



JAN DESAI'S

# COMPASS ROSE

A Weekly Roadmap to an Authentic Life

Get Your Bearings and Stay on Course to the Life of Your Dreams



## IN THIS ISSUE

- Stop everything!
- Take a well-deserved break
- Summer is slipping by...
- Enjoying doing NO THING

## Floating Free

Basking in the balmy warmth of the summer sun, there's something to be said for taking time out to do absolutely... *nothing.*

## *Old habits sometimes die very slow deaths.*

I have to admit that sometimes I still take life too seriously. It's been a habit for over 60 years. In this 24/7, what-have-you-done-for-me-lately world, it's hard not to. Tasks pile up, deadlines loom, upsets unexpectedly unfold, and *even the simplest things can sometimes feel like a crisis control situation*. When I get like this, my instinct is to keep my head down and push forward even harder. But I can promise you this, after years of leaning into living my most authentic life, I now know that in situations like this, **that instinct is really just a bad habit**. All I end up doing is getting myself wound up even more tightly in my schedule and stuck even *further* inside my head. When you're already redlining, doubling down on work only ends up exponentially doubling your stress. I've learned that when I feel like this, there's only **one solution**.

This past weekend, I was teaching at the world-renowned Omega Institute in New York. It was an *amazing, rewarding, and eye-opening* 2 ½ days for everyone involved, myself

included. Yet, an experience that intense is also *physically, emotionally, and spiritually draining*. Add in the two weeks of preparation leading up to the class, and by Sunday afternoon, my tank was on empty. Then, as is often the case with air travel these days, my flight out of New York was delayed and I didn't walk through my door until after 1 AM.



On Monday morning, my kids were up soon after the sun, so I got about four hours sleep. After they were settled, I sat down at my desk. Every time you do a big event like this, **everything else** tends to go by the wayside. So there I was, facing what seemed like a *thousand* overdue tasks, decisions, and issues. From my point of view, too many things

had fallen behind, and I was like a deer in the headlights.

The thought of having to deal with phone calls, emails, and writing had me frozen in place. All I could do is - *literally and figuratively* - helplessly gape at the pile of work in front of me. The **longer** I sat there, the **worse** my analysis paralysis got. With panic and frustration rising in my throat, I pushed away from my desk and went outside to get some perspective.



It was a beautiful day! I sat on the steps of the front porch and looked out at our yard. It was **lovely, verdant, and peaceful**. The massive Buddha that stands in our front yard gazed back at me. As the warmth of the sun and the peaceful quiet seeped into me, *I felt myself relax*. I

asked myself, “*When was the last time you took a break and let the world flow over you?*” I **couldn’t remember**.

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When was the last time you took a break and let the world flow over YOU?

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Here in Southwest Florida, we’re already halfway through summer and the children will be back in school in just over a month. In another **blink of an eye**, it’ll be gone, **lost** in the clamoring minutiae of everyday life that is always drawing our attention away from what’s really important and vital. Sure, there are things that necessarily need to be done in order to make our way through this world, but my friends, **work does not and cannot define life**. We can mistakenly believe that success is defined through our capacity to create. Or the success of how much we accomplish. We are told that work is paramount and that anything less than a laser-focused, 24/7 devotion to a task, even a spiritual one, is

Insufficient or worse - a sign of a flawed character. Believe me when I tell you that this is completely wrong. **Stress, worry, and toil cannot ever define the parameters of a full and truly authentic life.**

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Stress, worry, and toil **CAN NOT** ever define the parameters of a full and truly authentic life!

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So this week, it's time to take a break. Even if it's *only for a couple of hours*, it's time to **celebrate being alive**. This week, I want you to prioritize your inner health and harmony. Go outside and **do absolutely nothing**. I want you to loll, loiter, and lollygag. I want you to find the **joy** in simple things. Read a book on the beach. Lay back in a hammock and look at the sky. Eat a peach. Do *anything you want* as long as it involves **taking it easy with absolutely no pressure**.



I want to let you know that I'm taking my own advice. This week, I'm planning on taking a much-needed couple of days off. I'm **not** going to answer the phone. I **won't** be checking my email. There will be **no work or worry**. All I plan on doing is floating, taking life as it comes and remembering that sometimes the best thing that you can do is **"NO THING"**.

And so my dear tribe, *enjoy doing a little bit of nothing this week.*

Until next week,



## ANNOUNCEMENTS & INSPIRATION

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Don't forget - every Monday there's a new Monday Mindful Minute video from Jan, direct to your inbox! Sign up [HERE!](#)

