

# Episode 0014

## Orderly Life

Show Transcript



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Presented by Dr. Gala Gorman  
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00:04

Dr. Gala Gorman: What else might we do that would really help to send a clear message to ourselves and the universe that we are working to establish ...

00:19

Announcer: You've tuned to Awareness Addicts with Dr. Gala Gorman. Here, you'll find Sage Advice for taking inspired action. Awareness is the key. With this key, it's easier to navigate in the human world with all of its detours. It requires that we get to know ourselves intimately. If you choose to join us, this just might make you an Awareness Addict ... alive, alert, awake and aware of life's possibilities.

00:47

Dr. Gala Gorman: This is Episode 14. In the last episode, we considered the idea that we should proactively release attachments that are not serving us. As we release the old, we make space for the new. And, naturally, that begs the question, "How do we make sure the new that we attract into our lives is an improvement?" There is an element of chaos that accompanies change. In order to soothe the chaotic feeling that accompanies change, we need to find easy and practical ways to create order ... even in the midst of chaos. I'm Dr. Gala Gorman, and in this episode of Awareness Addicts, we are going to do just that.

01:26

It helps to know we're not alone. There's much we can learn from each other. No need to recreate the wheel. As Awareness Addicts, we keep an open mind and trust that the information that we're looking for is seeking us. This article will provide some insight to help apply what we're learning from this episode.

This particular article was in Forbes. It is titled, "Ten Habits of Incredibly Happy People." It was the result of a study from Northwestern University that measured the happiness

levels of regular people against those who have won large lottery prizes the prior year.

02:13

The researchers were surprised to discover the happiness ratings of both were practically identical. In other words, we all want to think that money is going to make our lives so much better. But, we've heard the stories ... I know I have ... about these lottery winners who actually are worse off financially a year, two or three years down the road. So, this is certainly not an end to our struggles with creating happiness. What is the number one thing that people who are wealthy do to create happiness and attract more abundance in their lives?

03:05

Number one is that they slow down to appreciate life's little pleasures. When we practice Aware Appreciation, one of the things we do with the Aware Appreciation Worksheet is stretch ourselves to find little things to appreciate. This is really very much in alignment with what I am encouraging you to do.

The article says, "By nature, we fall into routines. In some ways, this is a good thing." We are going to talk a little more about this in this episode. "It saves precious brainpower and creates comfort. However, sometimes you get so caught up in your routine that you fail to appreciate the little things in life. Happy people know how important it is to savor the taste of their meal, revel in the amazing conversation they just had, or even just step outside to take a deep breath of fresh air."

04:02

I just want to remind you and really highlight that this appreciation practice is accomplishing a lot of different things that you are going to experience as improvement in your life. They specifically refer to this idea of order that we're going to talk about today. Without order, the chaos will make it difficult to see life's little pleasures. So, stick with me here and we're going to help you reconcile these competing priorities.

04:50

Let's take a moment to develop awareness. This is something you can practice anywhere ... anytime.

Begin by noticing where your breath is landing in your body? Are you feeling your breath in your chest? Is it expanding your rib cage? Or, even your belly?

Just become aware of your breathing.

Now, we're going to breathe intentionally. We'll start by breathing deeply into our belly. Breathe deeply ... expanding your belly. Notice how it feels for your belly to expand. Then, pull your abdomen in so that all of the stale air gets pushed out on the exhale.

Let's do that again. Breathe in deeply ... all the way into your belly. Expand your belly. And again, breathe out and flatten your tummy. Squeeze all that air out.

Next, we'll move the breath up to our rib cage. Intentionally expand your ribcage with the breath. It may feel like your ribs are stretching out on both sides ... or you may feel it expanding your back. Just notice how that feels. You're stretching your lungs to the side and creating flexibility in your ribs. Take another breath into your ribcage.

Now, let's go back to how you were probably breathing when we started this practice. Breathe into your upper chest. You can feel your breastbone raise and lower with the breath. Notice how it feels to take a shallow breath now that we have expanded the breath into our belly and rib cage.

We have sent a clear message to our brain and nervous system that we can take control. Let's use this feeling of empowerment to practice Aware Appreciation.

What is ONE BIG THING that you appreciate right now? And, keep this in mind as you notice more things to appreciate as you move through your day.

- 07:07            Are you ready to release attachments that are not serving you? There is an element of chaos that accompanies change. But even chaos has structure to it. It is orderly in its own way. Our work is to put things that we have control over in order to establish a pattern. It might sound a bit “airy fairy.” Trust me. It will make a difference and soothe the chaotic feeling that accompanies change. Let’s explore some easy and practical ways to create order in the midst of chaos.
- 07:40            If we start to consider what it means to live an orderly life, one of the things that comes into my mind is this idea that order equates to almost a military attention to detail and doing things precisely in a certain way. We’ve seen the TV shows that talk about the kinds of things that the military stresses. That might be that the uniform is prepared just exactly right. There is an element of respect that level of orderliness begs for.
- 08:33            The opposite of that would be chaos. You can imagine if the military showed up and there was one branch of the military that was in pressed uniforms, hats ... really decked out. Their shoes were polished. Their firearms are well taken care of. Next to them was this branch of military that looked all disheveled. Their uniforms were messy, things weren’t tucked in, and everybody is sort of doing their own thing. You would look at those two arms of military and naturally have more confidence in the guys that seems to have their act together.
- 09:25            This is a great observation that we need to apply in every area of our lives. Routine and discipline do what I like to call “freeing-up mindshare.” In the little piece that I shared with you earlier, it talked about order saving precious brain power and creating comfort. We see this at work when we’re out in the world with franchises. One of the reasons why franchises are so successful is because somebody can step into owning a business and doesn’t have to figure out all those little details about how to execute things properly.

10:17

One of the franchises that we really love is Taziki's. There is not one here where we live, but wherever there's a Taziki's, we will go there. They were expanding in the area where we used to live and bringing in new franchise owners. It was interesting because one of the locations ... which was a great location and was very busy, but the franchise owners had decided that they were going to stray from the prescribed franchise format. They were trying to add a few different things on the menu and change things up a little bit to express their own personality.

If you have purchased a franchise, there is no wiggle room for that. If you want to express yourself individually other than making sure you provide great customer service and do a great job of hiring people ... owning a franchise isn't for you.

11:24

It was really fascinating. They actually ended up having to take the franchise back from these guys that were not toeing the corporate line. It was a really great lesson seeing how this franchise thing played out. In our personal lives, the way this shows up is that we tend to eat around the same time every day. Many of us will exercise around the same time every day. We're even encouraged to establish sleeping patterns and get our bodies accustomed to sleeping at a certain time of the day.

If we are trying to shake things up a little bit and stir some creativity, we might want to stray from this on purpose. But, it is a way of taking care of ourselves to establish this sort of routine and adhere to it. It brings us comfort and eases the number of things we have to think about and decisions we have to make.

12:40

Another way this shows up in our lives is in the media we consume. The television shows, magazines, and what we look at online. So, if the media we're consuming isn't uplifting and we find that it's agitating, we may need to either limit the amount of exposure we have or maybe avoid it all together. That's another decision that we need to make

as we're trying to determine in what area we need to add more order and reduce the chaos. Because these are areas where we have control. We need to examine our routine and determine what feels good and what is soothing us ... helping to calm our minds and our physical presence so that we have more capacity to deal with the chaos that's going to accompany some of these changes that we're proactively wanting to make.

13:52

What else might we do that would really help to send a clear message to ourselves and the universe that we are working to establish order and create the space if you will, for new experience and "un-stuckness" to happen? One of the ways that we can just establish a little bit more order in our lives is to make the bed every morning.

There's a book called, "The Rockefeller Habits." It talks about some of the little things that wealthy people do that establish this sort of order that is conducive to being a good steward of wealth.

14:48

I encourage you to try it. It's something that I know for myself. I can make the bed and looking at that made bed gives me this sense of peace that comes over me ... that there's a little bit of routine there in my life that I took control over. We've already talked about eating, exercise, and sleeping with some sort of schedule of regularity. One of the things that I've been reminded of whenever I was putting this together for you is the movie "Trading Places." This is a great movie that was really entertaining. You might go back and rent it on Amazon Prime or Netflix. It's so old now that it is easy to download.

15:40

It starred Dan Aykroyd and Jamie Lee Curtis. He was wealthy and privileged. These two guys have a bet that if they messed with him and took away his privilege, he would become as disorderly as the person played by Eddie Murphy in the movie. It was fascinating because it actually played out the way they thought it would. It wasn't really a nice thing for them to do ... to be messing with people like that.

But, it was a great example if you just use it to observe ... what are the kinds of things that differentiate between a wealthy person and the kind of orderly life they live and a person that is not living that orderly life?

16:45

Some of the differences with the resources that we have to work with might not be within our control. But, what little changes could we make that would move us in the right direction? You can also proactively create lists and procedures ... even for home. If you've got someone that helps you clean the house, create lists and procedures for how you want that done and make sure that the job is being done well and thoroughly so that when you look at it, you really feel like you are being a good steward of those resources ... that you are putting somebody else to work who provides you with a service that helps you focus on other things in your life.

17:42

Lastly, as I'm bringing this episode to a close, another concept that I'd like to introduce to you today is the concept of Feng Shui. That is how the energy flows and moves in a space, or even just in our own personal lives. For myself, I've spent a lot of time studying this. It is definitely a practice that I use to help me get unstuck when I'm feeling a little stagnant. I would encourage you to look around and just observe your environment. Where does it feel like there may be some energy that is stuck that you need to introduce some new flow to help get things moving? There are a lot of great books on Feng Shui that you can turn to. I could give you some suggestions if you are interested in learning more about Feng Shui. Just go ahead and post on the Facebook post for this episode and we'll get you some resources there.

18:57

What's your takeaway for today? One little "aha" and your time will be well spent.

This is a wonderful opportunity to practice awareness. Are you the type of person who lives a structured life? Or, do you prefer to take things as they come? In either case, you'll find places in your life where you are demonstrating the



opposite. And, even if you've conditioned yourself to look the other way, it is not going unnoticed. Slow down. Take a personal inventory. Where could you apply a bit more order to soothe the chaos in your life? Or, do you need to create a bit of chaos by mixing up your routine?

Only you know what's going to work for you.

19:42

**Question:** My life consists of always looking over my shoulder. I worry about everything. When the phone rings, I think, "Who died? Or, what's wrong?" My thought is that expecting the worst is easier than having something good taken away. If I know it's coming, then I can cope with bad news. How do I stop worrying so much?

20:08

**Dr. Gala Gorman:** First, thanks for submitting your question. Worry is debilitating and a big waste of energy. If you have a habit of worrying, it's going to take a commitment to shift your perspective to make a break. There is an important concept that you can begin to explore to start the shift. Even experiences that we would consider disastrous can produce good. In fact, they always do if we are open to the possibility. If something good is taken away, there is something better around the corner. You may have heard the phrase, "When God closes a door, He opens a window." Feel free to exchange the term "God" with whatever works for you. The important thing to recognize is that nothing is all good or all bad. It's perception.

In order to stop worrying, it will help to see that the worst isn't all bad. In fact, it's a mystery. There is good ... it's just up to you to find it. That's a much more productive use of your time than looking over your shoulder for where the next bad news might come from. Start practicing Aware Appreciation and you'll find less to worry about!

21:20

Announcer: Are you ready to create an attitude adjustment? Practicing Aware Appreciation will make a positive difference. You can access the Aware Appreciation Worksheet by visiting [AwarenessAddicts.com/AA](http://AwarenessAddicts.com/AA). In just a few minutes a day, you'll stop negativity in its tracks ... and gain some insight and awareness in the process.

Your feedback makes a difference. What part of this episode helped you the most? Join the Awareness Addicts Facebook group and share your thoughts. Make sure you leave a review wherever you've accessed the show. And, if you know others who could use some divine inspiration, share with them! Remember, all the links and resources are available at [AwarenessAddicts.com/Episodes](http://AwarenessAddicts.com/Episodes). Don't waste another moment feeling confused and stuck. As an Awareness Addict, you're alive, alert, awake and aware of life's possibilities.

22:18

Dr. Gala Gorman: You may be struggling with the concepts that I've explored in the last couple of episodes ... especially if they're resonating with you and you're feeling called to make some changes. Just about anything that is currently part of our life experience is serving some purpose. So, when confronted with cutting the cord, resistance shows up in all sorts of ways. If we're not prepared for it, we'll question our resolve. In the next episode, we'll separate the wheat from the chaff so to speak so we can let go gracefully. You don't want to miss it.

22:54

Announcer: This was Awareness Addicts with Dr. Gala Gorman. For more information and to find any resources mentioned in this episode, visit [AwarenessAddicts.com/Episodes](http://AwarenessAddicts.com/Episodes). Thank you for tuning in.

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