Being a Blessing

When you focus on being a blessing, God makes sure that you are always blessed in abundance.

---Joel Osteen
Living with Uncertainty

The certainty I thought I had is being challenged, living a day at a time brings me back into the alive and nourishing present, it teaches me to be in touch with the “power of now”. I draw strength from sources that I didn’t know I had. As part of my maintaining my peace of mind in this climate, I will build reassuring routine into my day. I will take good care of myself knowing how important it is that I do. I will treasure the people I treasure and tell them, I will value them. I am learning to live a “day at a time”. All I have is today. All I ever have is today. Let me use this period of time to strengthen my understanding of this most profound and life transforming truth.

*I will keep my awareness in this day, in this moment*

“It’s not that we have lost our sense of certainty. We’ve lost our illusion of certainty! We never had it to begin with. This could be extremely unsettling, or amazingly liberating. This tiny virus of 125 nanometers has sent the entire world into chaos. (A nanometer is one billionth of a meter!)

All of our plans are up in the air. Markets are going crazy. Entire countries shutting down.
And we have no clue what the future holds.
But that is always the case. We never know what the future holds. We only think we do. And we keep getting surprised when things don’t turn out the way we expected.

Now the mask is off. We have to admit our vulnerability.

What will happen next?
We don’t know. Our experts don’t know. Our leaders don’t know.
Only G-d knows. And that is the point. Only G-d knows!
Close your eyes and feel the uncertainty, make peace with it.
Let yourself be taken by it. Embrace your cluelessness.
Because in all the confusion there is one thing you know for sure.
You are in G-d’s hands. Keep calm.
Panic and fear are also contagious!

Take every precaution as advised by health authorities.
Wash your hands well. And every time you do?
Remember whose hands you are in.”

*Rabbi Morse*

*(from Louise Stanger’s email)*
These days “easy does it” takes on a new meaning and a new challenge. The program tells me that I cannot force solutions and that the control I seek to have over my world, is not always possible.

Imagining that I can control people, places and things can make me more anxious than I need to be. I need to breathe. I need to relax. I need to show patience and perseverance.

I will repeat these three words to myself each and every time I slip into thinking that pushing and strain is what will make these days go better.

I can take the necessary precautions that these days require without losing my sense of proportion. I can take an action and let go of the result.

_I can let things unfold._

“God, grant me the serenity to accept the things, I cannot change.

Courage to change the things I can

And wisdom to know the difference.”

- Reinhold Niebuhr
Born To Thrive

I am born to thrive. Like the trees, grass, birds and flowers, the equipment to thrive is built into my DNA. Everything in nature thrives or it wouldn’t be here. Plants grow through cracks in a wall or sidewalk. Birds build nests in roofs and animals find what they need in the wild. Everywhere there is evidence of life’s ability to adapt and thrive. I am no different. I am one of nature’s and God’s crowning achievements. Born to thrive. My job is to keep myself rested, watered and fed; to give myself food, quiet, love and spiritual sustenance. The rest will happen naturally if I stay away from what I know makes me sick. Nature intended me to be part of an ever alive and adaptable universe so full of wonder and life. Nature meant for me to adapt and thrive.

I adapt and thrive; I am dazzled by life

Life is not merely to be alive, but to be well.

~Marcus Valerius Martial
Looking Inside

I will dive down deep within myself. In the quiet of the moment I will let my mind wander and come to a restful place. Whatever helps me do this I will do. I will cultivate the quiet within me from where I draw strength. I can nourish myself if I take the time to sink into quiet and meditation. There is a secret world within me, a world to get to know, to explore and be in. This is the world that is mine and only mine but that paradoxically connects me with all that is infinite and divine. Through this inner world, I connect with the spirit that dwells within me and around me. All that I need to arm myself for my journey through life begins here.

I dwell within.

“Being solitary is being alone well: being alone luxuriously is being immersed in doings of your own choice, aware of the fullness of your own presence rather than of the absence of others.”

---Alice Koller

The Station of Solitude (1990)
The Journey is the Goal

People will say, "Well, I have to work on my goals," or, "I have to work on my visualization." And we want you to think more about holding the vision because it is pleasurable to hold the vision, not because you're trying to make the vision work in order to get to some place that you're not now standing. "How much should I work?" We would say, work in the sense of joyously moving forward.

--- Abraham
Excess emotion is not passion. Though passion can seem sometimes emotional it is a deeper, more steadfast internal operation. Finding a life’s passion isn’t only finding emotion. It’s finding what nourishes me, what I connect to and love, something that suits who I am not who I think I should be . . . something that touches me at a deep level. It is identifying an area in which I can make a contribution to this world however small or large, that also contributes to my sense of well-being.

I will devote time and energy to something I feel passionate about.

My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style

*Maya Angelou*
Witnessing and Being

I feel insecure – a strange mixture of fear and excitement, insecurity and self-confidence. I’m insecure about what I can do while at the same time, I feel I can do anything. I’m both afraid of failure and success. Sometimes the world looks easy to understand and decode and other times it’s an intimidating mystery. I feel I have already lived so much. I have so many memories and experiences but sometimes I still feel like a child, young and inept. It takes a lot of my strength to sit with these ups and downs. Today I will try surrendering to the subtle changes of my inner world. I am taking on the challenge of making more out of my life – it’s natural to feel all over the place sometimes. I have my life ahead of me. I will learn to ride the waves of my inner world without worrying about each and every change in temperature. I can ride and steer my course with strength and intelligence. I will take the right actions and let go of the results.

I witness my own internal process without manipulation or control.

“It is in our idleness, in our dreams, that the submerged truth sometimes comes to the top.”

---Virginia Wolf
A Room of One’s Own (1929)
Being In the Moment

“Maybe the tragedy of the human race was that we had forgotten we were each Divine.”

Shirley MacLaine

Out on a Limb (1983)
Balance

I will seek balance. Running from extreme to extreme in order to maintain inward and outward balance is a fool’s paradise. I have more wisdom than that. I recognize the high cost that I pay mentally, emotionally and spiritually when my feet travel faster than my mind and heart. Yes, running from end to end does achieve a sort of anchoring to a mid-ground but at what cost to my serenity? I can test my limits and push the envelope using the strength and power that I get from a balanced life rather than the speed I get from zooming around. I will last longer this way and I will be able to keep my eyes open as I go.

**Balance is a source of strength.**

“Mystical experiences nearly always lead one to a belief that some aspect of consciousness is imperishable. In a Buddhist metaphor the consciousness of the individual is like a flame that burns through the night. It is not the same flame over time, yet neither is it another flame.”

---Marilyn Ferguson

*The Aquarian Conspiracy (1980)*