

## A Habit Routine I Intend to Follow

by Liz Gibbons

I have been re-reading parts of the book, *Citizens of the Cosmos*, by Beredene Jocelyn. In it she details the cycles that Rudolph Steiner taught that we humans go through in our lifetime. Every seven years we connect with a different planetary sphere that influences those seven years. In the early cycles we are in a continuing process of incarnation. It takes decades to fully incarnate. At a certain point, perhaps in our forties, we begin the process of excarnation. This likewise takes decades to complete. After age 77 we enter the Pluto cycle which lasts for the rest of our life. It presents us with challenging experiences such as changes that compel adjustments in our lifestyle, priorities to be considered, the elimination of items or activities that no longer serve a purpose for us, handicaps to be dealt with, and habits to be refashioned.

I am well into the Pluto cycle. What I have dubbed “the Pluto Effect” began doing a number on me since about New Year’s. My blood pressure began to fluctuate. I can accept that fading into the sunset is part of our life cycle, and we gradually may get slower and weaker. But when I am faced with health issues that can be controlled or eliminated, I begin to fight. My Traditional Chinese Medicine doctor did a pulse analysis and explained what was going on in me internally. He prepared a mixture of herbs for me to take. Drinking tea made with the herbs and making some tweaks in my diet tended to help. There would be days when my blood pressure was normal, and then I would feel the thumping of my fast pulse and buzzing in my ears and know my blood pressure was high again.

I began to think what else could I do. I have a rebounder (mini-trampoline) that I purposely placed in my living room so that I would use it. Did I use it? No, I often avoided it. So I began to use it daily. This is a way to keep the lymph moving and help remove wastes from the lymph.

I also have a set of tuning forks that I have not been using. In the spring of 2016 I took a weekend course in Florida with Christopher Tims to learn to use tuning forks for healing. He probably understands the true purpose of tuning forks better than any other teacher. He is of a spiritual nature and also is a musician. When I first learned to use them I used them daily. Then I got busy considering moving and began to use them sporadically. In the last few months I have rarely used them. So it finally clicked that I needed to use the tuning forks daily and see what effect they have on my body. By using the forks and the rebounder perhaps I can overcome what I call the Pluto effect. Maybe as the weather gets warmer I will also try to walk the mile-long circle around the community. By making this routine a habit I hope that over time my energy levels will increase and my health issues are resolved.