave a tapestry of understanding with tone, music and photographic art.

The inner knowing of resonance is not something you touch, taste, hear, smell or see with the naked eye, but you certainly know when resonance occurs with respect to personal alignment. There is a knowing or a familiar recognition.

Certainly, humans are all different, we navigate in our own ways and we have varying likes and dislikes. So, not everyone will resonate with every type of music, every medium of art or choice of flower essence. Yet, the awareness of this resonance or lack of resonance without judgement, is exactly what we became familiar with during e4 and began to understand the extraordinary value in it. And that understanding is the core of the Mindfulness practice.

**AWARENESS!** Awareness without judgement.

When you are true to yourself and the intention of what you desire, resonance is your key to success. When you are aligned with your intention, the pathway to Renewal, Revitalization and a new way of thinking is wide open and the obstacles you previously experienced become fewer and that which you resonate with is attracted to you with less effort.

In the Mindfulness Centre this year we explored the energy source of renewal and revitalization, and broke open a revised way of thinking about life and meetings by starting with resonance. With each meditation session, the attendees were mindfully guided to explore the often untapped nature of "being" and why it is essential to spend more time on the "being" and less effort on the "doing". We explored what "awareness" means in the context of leading a mindful life and how practicing mindfulness leads to enormous benefits personally and professionally.

The takeaway for the teachings of the Mindfulness Centre were life changing to those who resonated and the information forever shifted them. It is knowledge that cannot be unlearned.

And once embraced, this powerful aspect of Mindfulness will be used to reengineer the stagnant status quo and reach heights of inspiration, creativity and expansion not previously possible. Well-being at its best!