

## Your treasure or mine???

I've always loved the beach... All of it... I like to watch the waves' hypnotic dance, the way sand feels between my toes, how the ocean seems to never end; I like getting lost in my thoughts while mindlessly running sand between my fingers, the touch of the salty water on my skin... But most of all, I love to walk the beach, and shell. There is something very soothing and sensual about walking in an inch of warm water, looking for a treasure...

I left everything behind for a few days to go "on a retreat with myself" to re-center, work, and find inspiration for my "monthly" newsletter that I haven't written in 4 months... The circumstance brought me to Marco Island, FL in a beautiful house close to THE BEACH...

After settling down, I decided to go explore. After crossing the street, and the parking lot, I walked through the lagoon praying to the Gods of Google for the tips about storing my cell phone in a baggy (just in case I tripped) and dragging my feet to scare off the stingrays, holding my precious beach bag high on my shoulder so my towel wouldn't get wet (and thinking "now, why didn't you take your husband with you????"), after finding my way across the little island on the other side, there it was... Pristine, white, beautiful... The Beach!!!! And if you have ever been lucky enough to go to Tigertail Beach, you know there are almost more shells there than grains of sand! I was in heaven!!! I set my towel down, rescued a starfish, and went for a walk.

On my way, I saw this lady intensely staring at that one inch of water I was talking about earlier, reaching down, staring again, reaching, extending her hand, and lifting something out of the water. I stopped, and asked her if she was finding "good ones". And she showed me... She had found the most gorgeous, perfect, immaculate, bright orange huge shell!!!! It was.... Perfect! I decided I want a shell just like that! I set my intention on finding one exactly like that. I secretly made a note of where she was standing so I could stop by on my way back. And I did, and I stopped a hundred times in between, and afterward, in hope to find that exact same shell... Did I find it? Of course not... I was so disappointed! I went back to the same beach the next day, and saw some dolphins. I was so excited! But no beautiful, perfect, huge bright orange shell... But in the meanwhile, I kept on placing the little ones I found on the kitchen counter.

Then, on the last day it was very stormy and rainy. By 5:30, the rain stopped, and the weather map showed a nice break. I was tired of working and sitting, so off I went for a last walk on the beach. As I got there, I had a choice: to the right, where it was more deserted; to the left, along the condos where people were enjoying the sunshine. Being by myself (and the fact that one of the only human interaction I had had in a few days was with the 'shell lady'), I decided I'd better go left.

It felt so good to be out there, moving, away from my laptop! I took a deep inhalation, said a quick 'thank you' to the weather for being so kind, and walked in my inch of water... And then, out of the blue, I saw it! It was outstanding, out of this world! Beyond perfection! The Shell! And then I got it. It dawned on me... I don't need anybody else's treasure... That is theirs.

**I needed to find my own treasure!** And looking back, I had had so many treasures on this trip: The beautiful beach, the warm ocean, the dolphins, wonderful sunsets, time to myself, the starfish, the birds, and flying fish helping me cross the lagoon... I just hadn't seen them as treasures... I commit, as I wake up in the morning and say my little prayer to include "and may I find my treasure of the day". Whatever it is, it will bring a smile on my face. They are little gifts to make our lives happier and our health better. When you smile, you relax your face, relieve stress, lower blood pressure, increase auto immunity, and attract more smiles and happy things into your life. So be open for everyday little treasures... A blooming flower garden on your way to work, the sunrise, a child smiling at you, a butterfly coming to say hi, it can be anything. Make sure you acknowledge it and give thanks for it. It's the fastest way of raising your vibration, and manifesting more... I even picked up a pretty broken shell to remind myself that things don't be perfect to be beautiful...

As I picked my beautiful shell up, a little voice next to me said:

-“What d’ya find?”

-“A shell... Look how beautiful it is... Can you see how bright orange it is?”

-“I want one like that” she says...

Resisting the urge to simply give it to her, I say:

-“You’ll find you own treasure, Sweetie...”

My circle was complete, and her treasure hunt had just started! I walked home with a smile on my face..... and a newsletter to write!

Happy hunting!

Karine