

The Cosmic Taco: Order Please?



2017 is making its final bows while some of us are throwing roses and others are throwing rotten



tomatoes, others will be placing their orders for their Cosmic Taco. Stay with me . . .

Regardless of what you're throwing as 2017 leaves the stage, it's an important time to start thinking about 2018. Intentions and vision really make a powerful difference in the direction of our lives and during the last week of the year, this is the time to quiet and clear our minds and get really clear about what we want.

The Cosmic Taco

Several years ago, I had to leave the place I was living and find a new place. I was dragging my feet, procrastinating and just couldn't find anything I wanted or liked or which would work for me. It dawned on me that I wasn't even really sure what I was looking for, what I really wanted. So, I sat down, and literally in 2 minutes, I listed about 15 things on a piece of paper that I wanted in a new place to live, down to the amenities, price, location, and even the era of design and construction for the building.

The. Next. Day. I found the exact place I'd envisioned which met every single one of the criteria I was hoping for. It taught me that it really pays to know what you're looking for.



I told this story to a friend who said jokingly that I have such a way with the Cosmos that if I ordered a taco to the Universe and held out my hand, one would magically drop from the Cosmos. An idea was born: **The Cosmic Taco**. Essentially, the gist is that the Universe doesn't know what you want on your taco unless you put in your order, so go ahead and get specific.

Here's your homework:

Spend the next week, just clearing your mind. Do a some [meditation](#), take some [yoga classes](#), listen to some [Yoga Nidra](#) (like guided meditation). Then on or before December 31st, sit down and put in you order for your **Cosmic Taco**. In other words, how do you want your life to look? Be very specific. Like one of my mentors says, shoot for the stars but keep one foot grounded in reality. Do it. What do you want your relationships to look like, your finances, your drives and goals? Just putting it out there will start a new world of magic to begin to open up to you. I promise.

Then, on January 1, start to do whatever goals you set for yourself. You'll be surprised at how easy this all comes together, especially if you've spent the time to open yourself to mindfulness through meditation and yoga. When your highest self is driving, you find that everything flows with the Universe much easier. Essentially they are one and the same.

I'd love to hear how it goes. Comment below or email me at scott@scottmooreyoga.com for questions or help on this.

Happy end of 2017 and beginning of 2018, my friends.



Photo by Seneca Moore

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