



## **Spiritual-Glamu**

Spiritual is defined as relating to or affecting the human spirit or soul as opposed to material or physical things:

Glamour is defined as the attractive or exciting quality that makes certain people or things seem appealing or special

Continuing on my spiritual journey I have been struggling with how to balance being spiritual and being glamorous, which I have termed "Spiritual-Glamu."

When I'm being glamorous, I'm not talking about being obsessed with physical beauty by trying to look young forever with botox, plastic surgery, etc. As a dancer, you are always practicing, dieting and working out. Even though now I'm a former Dance Champion, I still follow these practices. When I used to run to the gym every, it took over three hours out of my life that I could not get back. I also realized I was around people or energies that were not nourishing for my soul. So I decided to enhance my physical, mental and spiritual worlds. I wanted to physically feel and look good, with or without makeup, and have a healthy spiritual balance. I call this Spiritual Glamu, that inner calm healthy glow when the physical, mental and spiritual worlds integrate. So I canceled my gym membership and bought my own gym equipment. I now work out from my home. As a result I have more time for myself because I'm not running to and from the gym, and I'm experiencing less stress. I'm also making it a point to live my life minimizing the things that affect me in a negative way, avoiding toxic energy and anxiety. I'm staying healthy physically, mentally and spiritually, creating a glamorous totality.

I've also connected with the Divine Life Force, trusting the powers that be and that all things will work out for the best, Time heals all, and life gives us a second chance. It's called tomorrow.

I still embrace my creature comforts as they also make me feel good, but I could do without them if I had to. The only thing I cannot walk away from is God ,my Chihuahua, and maybe coffee, or as they say here in the city, cawfee.

Being spiritual for me does not mean shaving my head and wearing a robe and beads. This might be a worthy path for some, but coming from a glamours show biz world I lean toward a more glamorous look that one emits when you are in control and at peace with life.

Today's world portrayed on TV, in movies and on Social Media puts so much unreal expectations on us to obtain that Hollywood look and lifestyle. This creates an unreal and unobtainable result, putting unnecessary pressure on us. People lacking Spirituality or God awareness sometimes only realize it when they get older, or have a near death experience, realizing their own mortality. We don't live forever, and you can't stop the clock.

Balancing ones inner life force with the materialistic world is difficult and even harder to maintain. Some people cannot handle getting older, with all the changes that go with it. Instead we need to embrace it and take our lives to the next level, where we still have much to offer, especially as a wise elder. The aging actor who may not like the fact that they now portray older characters, like playing the parent instead of the young adult still has plenty to offer within their profession, and might even excel in their new role. We are supposed to learn from our life experiences, and pass that knowledge on.

So how is your "Spiritual-Glamu?"

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