

## *The Art of Gravity and Grace*

**T**his month we remind you that you are the center of the universe. Now this is not a bad thing, a selfish or self-centered. It is an issue of survival and only the fittest survive. In your life, you are the center of your family's well-being and when you are happy, they are well. When you lose your balance, your whole galaxy falls apart! This month we are going to practice two important qualities of the Diva: ***Gravity and Grace.***

***Gravity:*** The art of staying grounded and in one place while the world swirls around you.

***Grace:*** Creating the "Oh My God, who is she?" fascination and allure at your will.

Okay, we say, how do we do it? Well, let me tell you a little story.

I was visiting my home turf in New York City a few years ago. The city was bustling and I was having trouble getting my bearings. Directions have never been my strong suit. I had birthday tickets to a performance of the New York Philharmonic Orchestra at Carnegie Hall and couldn't figure out which way was up or north or south, east or west for that matter.

If you've never had the treat of meeting a New York City cabbie at rush hour, one thing you might want to know is this; it helps to keep them happy if you're going in the right direction.

To aid my cause, I stopped a friendly New Yorker and asked, "How do you get to Carnegie Hall?" Laughingly, as if I were telling the old joke, he replied, "Practice, practice, practice!"

I laughed too, because one of the most closely guarded secrets of the universe is this simple concept:

Practice, practice, practice.

I know that I have been impatient with life. I want it all now!!!! Don't you? It's okay to have strong desire but action is much more powerful.

This month, let's get going on ***gravity***--driving our roots deep, and ***grace***--cultivating a gentleness that is mesmerizing. Sounds like fun, doesn't it?

Please help keep the Diva network growing strong by inviting your friends to play with us. To join our mailing list, please go to [www.distinctivelydiva.com/newsletter.html](http://www.distinctivelydiva.com/newsletter.html) and I'll make sure they stay in the Diva Know.

Have a great month. Keep reading, more goodies await you,

*Maureen O'Crean*

Maureen O'Crean  
Founder, Distinctively Diva  
Co-author, *I Am Diva, Every Woman's Guide to Outrageous Living*

& Author of *The Daily Diva Word*

## *Diva Practices for Gravity and Grace*

*Gravity:* Just like the song said, "Whatever gets you through the night", when we are strung out from stress or overwork, it's hard to get back to the center. Here are 7 great tricks that work:

1. **Comfort Foods.** We don't just crave these foods, sometimes we need them. In my family, it was mashed potatoes, soup beans (pinto beans) and corn bread. What are your comfort foods? They usually have a root in our childhood, so go back into your memory banks and get into the kitchen.
2. **Exercise.** I know, but taking a 15 minute break and walking around the block or the building will get you grounded again.
3. **Music.** Put on your favorite CD and get cranking. Mine is The Very Best of Cher and even though my son laughs, I'm still cranking it LOUD!
4. **Breathe.** Food for the soul is found in "prana" in the air we breathe. If you count your breaths, your mind can't wander about aimlessly causing trouble. Take 10 long, slow breaths. Cover your left nostril with your finger and visualize the path the breath takes into your lungs. Count to 10 on the inhale, hold for a count of 5 and exhale on the count of ten. Do 5 inhale/exhales on the right and then 5 on the left.

5. **Go visit your mother, Mother Earth that is.** Go outside and find a tree. There is an ancient intelligence that lives in nature. Sit under the tree with your back to the trunk. Ask for peace and guidance. I promise it will come.

6. **Change the energy flow.** If you are feeling chaotic, there will be a sign somewhere in your physical space. To change the flow of energy, you need to alter the physical. Clean off your desk or kitchen table. I mean strip it down to nothing. Now only put back the items that inspire you. In Feng Shui, the left corner of your desk is your wealth corner, the right your love corner. Just for fun, make sure you have a little reminder of those two sweet gifts of life in your space at all times.

7. **Take out the scissors and cut yourself some slack.** Make a list of 5 things that you have accomplished today or in the past few days. Take a minute to compliment yourself on what a great job you did. Then go find someone else, call a friend or family member and compliment them on how important they are in your life.

*Grace:* That elusive quality and you know it when you see it. Now it's your turn to be Princess Grace and be a blueblood for the month.

1. **Float on clouds.** The first thing we need to do is slow down and walk like an angel, just as if we were floating on air. Slow your pace, put the weight on the ball of your left foot first and then glide into your right foot. Practice everywhere you go. It's hard to go fast when you are thinking, "toe the left, glide the right".

2. **Eat dainty.** Cut the amount of your bites in half and practice eating daintily. At home, find the placemats, decorate the table with candles and have an imaginary meal with your favorite member of royalty. If you were in a royal court, how would you behave? Pretend you are the Queen or going to be married to a prince or duke or king. How would you impress the royal family?

3. **Hold court.** Have a high tea with your diva friends. The traditional time of day is 4pm and if you can keep with tradition, great. If not, have it when ever you and your diva friends can get together. Serve tiny sandwiches and warm scones, strawberry jam, lemon curd and Devonshire cream. Wear your hats and boas.

4. **Carry a hanky.** Did you have a handkerchief as a little girl? I did and one of my most favorite gifts was from a friend who gave me a beautiful silk embroidered handkerchief. Whenever I carry it I am transported to a magical place of grace and elegance. Tuck it in your sleeve with a cotton ball dipped in your favorite fragrance. Be coy and flirtatious when you take it out and hold it up to your nose flashing that fabulous smile of yours.

5. **Get your hand kissed.** Practice your grace by extending your hand, palm down, slightly cupped the next time you are in a social situation and you meet a man. When you show up as a lady you give him permission and the space to show up as a gentleman. What a lovely custom to re-introduce. Think Antonio Bandares as Zorro and Catherine-Zeta Jones as his heart's desire or think of the grace of Merle Streep kissing Sandra Bullock's hand at the Oscar® luncheon.

6. **Free Your Inner Child.** Have you ever watched little girls around 5 at play. They are so free and precocious, not giving a second thought to what anyone thinks about them. They are fearless. When you step into your Divaness, your unique Diva persona, you become fearless too. Fearless enough to show up and be yourself. There is a grace to enjoying life, isn't there.

7. **Share Your Wealth.** There is nothing more graceful than a gift of love from one human being to another. I remember seeing Audrey Hepburn with the starving children of Africa on a humanitarian mission. Pure grace in motion. Put your grace to work closer to home. Volunteer to serve somewhere that fills your heart with love; at a senior center, an organization that serves those with aids, at a homeless shelter. There is never a shortage of people that need your love. If time is a factor, a donation of money sent with love will put you in a state of grace. Today we can support our sisters in Haiti before the rain comes through. I'm with Sean Penn, we can't forget them before the rain comes. I've donated here today, <http://www.jphro.org/> Spread your love.

P.S. Just so you know and in accordance with the new rules of the FTC, no one has paid me anything to say anything good about them in this essay. Good works draws support. Aren't the Universe and God amazing? I'll let you know if I'm compensated in anyway, and I still only connect with people that are good.

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