

## Hearing, Wax On — Wax Off

Wax on, wax off for the ears. One time I was losing my hearing and I couldn't figure out what was going on. I went to the doctor and the doctor looked in my ears and he said, Oh, it's an ear plug. You have wax in your ears. There's just too much buildup. So the nurse squirted the solution in my ear. After a period of time, the spraying of it dissolved the wax. This big huge plug camp came out of both of my ears.

The doctor came in with a tuning fork, and he began to measure his hearing and my hearing to see how long we could hear the tuning fork. He was really disappointed because I was older than him and yet my hearing turned out to be better than his hearing.

All of our senses can seem to wax on or wax off as we age. Remember that our attitude often controls nature of our senses. Some of the best times in our life come from tuning into nature. We listen to a forest of sounds and pull out amazing messages. The smell of the forest is as real and remarkable. Even our senses heighten.

Hearing is something that we can begin tuning out sounds and people. This choice leads us as we become less aware of our environment. Hearing is very susceptible to our mind and moving away from what we really don't want to hear. Always remember to give back to your hearing the delight of discovery everyday of your life.

So I always recommend before you give up on your hearing that you number one check the wax and number two really make sure you're verifying that you're not moving away from life. Make sure you work on your awareness. Work on your your mind and your willingness to hear. Think a lot about what and how you hear.

Go into nature. Be one with nature and begin hearing the crickets, the wind and the birds flutter of wings. Hear the waterfalls and the movement of nature about you. Start picking out all those sounds and go back to what we did as a child in discovery. In discovery you are hearing all over again. Hearing is something that's delightful in the morning and delightful in the evening.

We live in such a crowded, busy life. Don't forget it's not only the sight of a sunset or a sunrise that's beautiful, but it's the hearing all around us that can be quite amazing. Pay attention and become aware all over again. Fall in love with life.