

Live Juicy

Live Juicy. Living Juicy means rolling down a bright grassy hill, sleeping all day to stay in a dream, definitely taking your shoes off at the beach. Buying flowers that make you gasp. Find those places inside that JUMP for joy and do things that bring out your best most magic self.

Sark

Dance, when you're broken open. Dance, if you've torn the bandage off. Dance in the middle of the fighting. Dance in your blood. Dance when you're perfectly free.

Rumi

Set your life on fire. Seek those who fan your flames.

Rumi

We've fought the good fight. We've marched, protested, written letters, stood up for ourselves because no one else would, volunteered and voted. We've come out, sacrificed, loved when the world said we had no right, and redefined ourselves as worthy. We've learned how to survive. Isn't it time we let ourselves live a juicy life?

To live juicy is to relish the experience of being fully and completely alive. Savor everything you eat. Enjoy yourself when you go for a run, ride your bike, or walk in the park. Let yourself truly be there when you show up on your yoga mat. Feel your passion when paint, write, dance or sing. Feel every sensation between you and your partner when you make love. Let the beauty of the sunset or the flowers in your (or your neighbor's) garden blow your mind. Listen with your whole body when the people who people your world talk to you and find the vibrancy in the connection.

To live juicy is to have fun. Make time to play. Take your dog to the park. Play Frisbee with friends. Play board games. Set up an impromptu softball game. Embrace your creative side. Paint. Sing. Dance. Write. Color outside the lines.

To live juicy is to live an intentional life. You can do this by stepping outside the box and following your bliss. Do what makes your heart sing. Sashay down High Street in Red Stilettos because it makes you feel happy. Take a road trip because your soul needs to travel. Listen to opera in the park. Lay out on a blanket in the back yard and watch the stars come out. Celebrate your spirituality. Learn to play the conga drums because you like the sound. Try something new because it seems interesting.

To live juicy is do what you love. Ignore social convention. Stop worrying about what people might think. Stop playing football because your father wants an athlete. Join a choir, even if you don't think your voice is that great. Paint, even

though your third grade teacher told you that you were bad at art. Quit your lucrative but soul killing job as an accountant and start your own business.

To live juicy is to speak your truth, even when it's not popular. Even when it takes courage. Even when it rattles relationships and shakes up the status quo. Even when you have to express needs and boundaries you didn't know you had a right to. Especially when you have to express needs and boundaries you didn't know you had a right to.

To live juicy is to live in gratitude. Notice the gifts you are given every day. Be grateful for your toes. Be grateful for your home. Be grateful for your partner. Be grateful for the rain as well as the sun. Be grateful for the smile of a stranger or the compliment of a friend. Be grateful for the chance to heal in this lifetime.

To live juicy is to live in the moment, this moment. Be present. Feel your feelings, all of them. Experience all the joys and sorrows that life brings your way. Let yourself experience bliss without ingesting chemicals and find the beauty in experiences that might not, on the surface feel pleasant. Love deeply even though it means that someday, you will grieve deeply. Accept your life as it is right now rather than trying to force it to be something different. Get rid of things you no longer need. If you haven't worn it in three years, you're probably not going to wear it. Why not let someone else wear it before it's hopelessly out of style?

Finally, to live juicy is to love yourself truly and deeply. Find the perfection in your imperfections. Stop comparing yourself to models, movie stars, professional athletes, millionaires and the people you went to high school with. Appreciate your gifts, talents and life experiences. Steal an exercise from Stewart Smiley on Saturday Night Live. Look at yourself in the mirror and tell yourself, "I'm good enough, I'm smart enough, and doggonit, people like me!*" When you love yourself, other people can't help but love you as well. Let them love you and love them back. To love and be loved – isn't this what we've been fighting for?

*Daily Affirmation with Stewart Smiley – Al Franken as Stewart Smiley on Saturday Night Live

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