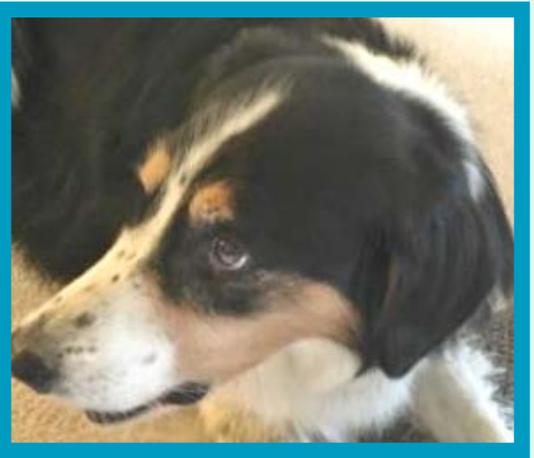


April 2017

## CLANCY'S CLICHES

Bzzzzzzz. Yes! Do it! Feel the vibration on your mouth! Pretty bee-utiful feeling.

Vibrations, drumming, heartbeats, all surround us and present particular unique mechanisms for our body, mind and soul.



Back in the womb, we felt the comfort of our mother's heartbeat. Napping on the floor, I feel the vibrations and beat of footsteps, voices, thumping of the typewriter, and the thumping of Jake's foot as he tries to scratch his ear. Running footsteps, marching, humming. All of life is full of energy to be felt, heard and experienced. It's a very primeval feeling since way, way back - since the beginning of time.

We each have our own natural internal rhythms. So does the earth with the seasons. Like a tolling clock tower, rhythm signifies the transition of time as well as life-changing events. It is therapeutic, relieves stress, restores energy, and is even believed to bring Alzheimer's patients back into the present moment. It can help you meditate; it can help you celebrate! Riding the rhythmic waves of life frees us, enabling opportunities to move amongst life forces with awareness, gentleness and grace.

This month I'd like to challenge you to stop and focus on the frequencies in your life - externally and internally. How does your life resonate with the rhythms and vibrations of people and things around you? What do you really hear? What do you really feel? What frequencies are you sending out?

March on!

Howlin's hootn'; Growlin's not gooten!



Clancy

## CLANCY'S CACKLES



Knock, knock, Who's there? Frank. Frank who? Frank you for being my friend!

Q. Why did the Easter egg hide? **Because he was a little chicken!**

Q. What do you call a rabbit with fleas! **Bugs Bunny!**

Q. What kind of garden does a baker have? **A flour garden!**