

DEL MILLERS, PhD



Fitness & Spirituality

How to Make the Connection

"This book will inspire you to connect your physical exercise to your spiritual path in a way that will be chicken soup for your body and your soul."

~ Jack Canfield, Co-creator of the New York Times bestselling Chicken Soup for the Soul ® series and The Success Principles



"Your joy is your sorrow unmasked."

-Kahlil Gibran, The Prophet



FITNESS & SPIRITUALITY

How to make the connection

By Del Millers, PhD

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to the dance that moves us all



*"I have been and still am a seeker,
but I have ceased to question stars and books.
I have begun to listen to the teachings
my blood whispers to me."*

— HERMAN HESSE

Fitness & Spirituality

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START HERE



*“To know oneself is
to study oneself in action.”*

— LAO TZU

To the Reader

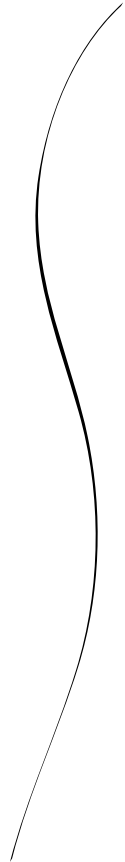
most of this book
was written on the
treadmill . . . stairmaster . . . bike
in between sets
while weight training
after a long mountain run
rollerblading at the beach

after a conversation
with a client

this is a book
for anyone
who ever
asked themselves
the questions

'why am i here
in this gym
making a fool
of myself?'

or . . .



*'why do i even bother
with exercise?
it's soooooo boring'*

or ...





*'how do i
take my workouts to
the next level?'*

*those of you
for whom exercise
is already
a
playful adventure
of
soul-centered
expression*

this book is a
celebration
of
your triumph

the
words
quotes
thoughts
feelings
inspiration
confusion
chaos

and anything else
you find
on these pages

is nothing more
than my attempt
to answer
the above questions
for myself

i hope this book
will help you
answer them
for you.

Del Millers

Journey of a Life Time

MOVEMENT AS MEDITATION
FOR THE SOUL



*i've been involved
with physical activity
practically
all my life*

*i ran track in junior high
until i found kung fu*

*i was thirteen
when i started
my martial arts discipline*

*i soon realized that
traditional martial arts
was a way of life
for its practitioners*

*it became my way of life too
my code of honor*

*the beginning of
an awesome
spiritual journey*



Photo by Cindy Lou

of course
back then i didn't know
much
about spirituality
i know now
that martial arts practice
was my meditation

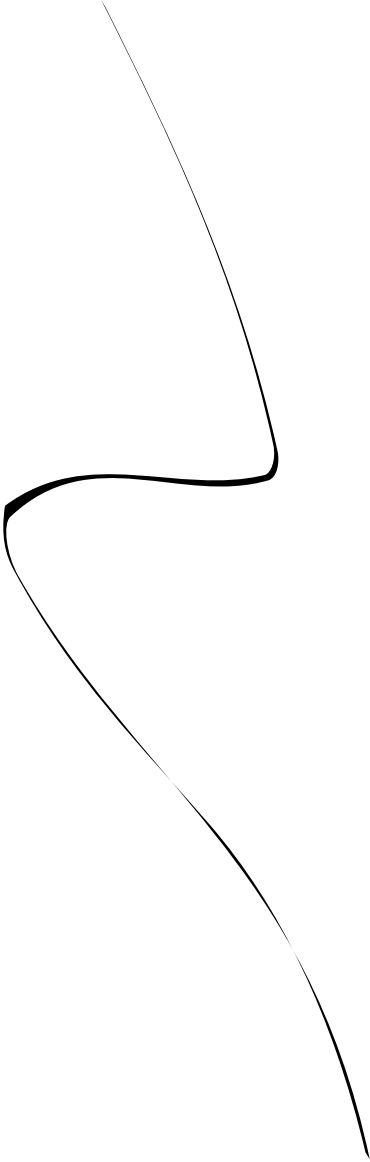
it still is

a time to deeply connect
with the source of my being

(i had long forgotten
about God
i spent too many years
as the good catholic
altar boy
to remember anything
about Her)

*"The real voyage of discovery
consists not in seeking new
landscapes, but in having new eyes."*

— MARCEL PROUST



i quickly learned
that the goal of
my practice
is the practice itself
and that ultimately
my practice leads
to a place
where body/mind/spirit
is experienced
as one unified whole

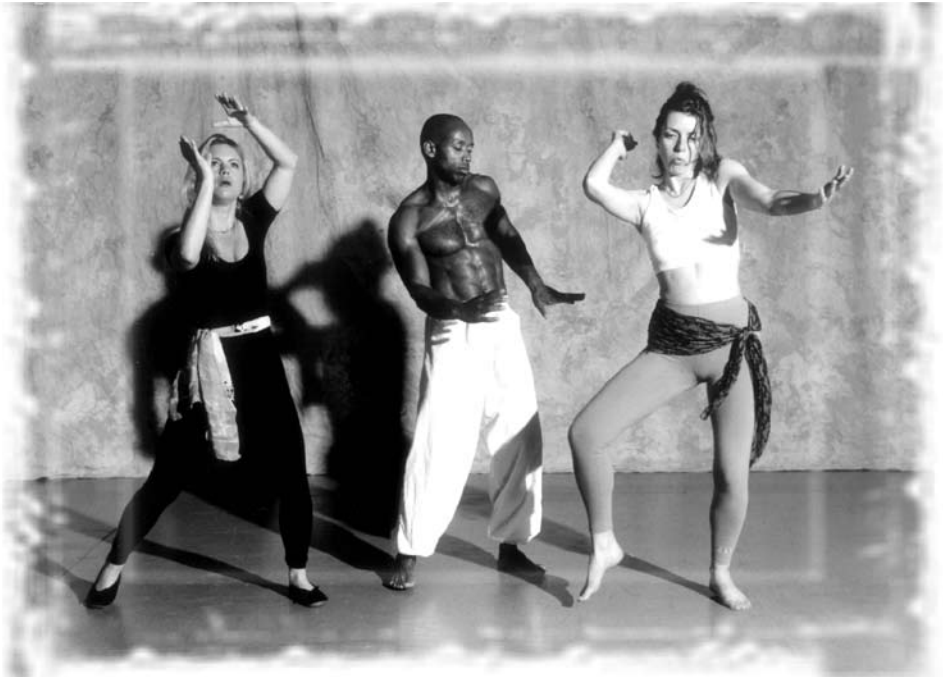


and in that
singular moment
in time
there is no ego
there is no personality
and
there are
no judgements



instead
there is a deep
unalterable silence
a silence so loud
that it emanates
from my very core

instead
there is a perfect sense
of inner calm and peace





*instead
there is sublime stillness
even in the movements
of an activity*

*instead
there is the awareness
of
dancing
with God*

the years passed
and my practice progressed

i came to realize
that i can have
access to the same silence
inner peace
and stillness in motion
while engaging in
any physical discipline

however
to participate at this level
requires great awareness
and the ability
to be present
with any
feelings
thoughts
emotions
or judgements
that come up
in the moment

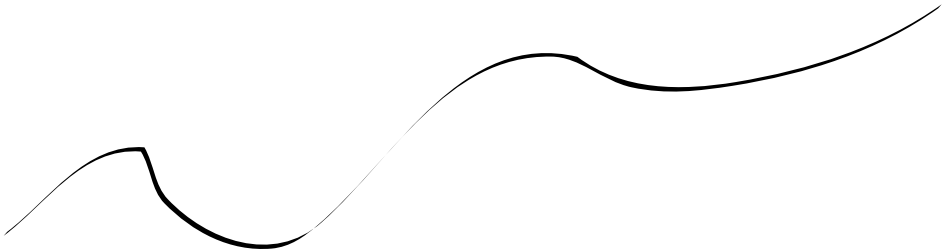
*Awareness has no frontier;
it is a giving of your whole being,
without exclusion."*

— BRUCE LEE

i invite you
to make
your physical discipline
a journey
into the great unknown
no matter what
your activity
let the movement
be your guide

let the journey be
a meditation for the soul

as you ride the breath
like a surfer rides a wave
flow with
the ins and outs
the ups and downs
the leaning forward
and leaning back
let the activity be
an expression
of your essence



*an adventure
beyond the mundane*

*into the heart
of the sacred and playful
expression
of
dancing with God*



Invitation to Dance



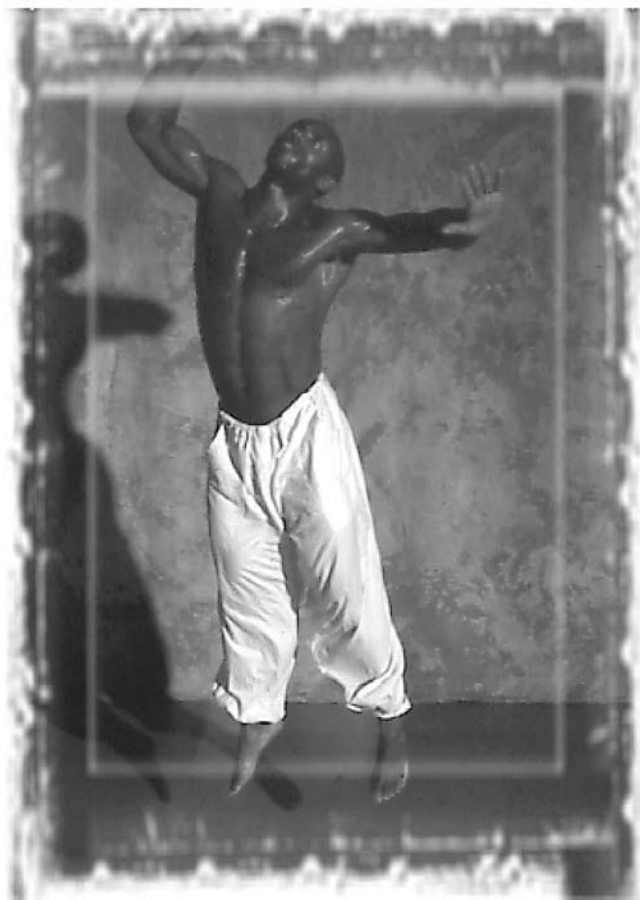
all across the world
millions of people
are engaging
in every kind of exercise

and for one reason
or another
there are millions
who choose not to

over the many years
that i've been involved
with physical activity—
gymnastics
kung fu
tai chi
weight training
running
rollerblading

*“Ultimately, if the
goal is to grow more conscious,
physical activity experience must grow beyond the
literal and be turned into psychological knowledge.”*

— JOAN DEXTER BLACKMER
ACROBATS OF THE GODS



i've made a few discoveries

here's the most significant:

*i don't have to
separate
my physical practice
from my
spiritual practice*

they're one and the same!



*“Disciplined activity and
heightened sensitivity can reveal a spiritual path.
... which can lead to a private spring
of magic waters.”*

— RICHARD NEWMAN

so if nothing else
consider this book
an invitation to sweat
to sing and dance

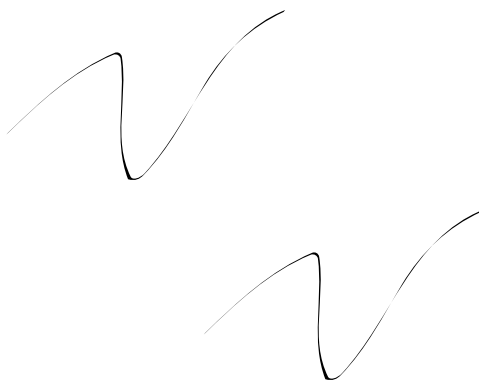
to fantasize
to be creative
expressive and playful

an invitation
to transform your exercise
into therapeutic play

to move through
boredom, judgement
and personality

into the creative chaos
of breath
sound
and movement

this book
is an invitation
to go
deeper than you
may be used to



to dance beyond
the ego's waltz
through
the narrow passageway
of creative imagery

to uncover the
stillness in motion...
the silence in chaos

to arrive
at a familiar place

slowly
you will become aware
of something greater
than the activity at hand

it is the dance of ecstasy

hear the silence
feel the peace
touch the moment...

you're dancing with God!



Learning to Surrender

*“What once seemed work,
now can be a kind of play...recreation...
a joyous participation in the unfoldment
of life and form.”*
— RAM DASS & PAUL GORMAN
HOW CAN I HELP

*one of the questions
i get asked frequently is
“i want to exercise but
how do i find the motivation
to get started?”*

*answer: you don't find motivation
it isn't going to come to you
you have to go to it*

*so put on your dancing shoes
get up off that seat
and
move your body*

*motivation is waiting for you
on the other side of resistance*

now what are we to do
when the inevitable
weight of resistance
slows us down

leaving us drained
and unmotivated?

don't despair
give resistance its due
recognize it

own the feelings
don't let them stop you
but acknowledge them

where in your body
does resistance show up?
play with it
give it a voice
speak what you feel

maybe your legs don't feel
like moving right now
they'd rather be
plopped on the couch
watching
somebody else exercise

or maybe
you feel as heavy
as an elephant

"I love
exercise.
I could
watch it
all day."

—
BILL RUSSELL





"Fun has a sacred dimension."
— ADRIANA DIAZ

next, allow yourself
to be expressive
and in the moment
with what you feel

walk the way
you feel *right now*
run the way
you feel *right now*

think about it
how would you walk
if your legs weighed
a thousand pounds?

how would you run
if you were the size of dumbo?

when you're finally
in the total expression
of how you feel

exaggerate it

maybe you're a woman
maybe it's that time of month...
you're feeling fat and bloated
exaggerate the feelings
act them out

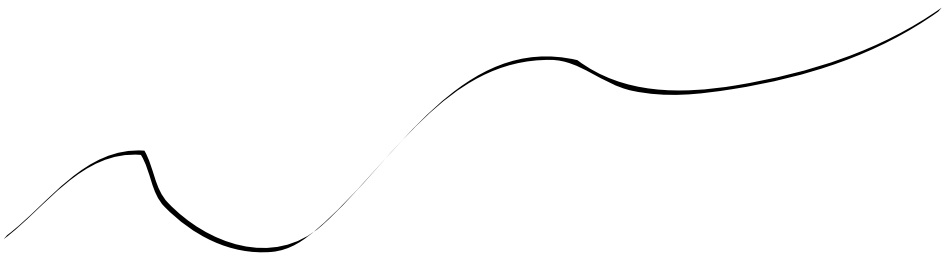
if you your stomach was
one hundred times normal
how would you
walk
run
climb the stairmaster
lift weights?

don't hide your feelings
express them
let them serve you

get in deep touch
with how you feel
right now

and in a matter of minutes
you'll move
beyond resistance
into
joyful participation

after all
who wants to
hang around
Misery
when Divine
is available?



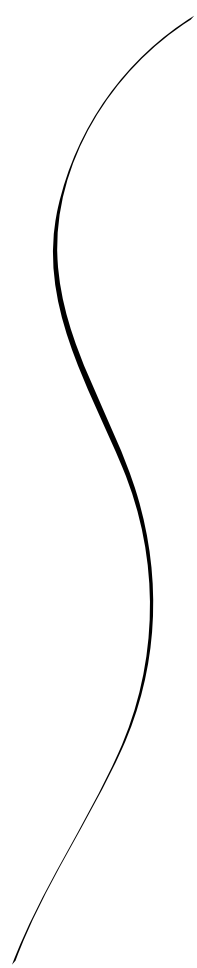
The Waiting Game

long ago
i learned
that if i wait
to become
inspired or motivated
before i act
i accomplish
absolutely
nothing

in fact
i learned
that i don't need
to be motivated
to get started
all i need
is to get started

the motivation will come

since i'm not
in the business
of giving advice
here's what i would
suggest to a client
having a challenging time
motivating herself
to exercise





just get started

it doesn't matter
how you show up
for exercise

one leg
dragging behind
bad attitude
angry at life
grumpy
tired
frustrated

it doesn't matter

just
show
up

when every excuse
you can dream up
gives you
more than
enough
reason
to skip today

do yourself a favor

just
show
up

you don't need
motivation
to show up

all you need is
commitment

commitment
to yourself
commitment
to the person
you're becoming
commitment
to everyone
whose lives
you touch
and that's
anyone
you come
in contact with

what have you got to lose?
you
already
feel
terrible

on the other hand
when you already feel
so low
that things
couldn't possibly
get
lower



what have you got to gain?
the whole world
the whole world
the whole world

i can't begin
to tell you
how many times
i almost skipped
my
exercise
playtime
just because
i didn't feel
like it

i was too tired
stressed
too much to do

thinking
about
all the things
i could be
getting done

but i kept my
commitment

i made a contract
with myself
several years ago
that goes
like this:

*"A wise man should consider that
good health is the greatest of all
human blessings."*

— HIPPOCRATES

“Every man is a
builder of a temple,
called his body.”
— HENRY DAVID THOREAU

i will never skip my
exercise time
just because
i don't feel like it

this doesn't mean
that
i won't
occasionally
CHOOSE
to do
something else

but i never cop out
just because
i'm tired
bored
angry
or
frustrated
showing up
doesn't
require motivation

it requires
commitment
to yourself
and a little
discipline



so you
drag yourself
kicking and screaming
to the gym
track or trail

thinking
i don't want
to do this
and
i'll make sure
everybody
knows it

do yourself a favor

stop
for a few minutes
and ask yourself
'what is my
intention
for being here?'

you always
have a choice

you can spend
an hour
or two two



*going through the motions
and leave feeling no better than when you arrived*

or

*you can have the intention of feeling completely
rejuvenate by the time you leave*

you don't even have to know how to do it

*just make it your intention
to leave feeling better than when you arrived*

what do i do next?

i surrender into the feelings

*i get started doing whatever it is i'm doing
while being completely aware of how and what i am feeling*

let's face it
most of us negate
the way we feel
a lot of times
we're not even sure
what we're feeling

instead of
giving in
to our feelings
we wrestle with them
we try desperately
to stuff them

it takes
a lot of energy
to hold
those feelings
inside

we end up
tired
lethargic
bored
uninspired

as i said before
walk the way
you feel
run the way
you feel
dance the way
you feel

"It is good to have an end
to journey towards;
but it is the journey that matters,
in the end."

— URSULA K. LEGUIN

“life is raw material.
we’re artisans.
we can sculpt our existence
into something beautiful,
or debase it into ugliness.”
— CATHY BETTER

your feelings are
nothing
more
than a part of you
crying out
to be heard
give them voice
and they will
gladly
serve you
how will this
help you
find the inner
motivation
you seek?

what is motivation?

just a word

we’re all after
something deeper
than finding the
motivation
to exercise

we’re all after
ways to make
our lives
more meaningful
and enjoyable
start by making
exercise time
meaningful and enjoyable
here’s what i’ve found
to be helpful:

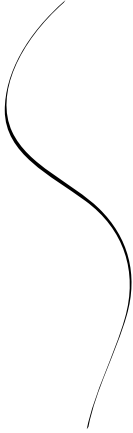


*be present
think your thoughts
feel your feelings
express your emotions
sing your songs
dance your dance
access your fantasies*

*most of all
bring your soul
out to play*

*that is the only way
i know to make
exercise
a wonderful
adventure
of
body, mind, heart
and soul!*

STAIRMASTER BLUES



I'm tired, I'm bored
I'm sticky, I'm sweaty
This is way too hard
Enough already

This sucks, this hurts
I truly hate pain
I look so stupid
This is really insane

I don't want to do this today
Why me?, I've been doing OK
Why am I doing this anyway?

No matter what they try to say
This doesn't feel at all like play
Why am I doing this anyway?

I've been on this thing
Forever again
What time is it now
Never never again!

My feeble mind's on holiday
My butt is tired, my feet are clay
Why am I doing this anyway?

It's only ten minutes?
This is all a bad dream
Get me off of here
I'm about to scream!


I'm About To Scream!!
I'M ABOUT TO SCREAM!!!



A Metaphor for Life



i've said this before
let me say it again
physical activity
is a metaphor
for the rest of our lives



most of us live
crazy lives
we're in constant judgement
of ourselves
and others

we struggle
at work
we struggle
with our families
we struggle
in our relationships
we struggle
in our exercise

let's get real
i'm not saying that
exercise is always fun

it's not

sometimes
it's painful
sometimes
it's boring
and
sometimes
it's a struggle

but
like life
are we willing
to be in it for the ride?
are we willing to experience
the highs and lows
the ups and downs
the peaks and valleys?

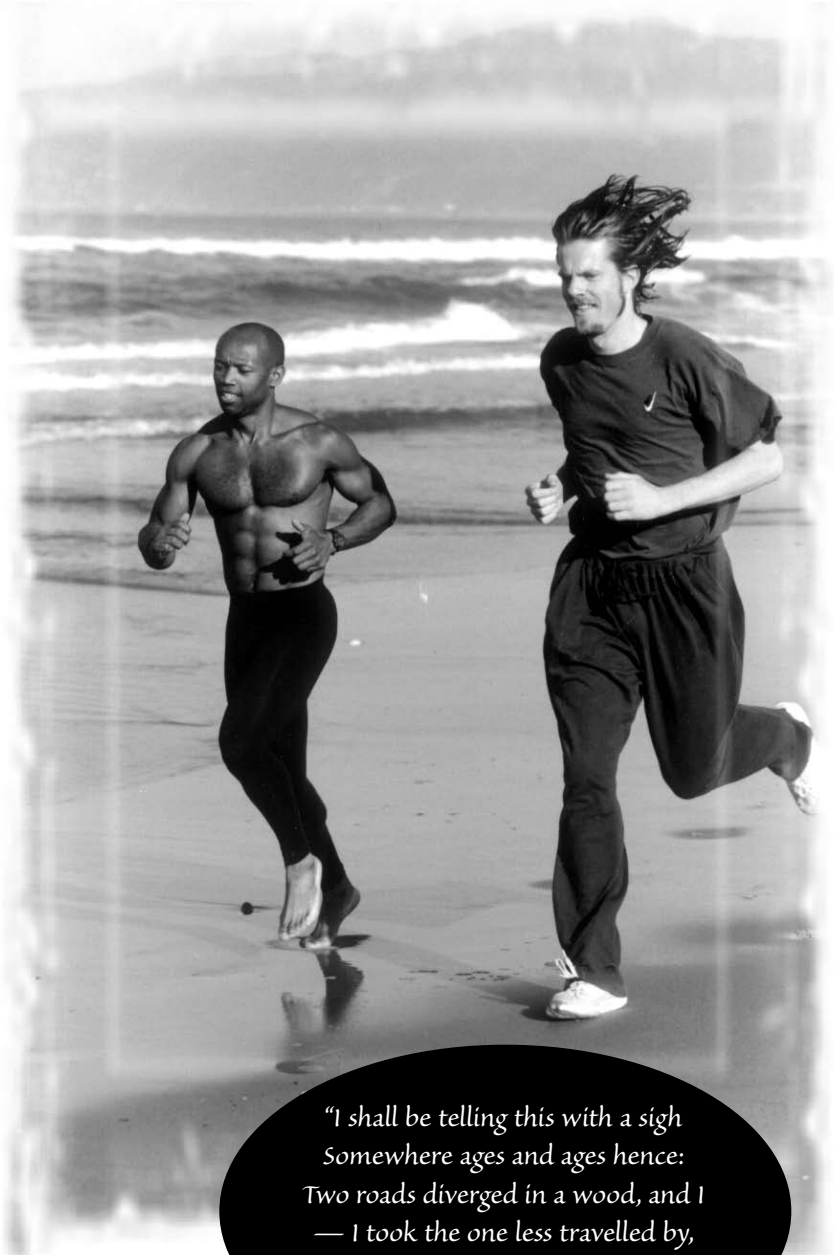
like life
when we're willing
to move beyond the struggle
and own
what we're doing

to look beyond the pain
to allow ourselves
to go deeper
to play with it
to have fun with it

only then
will we fully
embody
the experience
of
dancing
with
God



Being Present



*"I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I
— I took the one less travelled by,
And that has made all the difference."*

— ROBERT FROST

the next time
you go for a walk/run/swim
or the next time you
get on the treadmill
the bike, the stairmaster
or the next time you
use the squat machine
or pick up a dumbbell...
stop for a few seconds

notice your posture

start with your feet
then your knees
then your hips
notice how you
hold your upper torso
your shoulders
your neck
then your head

you don't need to do anything else
just be aware that you're here

right now
in this body
at this time
in this place
participating
in this activity

present
fully present

Breath, Movement & Meditation

next, bring your
awareness
to your breathing

follow your breath
as it enters
and leaves the body

as you inhale
visualize a balloon
two inches
below your navel
expanding
collecting your energy

as you exhale
visualize the
same balloon
contracting
to release the air

find a comfortable
rhythm
start slowly
but keep your focus
on your
breathing pattern

“The difference
between life and death
is breath.

And breath moves through
the physical body,
so the physical cannot be
separated from the spiritual.”

— GABRIELLE ROTH
MAPS TO ECSTASY



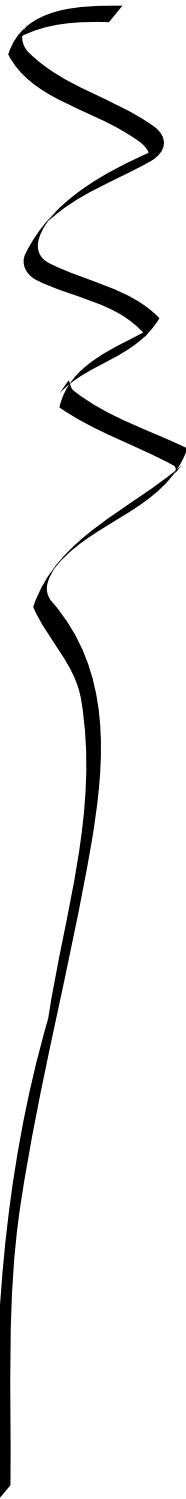
with practice
your movement
and your breathing
will start to synchronize

very soon
you won't be able
to distinguish
whether
it's the breath
that causes
the movement
or
if it's the movement
that causes the breath

as we say in tai chi
this is
meditation in movement
and
it is this
synchronization
of
breath and movement
that will be the
springboard
into a new world
of self discovery

that will last a lifetime
that will last a lifetime
that will last a lifetime



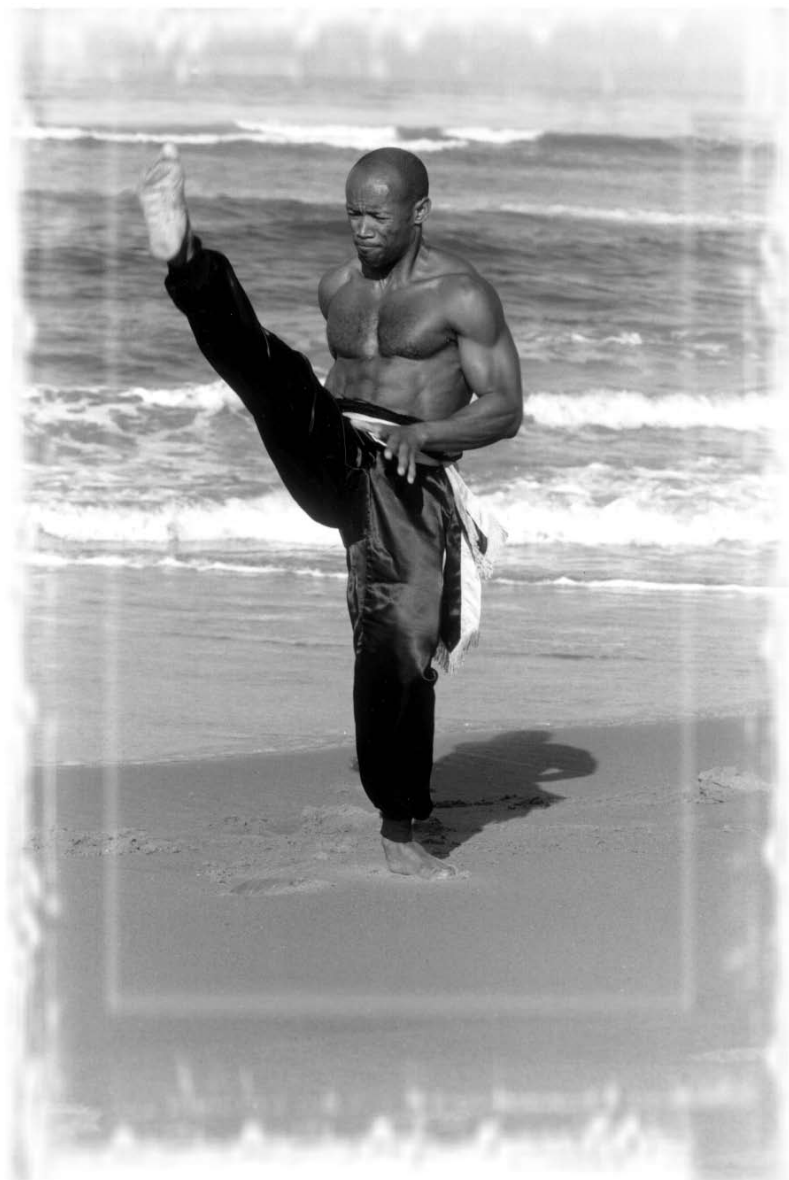


go ahead, give it a try
start by breathing naturally
don't
force your breathing
in any way
just relax and let it happen
as you increase the pace
of your activity
notice how your breathing
also increases

try to find a
comfortable rhythm
for you

during cardiovascular activity
i try to take two breaths in
for
every
breath
out

once you've found your rhythm
surrender into the moment
the present moment
a place where
there is no yesterday
and no tomorrow
all there is
is now
now
now
now



*“Breath is the junction point
between mind, body, and spirit.
Every change of mental state is reflected
in the breath and then in the body.”*

— DEEPAK CHOPRA, MD
AGELESS BODY, TIMELESS MIND

next
imagine yourself
embarking
on a great journey
destination unknown

it doesn't really matter
where you're going

you're in it
for the ride

wherever it takes you
your breath is the train
and your body
the unknown frontier



*“Where is the spirit but in the body.
This is the place where we experience
life, so the more deeply we enter into
the body and into our breath, the more
deeply we enter into God.”*
— GABRIELLE ROTH

as you move
into your rhythm
quiet mind
relaxed
yet
sure-footed movement
listen to the music of your heart
feel its power and vibration
feel the rush of energy
vibrating
around your body

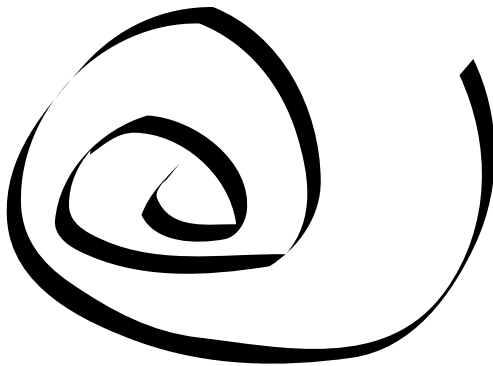
with each cycle
of the breath
feel your body awakening
becoming
more and more alive
stride by stride

go ahead
let the movement
touch you

in fact
be the movement
you are the activity
the activity is you

as you fall
more deeply
into yourself
into the sweet surrender
of the moment
there
you will be part of
the dance of life

and only there
will you
experience
the sacred energy
of
dancing
with
God





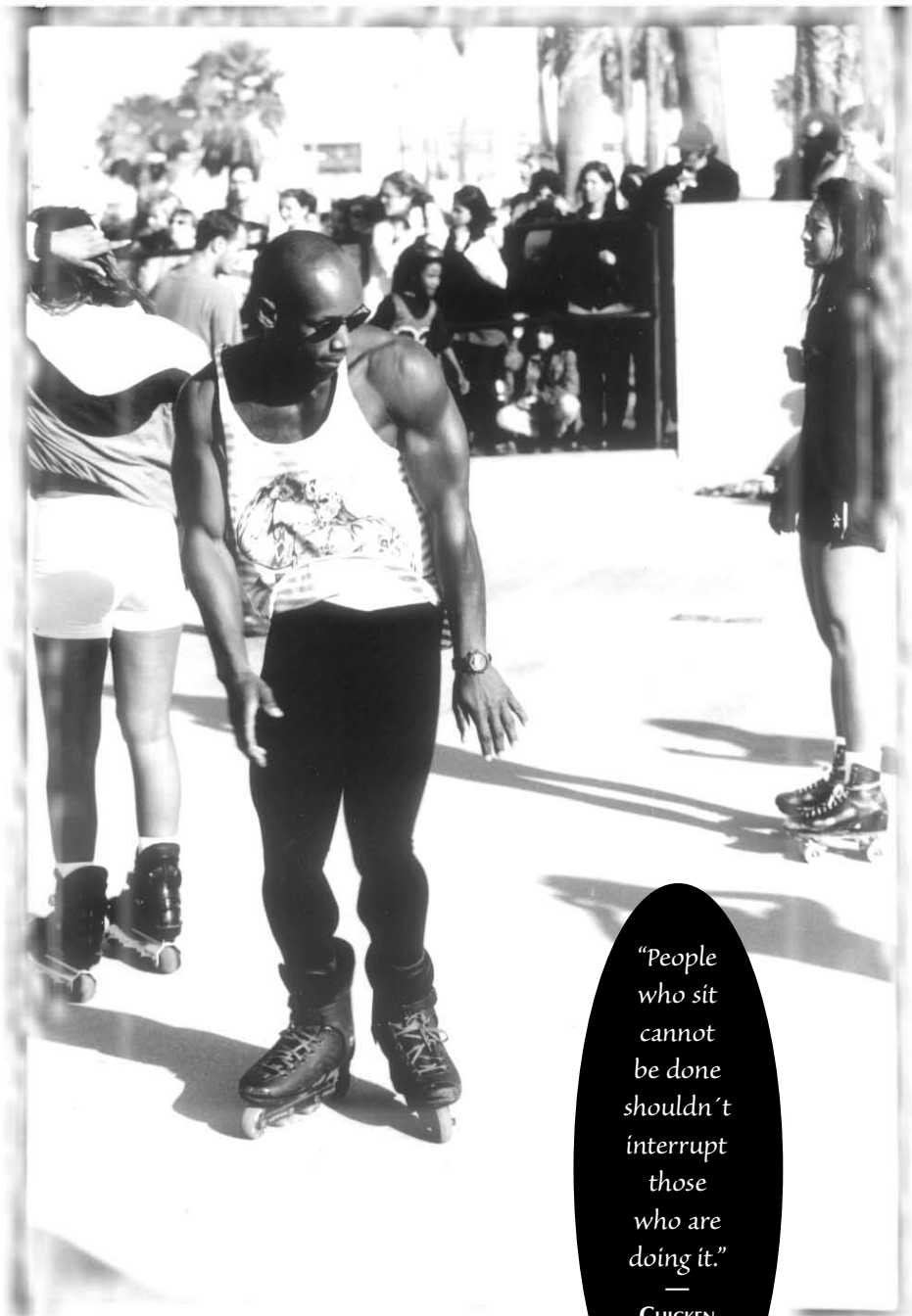
DO What You Like

“Once we get into our motion, our rhythm, our rocking and rolling and moving our body, spirit opens up and things start moving.”

— GABRIELLE ROTH

*one of my favorite forms
of physical activity
is rollerblade dancing
on the weekends
at venice beach*

*it gives me an incredible high
a deep sense of aliveness*



*“People
who sit
cannot
be done
shouldn’t
interrupt
those
who are
doing it.”*

—
CHICKEN
SOUP
FOR THE
SOUL

from the moment i show up
i listen to the music
not just with my ears
i hear with heart and soul

i let the music touch me
it takes me high
it takes me low

it never leaves me

when it's fast
i'm fast
when it's slow
i'm slow

i am the music

when the day is hot
and the music loud
i take off my shirt
i let the warm rays
kiss my skin





*i feel the pulse
of my blood
traveling
across highways
of veins and arteries*

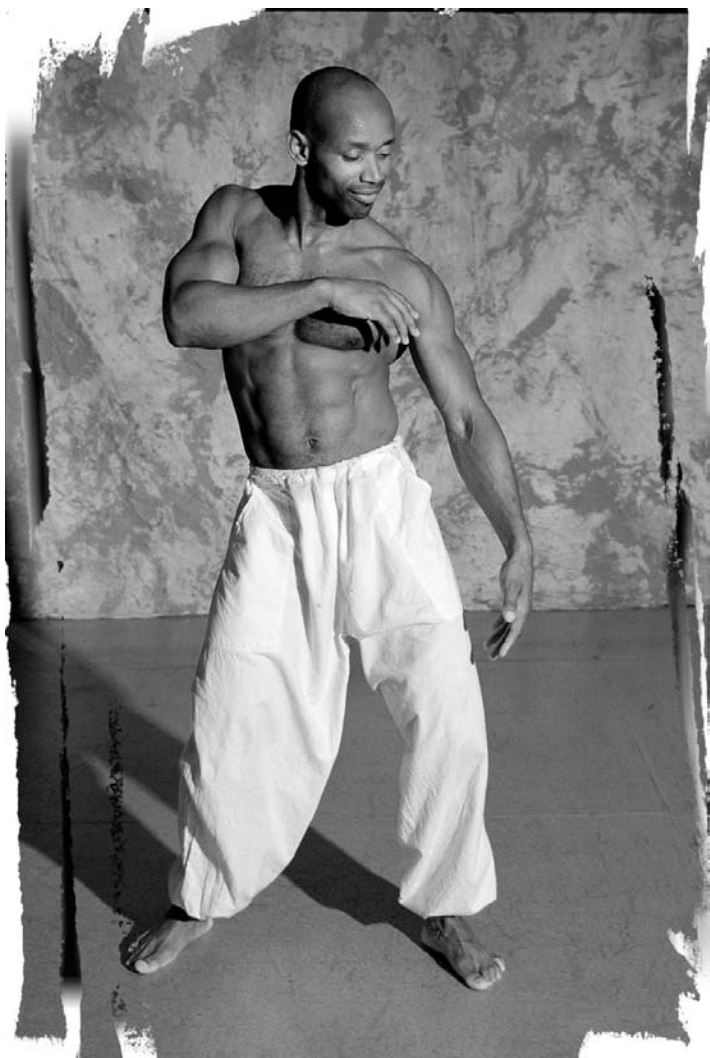
*as i dance to the music
i hear every rhythm
every heartbeat*

*in complete sync
with every move i make*

*in these moments
i am completely alive
dancing
joyfully
the
spirit of God
within me*



But
if
the dance
of the run
isn't fun
then
discover
another dance
because
without fun
the good
of the run
is undone
and a
suffering runner
always quits
sooner or later."
— FRED ROHE
*THE ZEN
OF RUNNING*



The Mundane & the Profound

maybe rollerblading
or running
isn't your thing
or maybe the mere thought
of exercising
makes you want to throw up
well, go throw up
get it over with

or even
forget about exercising

find something
you like to do

if it's eating
walk to the store
buy your food
walk back
then take the time
to prepare it yourself

i'm not asking you
to do anything
you don't want to do



*i'm suggesting
that the next time
you choose any physical activity
why not
seize the opportunity
to move
beyond
the mundane
into
the
profound*

*if nothing else
it will make your activity
a heck of a lot more
enjoyable*

that i guarantee

*“Come to the edge,” he said
They said, “We are afraid.”
“Come to the edge,” he said
They came.
He pushed them...
They flew.*

—
GUILLAUME APOLLINAIRI

Playfulness, Fantasy & Visualization

one of my best ideas
was buying a walkman
it's added a new
dimension
to my exercise
play time

notice i said 'play time'
not workout
i don't know about you
but i like to play
and the right music
helps me get in touch
with my playful self

most people
approach their exercise
the same way
they do the rest of their
lives

as a burden
as a struggle
as a duty

“Life is
playfulness . . .
We need to play
so that we can
rediscover the magic
all around us.”
— FLORA COLAO





*“In every real man
a child is hidden that wants to play.”
— FREDRICH NIETZSCHE*

*i look at it differently
for me, physical activity
is an opportunity
to be truly
free and expressive
a kid on the playground
creative
not a care in the world
totally absorbed
in the movement
of the moment*

of course
when i approach an activity
i first hear the judgments:
i'm not good at this
i look stupid
this isn't for me

but if i stick with it
long enough
i hear a deeper voice
i no longer focus
on what's happening
around me
instead i listen
to the thundering roar
of energy
pulsating
through my body

as i've learned to listen
more accurately
i've begun to hear silence

yes
silence
silence within the activity

yes





“man soon learns that silence is an integral part of life and that certainly it is prominent in [physical activities]. Silence is not simply the absence of sounds. Rather it is presence.”

— HOWARD SLUSHER - MAN, SPORTS AND EXISTENCE



*silence on the faces
of those around me*

*yes
silence in the mountains
and across the great plains
of my awareness*

*yes
silence*

*i've discovered
a mysteriously divine
living silence*

M · U · S · I · C

unlike
any other
art form
music
has the ability
to touch us



it opens up our
hearts and souls
to experience
life
on a deeper
richer
level

there is a
special music
for every activity



*the music helps us
get to the dance
of the activity*

*to that place
where we're flowing
effortlessly moving
joyfully expressing*

*gracefully
participating
in our own way
with our own
rhythm*



in every activity
there is a dance
and
we're all dancers

every single
one
of us

in the dance of tennis
i see only my soul
playing
with the ball

no opponent
just me and the ball

in the dance of basketball
the player/dancer
has a very special way
with the ball

no competition
only hand touching ball
connecting with the basket
connecting with the soul



*“You are
the spirit
of the
thing itself.”*

—
BOOK OF
5 RINGS



watch michael jordan

look in his eyes

*get a tape of
magic johnson or larry bird
or björn borg and ivan lendl*

*look in their eyes
at the
critical moments
of a match*

*the clearer
you see
the more
you will
glimpse
their souls
dancing joyfully
on the
playing field
of
life*



“When
there
is
freedom
from
mechanical
conditioning,
there
is
simplicity.
Life
is
a
relationship
to
the
whole.”

—
CHINESE
PROVERB



the next time
you play tennis
go for a bike ride
or participate in any
physical activity

set an intention

don't do it casually
give your attention
to the smallest details

while running
focus
on each stride
notice
how your feet
gently
touch the ground
then spring off
again

notice
how your arms
flow
in perfect rhythm
with your feet



notice
that your
breathing
is the
conductor
for the
symphony
of
movement

the more aware
you become
of the little details
in your activity
the more
you will
lose yourself
in the
effortless dance
of a dancer
truly
dancing
with
God



SONG OF THE DISMAYED

what is this dance
you speak of?
i don't experience any dance i
experience pain
i experience agony

the pain of reluctance
the agony of defeat

when i leave limping
from the gym

when day after day
my muscles ache
and i find no relief

this is no dance

this isn't fun
it's painful

it's been six months
and still no results
how can i not be dismayed

you say there is more?

behind the agony
there is fear

behind the pain
there is doubt

i'm lost ...
... can you show me the way?



"I am a devotee of a dancing god,
the invisible spirit that animates
all the great traditions of myth and religion.
And everyone must dance distinctively for
themselves with body, heart, mind, soul, and spirit.
Anything else is idol worship, and no road to ecstasy."

— GABRIELLE ROTH, *MAPS TO ECSTASY*

“dear world . . .
i am leaving because i am bored.”
— GEORGE SANDERS

if you're bored
it's because you're boring
or maybe just too lazy
to invoke
the spirit of the muse

life is great art
life is grand theater

so why not play?

why not walk to the beach?
it doesn't matter
that you're on a treadmill
in a stuffy gym
your brain
can't tell the difference
between fantasy
and reality
anyway

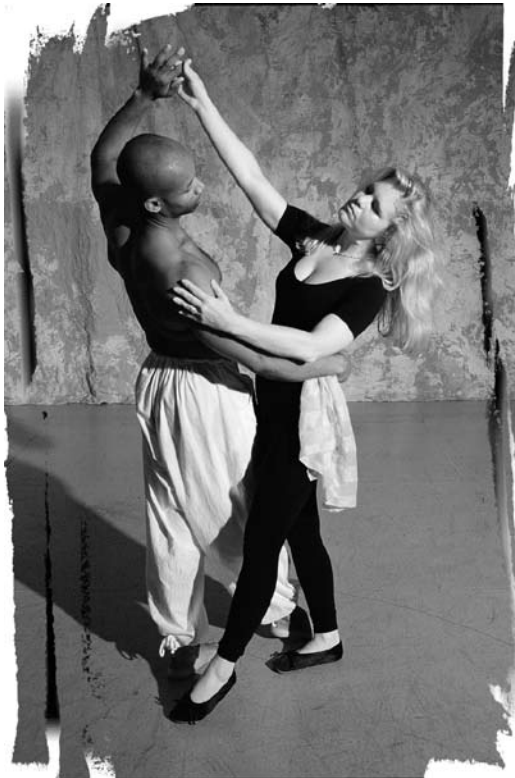
so why not win
at your own fantasies?

i can't tell you how many times i've
played ball
against the best in the world!

can you imagine
how thrilling it is
to go one on one
with michael jordan
and win!

to elevate at half court
a 360 degree turn
a slam dunk
over three defenders...

swoosh
what a rush !



imagine
playing tennis
against pete sampras
and winning
with a daring diving drop volley? !

imagine the rush!

i can do all that
running 6 miles per hour
up a 15% hill
on a treadmill
in a stuffy gym

it's foolish to not win
at your own fantasies

so why be bored?

use your imagination!

“If you will
practice being fictional
for a while,
you will understand
that fictional characters
are sometimes more real
than people with bodies
and heartbeats.”

—
RICHARD BACH
Illusions

ME AND MY DUMBBELLS

slow down
be the activity
don't be separate

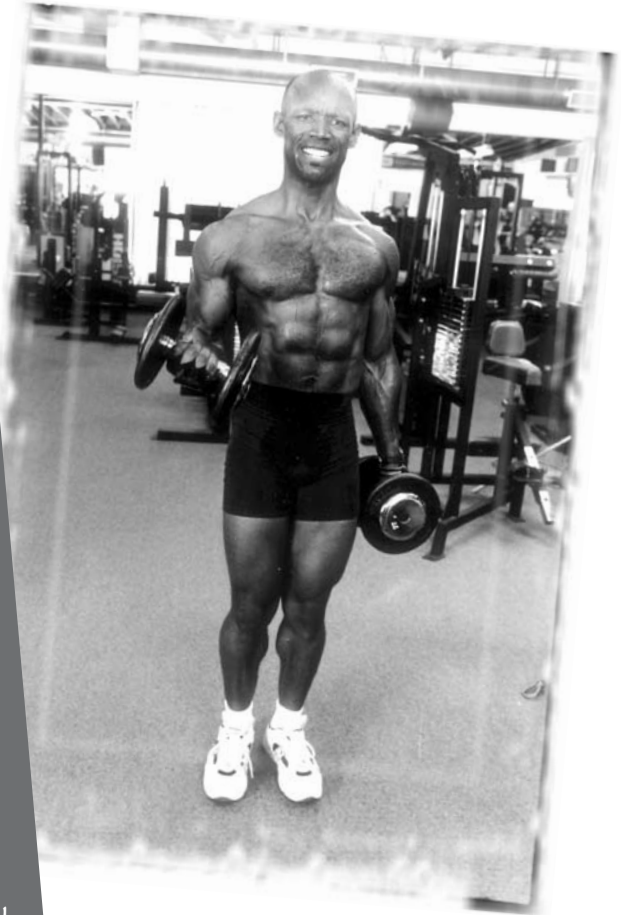
where are you?
any place
but here, you say
then you better
come back
here quickly
or you'll miss it

something wonderful
is happening here
bones pulling
muscles contracting
heart pounding
blood rushing
body electric

can you hear the voice?

God's trying to talk to you
she wants you to dance

she wants to dance
with you



"So feel the flow of your dance
and know you are not running
for some future reward
... the real reward is now!"
— FRED ROHE, *ZEN OF RUNNING*

Stillness of Motion

there is something
better in us
because of our practice
we learn
to touch
a new dimension
of
sight
sound
feeling
and
perception

as we dance through
the energy
of
heaviness
boredom
and fatigue

we learn to
move with the feelings
surrender to the moment
and
breathe in the silence

*“there’s something better in us
because of our (practice) . . .
we become more at peace with ourselves . . .
my heart is open and free, my head is clear . . .
all the beauty of the world is within
the mad rhythm of my blood”
— PETER MILLER*

*follow the breath
let it be your guide
into a world
where
your wild ecstatic spirit
roams free
out there
beyond the roar of the crowd
the clatter of machines
or
the thunder of racing feet
lies a stillpoint*

*it is the silence
heard by every mystic
during withdrawal and contemplation*

*a stillness
of luminous calm
that is felt
deep within the
cellular walls of the body*



*in this stillness
there is peace
there is freedom
there is a certain
richness
and fullness of being*

*there is life
making itself visible
to those daring souls
who have chosen
to walk the path
of dancing with god*



The Ceremonial

*“And now I see with eye serene,
the very pulse of the machine
A being breathing thoughtful breath,
A traveler between life and death.”*
— WILLIAM WORDSWORTH



on some mornings
i get up before the sun
and go for a long, hard run
in the santa monica mountains

i find the steepest hill
and challenge myself
to give everything i've got
to make it to the top

my muscles
are ready to give out
my heart
is a japanese taiko drummer
ba-boom! ba-boom! ba-boom!
but i never give up
i tune into the drumming
music of my heart
and allow each stride
to flow naturally
with the rhythm of my breath

before long i'm floating
above the ground
my feet barely making contact
then they're off again



in that one glorious moment
body...mind...spirit...breath
emotions...feelings...thoughts...perceptions
are all completely united

and in that singular moment
i am dancing
the dance of life
creatively
expressing myself

becoming
more fully aware
of the presence
of God around me



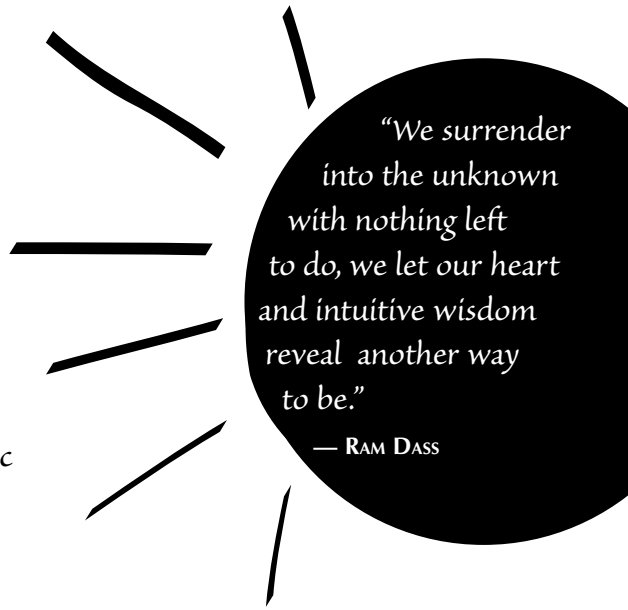
Photo by Cindy Lou

the last part
of my
morning ritual
is a climb
atop a giant rock

on a clear day
as the sun enters
the morning sky
i let its rays penetrate
to the very core
of my being

arms outstretched
eyes bright on the blue pacific
across the mountain
and down the coast
i give thanks to God
for awakening the sensors
of my body

for allowing me
to experience
a deeper sense
of connection
with the
magnificence
of
Her creation



Opportunities Along the Way

*"i've done the research,
and i hate to tell you,
but everybody dies — lovers, joggers,
vegetarians and nonsmokers.
i'm telling you this so that
some of you who jog at 5 a.m. and eat vegetables
will occasionally sleep late and have an ice cream cone."
— BERNIE S. SIEGEL, M.D.*

*when i exercise
i usually participate
with great intensity*

*but last week
i couldn't do that*

*i was running in the mountains
and my ankle gave out
so i had to walk*

*being the intense person
that i am
i got very angry
at my ankle*

i even cursed it

Photo by Cindy Lou



but as i walked
it became
more and more difficult
to stay angry

it was a beautiful clear day
the sun was shining
and i was still breathing

why should i be angry?

the anger faded
and in its place
came the most
acute awareness
i've ever had

there were trees on the path
i'd never before seen
flowers i'd never smelled

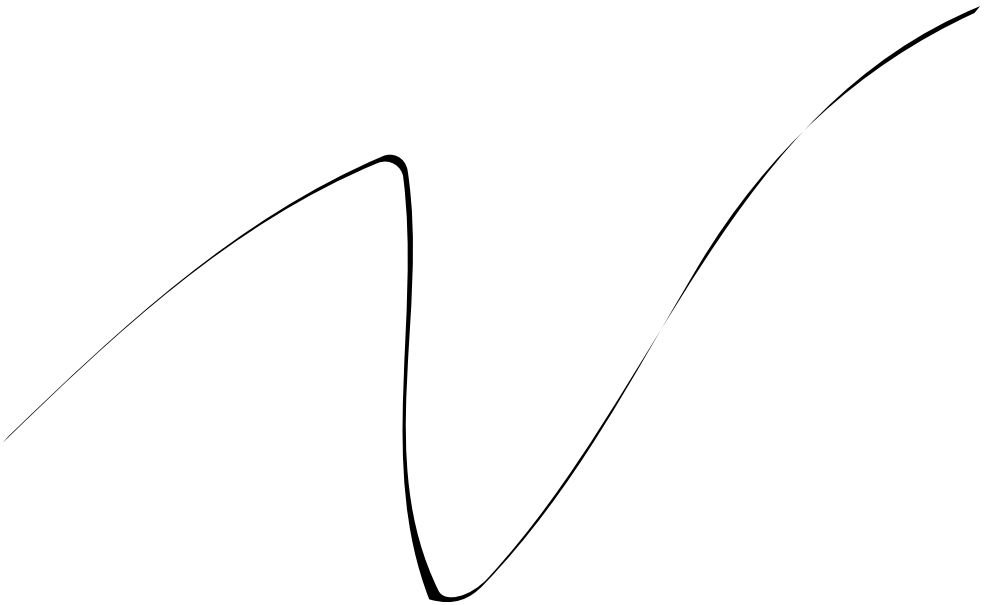
i saw birds flying
there was even
a deer or two

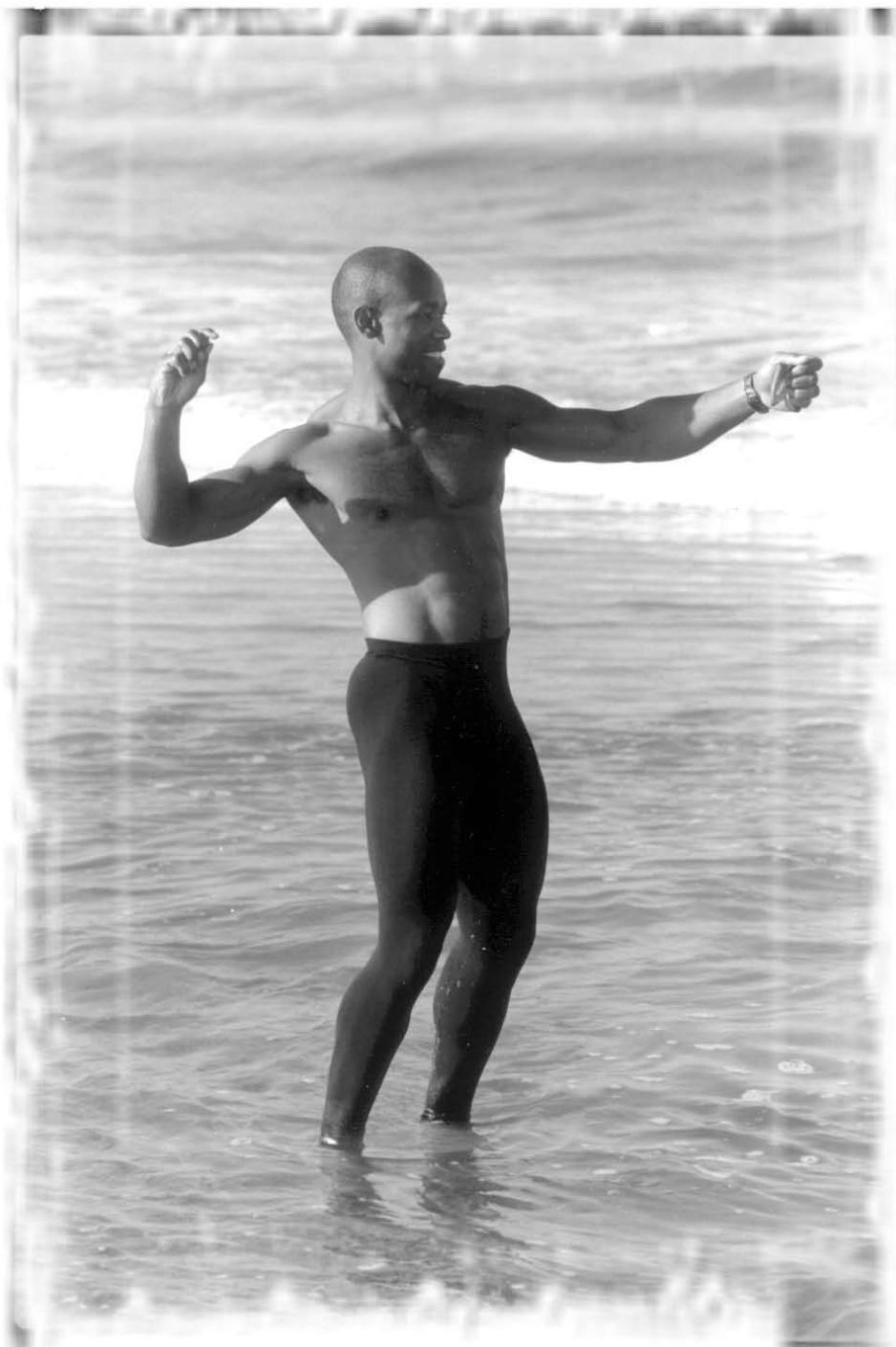
for the first time
in all the years
i've been running that trail
i actually stopped along the way
to smell the flowers
listen to the birds
and watch the deer

needless to say
i will no longer curse my injuries

for me
they'll be opportunities
to experience
the same dance
to the beat
of a different
drum

maybe
they'll be that
for you too





CONCLUSION

*“when you remember the play
that lifted your heart as a child
you will know the heart of God.
you will understand the motives
behind this universal expression.”*

— KEN CAREY

*we’ve just been on a journey
together
you and me*

*you may call it
a meditative journey
if you like
because the deeper we get
into physical activity
the more we’re able
to touch the places
meditation
was meant to touch*

*physical activity
is the most
beautiful meditation
there is
because it involves
all aspects of our being:
body . . . mind . . . heart . . . and soul*

having said all that
let's talk about the rest of our lives—
everything else in our lives

i've said it before
and i will repeat it again
physical activity is a metaphor
for our whole life

life is theater
life is art
life is play

the question is
are we willing
to give ourselves
permission to play?

are we willing
to give ourselves
permission to express
the thoughts, feelings, emotions
concepts and ideas

if life is theater
then we are the actors
and there are no rehearsals
it's strictly improvisational

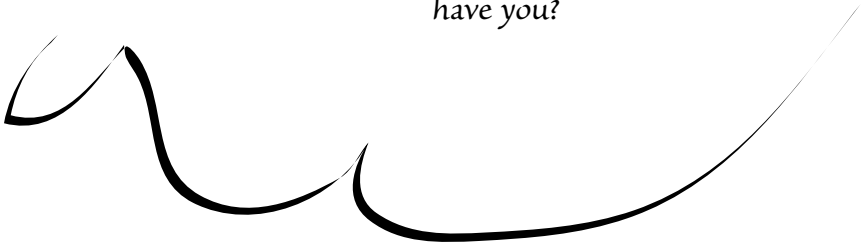
so the very act of living
and expressing
becomes an art form



there will be
ups and downs
there will be
peaks and valleys

do we struggle
or
do we play?

i've made my choice
have you?



BREAKTHROUGH

one day while running
my soul broke free
i was on the earth
then suddenly

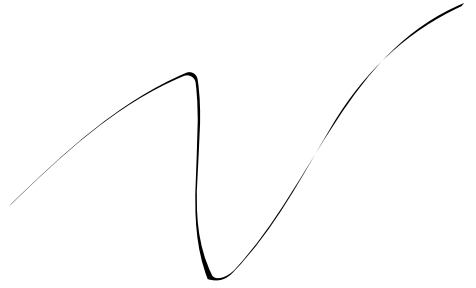
somehow, somehow
i was quite aware
i was no longer running
i was floating on air

without a worry
without a care

one day while running
my soul broke free
struggle gave way
to serenity

i was free to experience
on a new plane
to participate
beyond the pain

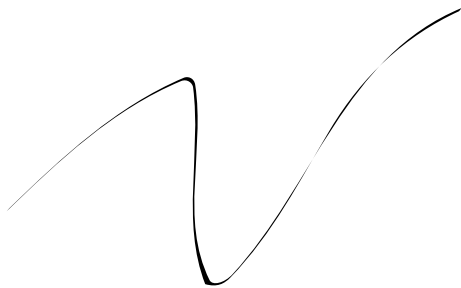
with a sense of purpose
i can't explain



*one day while running
my soul broke free
i tapped an
ancient memory*

*the world stood still
for me to see
i can play
with each activity
i can live my
favorite fantasy
i can be
whatever i might be*

*on that day that
my soul broke free
it all made perfect sense to me*



10 TIPS

TO BEAT THE EXERCISE BLUES!

1. Show Up

2. Set a Clear Intention

3. Be Present

4. Do What You Like

5. Ride the Breath

6. Dance the Emotions

7. Live Your Own Myth

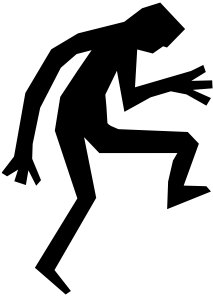
8. Learn to Surrender

9. Make it Playful

10. Develop a Personal Exercise Ritual

1. SHOW UP

*it doesn't matter
how you show up
for your session
one leg dragging
behind the other
bad attitude
angry at the world
just do yourself a favor
show up*

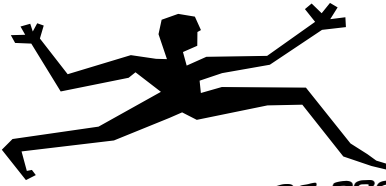


2. SET A CLEAR INTENTION

*before you begin
your activity
clearly state
what it is
you want to get
out of the session*

*do you want to
just get through it
or
would you rather
be physically rejuvenated
and energized?*

*do you want to
hold on to your bad attitude
or
would you rather
move to a place of
inner calm and mental clarity?*



3. BE PRESENT

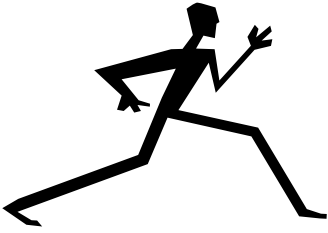
if you're tired
bored
and exhausted
then be
tired
bored
and exhausted
don't judge these things
as being bad
learn to
feel your feelings
and
express your emotions

as you move
through your activity
you will end up
feeling revitalized
and
more fully alive!

4. DO WHAT YOU LIKE

if you like to run
then run
if you like to swim
swim
if your current situation
prevents you from
doing what you like
do it in your mind
while doing something else





5. RIDE THE BREATH

focus only
on your breathing
as you engage
in your activity
inhale deeply
through your nose

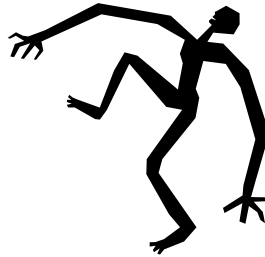
visualize the breath
traveling
around your body

as you exhale
relax your body
visualize the breath
soothing and releasing
all your tension areas
this becomes
a meditative experience

6. DANCE THE EMOTIONS

exaggerate
the way you feel
until you no longer
feel that way

if you're bored
be really bored
if you're sad
be really sad
the more expressive
you are
with your feelings
the easier it is
to release them

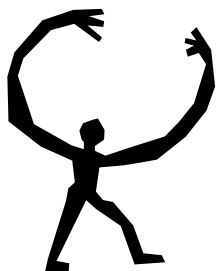


7. LIVE YOUR OWN MYTH

bring your fantasies to life
what have you always
dreamt of doing
or becoming?
is there a sport or activity
you would like
to become better at
let your mind serve you
after all
isn't it foolish
not to win
at your own fantasies?



8. LEARN TO SURRENDER



the whole point of
physical activity
is for you to learn
to get out of your head
and into your body
try not to be too critical
or judgmental of yourself
let it be okay
to stumble
and
look foolish
sometimes

9. MAKE IT PLAYFUL

learn to be
creative and
playful
with your activity
it's your time
to be silly and childlike
don't take it too seriously



10. DEVELOP A PERSONAL EXERCISE RITUAL

the easiest way
to make exercise
easy and fun
is to develop
a personal ritual
around your activity
something you do
every time
you exercise



a ritual
will help you move beyond
your own mental blocks
and
provide you with
a richer experience
of being alive
so that your participation
in physical activity
will resonate
deep
within
your
soul



A Playful Life

what i have written in these pages
is what i have found to be true for me

“if you only knew
the power of the dark side.”
— DARTH VADER
RETURN OF THE JEDI

for me
exercise is sometimes
boring
monotonous
and painful

it isn't always an ecstatic dance

sometimes it is suffering
intentionally and unintentionally

but even the dark side
has its dance
so why not join in?

why not feel the feelings
express the thoughts
be the movements?

remember
the time will pass

hours turn into days
days into weeks
weeks into years



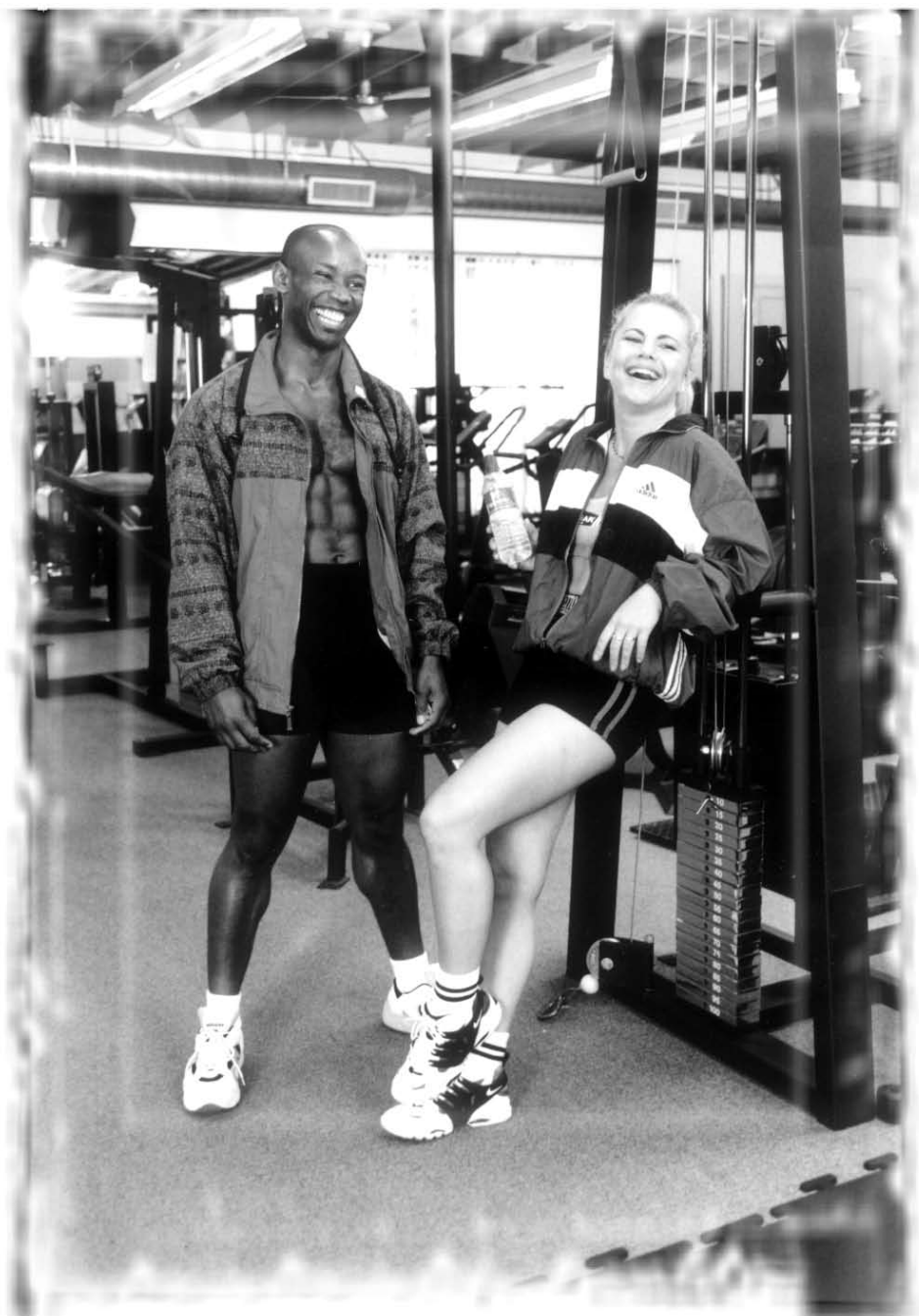


but we don't remember
days
weeks or years
we remember moments!

let your next moment
of exercise
be a moment
of therapeutic play

make it memorable!

all of life is a dance
and
every activity
an opportunity to
dance
with
God





*"I don't have a message.
My life is my message.
— MAHATMA GANDHI*

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I want to express my thanks
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in and out of the gym
and
to the thousands of people
who have participated in my
seminars, playshops and performances
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and one of the most
creative and ingenious
minds of our time

i am a better person
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poet
performer
for having known him
over the past year

thank you
for being a part of my life
and
for constantly challenging me
to own the "poet within"

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and
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over the years

you make me
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my heart-felt
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and
love

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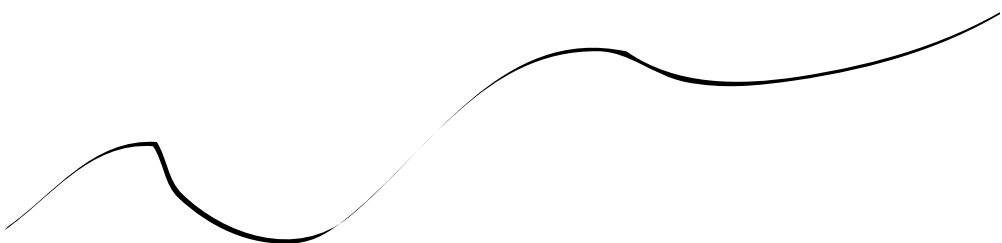
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most of all
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for being
the primary source
of my inspiration



ABOUT THE AUTHOR

Del Millers, Ph.D.
Author, Speaker, Life Coach

DEL THE AUTHOR

Other Books by Del Millers:

DR. DEL'S RAPID FATLOSS MANUAL:
A Scientific Approach to Building Your Leanest Body Ever

DR. DEL'S RAPID FATLOSS MEAL PLAN:
A Science Based Eating Strategy
for Building Your Leanest Body Ever.

DR. DEL'S RAPID FATLOSS COOKBOOK:
Quick & Easy "10-Minute Meals"
for Building Your Leanest Body Ever.

DR. DEL'S RAPID FATLOSS DETOX-CLEANSE PROGRAM
A 21-Day Whole Food Based Plan for Jumpstarting
Your Body's Fat-Burning System

DR. DEL'S 10-MINUTE MEALS:
Quick and Easy Recipes for Building a Fit and Healthy Body.

DEL'S 10-MINUTE TOTAL BODY WORKOUT:
When all you've got is 10 minutes to spare!

DEL THE SPEAKER

Speaking Engagements And Seminars:

Speaking the Spirit of the Body's Wisdom

When Del Millers speaks, people listen. He knows an awful lot about the physical body, and he looks like it. He also knows an awful lot about the mind and emotions, and he demonstrates it. And that he has a very intimate and personal relationship with his own spiritual nature puts him in a very unique position to be able to support, motivate, and encourage people to reach new levels with their personal dreams and ambitions. As one client puts it, "I have had many personal fitness trainers and many dance and tennis teachers. Del is the first one to really help me reach my goals. He's tough and demanding and kind at the same time. He knows what he's doing; he's an expert."

Del has been extremely successful as a motivational speaker and coach because he addresses all aspects of the human being. He is intelligent, well spoken, and engaging, whether he's exploring the many aspects of health and nutrition or describing how exercise is really like dancing with God. He fascinates audiences and individuals alike because he practices what he preaches. He is a happy man with a firm grasp on his reality—and he assists others to reach the same amazing place. He is, in a word, inspiring.

Del holds a Masters Degree in Spiritual Psychology, a degree he earned by demonstrating self-mastery, and a Ph.D. in Nutritional Sciences. He is also an accomplished writer, poet, and performer as well as a master instructor of Kung Fu and Tai Chi Chuan, a Personal Fitness Coach and a sought after corporate consultant. Del is truly a pioneer, combining the fields of Fitness and Transformation.

Del Millers is a powerhouse, standing on a solid foundation of education and experience. When he speaks, people want what he's got. The good news is, he knows how to deliver.

PRIVATE CONSULTATION

Dr. Del is available for phone or email fitness, nutrition and life coaching.

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