



GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance



VALIDATION THREE: MY TEACHER MY SON

August 14, 2006

Yesterday I said goodbye to one of my greatest teachers, as my son went off to college to enter the next phase of his learning journey. I paused at the threshold of his dorm room to absorb eighteen years of lessons that have prepared me to enter the next phase of my own learning journey with the same level of enthusiasm. Michel's method is intuitive:

- Watch, listen and be in the moment.
- Go with your own flow.
- Don't stress out!
- Do things in your own time.
- Don't form pre-conceived notions – just let it happen.
- Life is to be enjoyed – especially with others you really care about.
- Don't be afraid to desire too much of a good thing.
- Honor and love your elders...and your culture(s).
- Appreciate what you have and what you don't.
- Remember, music makes people feel good!