

Transformation Treasure Hunt

I write this for you as the world begins to open, and we step into our new land, embracing both a world in which COVID-19 is a part and, hopefully, a sense of newness and possibility.

I first hope that our resilience practices have become more natural and intuitive to us, becoming treasured parts of our lives and time with ourselves.

Second, I want to offer steps of transformation, pathways of change, as we come to land after our riptide ride.

1. *Embrace creativity!*

What's new for you at this time? What seeds of new ideas have sprouted? What have you enjoyed during your time of shelter-in-place? These are the clues of your treasure hunt. Note them and look for more.

2. *Be grateful!*

Gratitude helps us to recognize the clues to what is changing, transforming, in our lives. Practice each day and see what pops up and comes forward into your attention.

3. *Pick an action step!*

No matter how big or small- just something connected to your exploration. Here, you make this process more real and create the opportunity to learn more by taking action.

4. *Journal!*

Write it down. Think it, feel it, capture it. Put all the steps together here and really integrate this new transformation. Pull it deeper into your mind, body, and heart. Feel free to color it. That's right, be abstract- who cares!, just capture what you have noticed and experienced. This is the step of integration. You are really making this new idea, this new experience, yours.

5. *The final step: Never stop!*

As with the resilience practices, make the transformation treasure hunt a forever deal. If we do this, we will develop eyes of possibility with which to look out at our beautiful world, changing as it may be. We will always be in practice, ready to create new life. And this, this is the gift of hope.

As always, I wish for us all a beautiful, healthy world, full of peace, lightness, and compassion.

May you be well,

Calista