

Article 88: Snoring Is More Than Meets The Ear!

During sleep, as muscles that normally keep your airways open relax too much, breathing through the mouth frequently vibrates the relaxed tissues of the soft palate and create a rough, hoarse, fluttering noise when breathing. In Descriptive terms, snoring indicates that when you relax your usual resolve and certainty about your self and life ...and the "front" you are putting on and living with, you quickly and strongly move back and forth about what is right and desirable and what is not.

Though snoring is usually not considered to be a serious problem, it certainly reveals this inner-oscillation as to what is and what is not acceptable, ...and that oscillation is of concern. Chronic snorers tend to be overweight, middle-aged, judgmental, and defensive. Are you too safety-conscious? ...judgmental? ...defensive? ...self-concerned and self-protective? Do you want to project an image of being greater and more-powerful than you image or feel yourself to be? Do you tend to be too controlling and overpowering? Do you strain to get your own way? Does life seem to be an enemy acting against you? Are you laughing on the outside and crying or fearful on the inside? What or whom are you concerned about? Does it seem that, after all of these years ...and all of your efforts, little of real value has changed or been accomplished? Are you concerned about yourself? ...about your life and health?

Snoring may indicate sleep apnea, in which the snorer stops breathing for seconds or several minutes. Are you tired of life, especially your own life? Do you find it difficult to change this attitude? ...and become more meaningfully involved? Do you feel weakened and unable to change the self and life you are living? Does it seem that someone or something is blocking you? ...withholding the self and life you truly desire? Are you straining to make a decision? ...to decide what is or is not acceptable? Are you concerned about the self and life you have been living, ...yet cannot decide on what or how to change? Are you worried about your future?

Since snorers breathe through their mouth, not their nose, could it be that snorers do not know themselves or don't want to know themselves? ...are afraid to know themselves? ...avoid knowing themselves? ...or are afraid of or disappointed with what they know of themselves?

Do you have too much invested in the self and life you are living to change? And though losing weight might help you, ...do you have too much invested in your defensiveness and image of power to change? Are false appearances that important to you? Stop hesitating, you have all of the energy and understanding you will ever need for a healthy, prosperous, and fully satisfying life, so no matter how unusual or simple or far-fetched your desires may seem to be, live them to the fullest. Your goodness and wisdom are abundant, ...remove your inner obstacles, but be careful not to relax your empowerment to the point of self-destruction. Renew your old attitudes! It is the spirit within and the attitudes you take in which truly

enliven and enlighten you. Delight in your mindful body and soul, ...do not forsake them. The power of healing is activated and intensified by the power of your renewed attitudes.

In all things, hold to your high standards of excellence, ...do not relax them ...or your personal resolve. Stop vacillating, every moment brings added opportunities, for you are empowered to change a condition or situation by changing your attitude toward self and life ...and toward the situation you are straining against. Change your pattern of thinking and acting, ...you are not as unempowered as you believe.

What will enrich and empower you? What do you desire? What is acceptable? Are these three things alike? ...or are they in conflict within your self and life? Renewed attitudes set the scene for transformations to take place on the deepest level of your being. You are moving into an important new period in your life, ...does that concern you? Do you feel unprepared? ...unempowered? Are you fearful that the changes may be unacceptable? ...or that you may be unable to meet them? Has your life followed the course you desired and set for yourself? ...or have you been wandering? Are you afraid to change ...and create a new "you"? Does it seem that the small changes you have experienced every day without notice have finally caught up with you? ...and are beginning to overwhelm you? Are you concerned about moving peacefully through the changes you imagine are before you?

Inner peace quietly spills over into all affairs, experiences, and relationships, ...and though you give the appearance of being relaxed and at peace with your lifeseif and decisions, you are greatly agitated and concerned. Only in peace with yourself will you make appropriate decisions ...and those choices will have a wondrous effect on you and others.

Enrich your attitudes!