

I feel for your dilemma and the challenge you are confronting. There is a solution. Finding the eye of your hurricane. It's the quiet, peaceful, pivotal core of your life, wherein you're relaxed, unhurried, and able to see and feel the love you want more than anything to share with your family, your mate, and your work.

All you really need to do is establish the habit of noticing your one and only consciousness. It never moves. There is no friction. It manages your life, as it spins around you. In fact, only through the single eye of your consciousness can you choose be who you are with everyone and everything.

Perhaps you didn't realize, your own consciousness is the most important aspect of who and what you are. If this were not true, you would not be reaching out for assistance. I've attached a short video where I am counseling a woman who attended a number of my groups—with the time to start (3:30 mins )and stop (8:30 mins) the clip. Of course you're welcome to watch the whole clip. "Q&A on How to Sustain Unity Consciousness" (<https://www.youtube.com/watch?v=aDuzqyJLEuU&t=519s>)

It's true, the solution is not as quick as flipping a light switch. You will first need to recognize the necessity of cultivating this capacity.

The good news is, you can develop this innate ability while you're doing everything that you ordinarily do. All that is required is for you to notice the quality and presence of your moment-to-moment attention—in an undivided way—as you're being all that you are doing.

Do you usually give the majority of your attention to what you think, what you believe, and what they intend,

to the content of your moment-to-moment experience?

Imagine that everything in your life can be represented by the subjects, verbs, and objects in any sentence; who you think you are, what are you doing, what are other people doing, what do they feel and think, what do they want? etc.

All you have to do-without changing anything--is redirect your attention to noticing the verb in the sentence of your life: i.e., You're noticing the fact that you're feeling, breathing, seeing, hearing, loving, caring, driving, co-creating, giving, and receiving.

These verbs that end in 'ing' are not objects, they're activities. Do you feel more alive, rejuvenated, excited, and liberated when you are actually perceiving, thinking, and behaving, moment-after-moment-after-moment in your life?

The solution I would offer you is-by simply staying present to the verb in the sentence of your life-you'll be replenished by the peace, equanimity, synergy, energy, and passion that you most want to share with your children, your mate, your work, and yourself.