

Warming Up to Access Your Superpowers



A while back I heard a couple of elderly professional dancers talking about a recent performance. Their dance was part of a major work in which all the other pieces were performed by young, flexible dancers in their prime. The older couple pulled off their performance beautifully. It was a triumph. "Of course," they said matter-of-factly, "we had to arrive about two hours earlier than everyone else to start stretching."

Warming up is one key to unlocking the superpowers required to excel at dancing, singing, playing any instrument, or engaging in most daunting endeavors. But for many of us, it's so tempting to avoid that step. It takes humility and patience to admit you can't just jump into challenges in top form. Dancers who take the time to stretch are acknowledging and working with their stiffness. Singers doing vocal warm-ups often have to start by sounding croaky and weird. Instrumentalists have to endure the tedium of scales and finger exercises. But warming up is a devotional act that honors their craft. Ultimately, it gives them access to supple bodies and soaring notes.

If you have some clutter to clear, you may need to access some superpowers as you face the blur of conflicting priorities and deferred decisions.

I find it helpful to conjure my inner sword woman. I need her to slice through indecision and give me the power to release belongings that have become a burden. I need her energy to be mixed with some self-kindness and forgiveness for past mistakes. This particular blend of energies allows me to successfully navigate my way through the chaos. Yet if I try to dive

straight into clutter-clearing I often encounter a mix of distractibility, confusion, and scattered energy instead. If I bring those to my clutter-clearing session, I'll likely just end up making more of a mess.

Give yourself permission to warm up.

The good news is that warming up for clutter clearing does not require two hours of stretching. Sometimes five minutes of writing does the trick. In that brief time you can express your resistance, set your intention, and request the assistance of whatever energies you need most. It might take the form of free-form journaling, a poem, a prayer, or a drawing of how you want the space to look and feel when you're done.

Wishing you all the warming up you need to access your superpowers. May you discover the forms that work best for you.

Sending you gentle support.



A handwritten signature in blue ink that reads "Carolyn". The script is fluid and cursive, with a large initial 'C'.

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