



# LIGHTING YOUR WAY

Be Content

When you are fully present, right here, right now, you feel content. You are not worrying over the past, nor anticipating the future. You are content, here in the magic of your being.

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## Be Content

This is a compilation of posts from the SoulDoors blog, *Be Content*. Some of the posts have seasonal references and are included because the topic and tools are pertinent year-round.

The posts are arranged under three topic areas – Being, Focus in the Present, and Inner Awareness. At the end of each post is a Spiritual Toolbox exercise with suggestions to support you to bring the teachings more fully into your daily life.

In the magical present, what you experience is always right NOW. Here you stay fully focused on what you are doing in this moment. You choose to feel good by thinking thoughts that support you. Being is at the top of your to-do list. You are fully present and there is always enough time. Your Universe reflects all this right back to you. Isn't this a place you'd like to BE?

May you find contentment in this your NOW moment.

## Being

When you are in your being you are expressing your soul self. Your being is always fully immersed in the present moment even when you are engaged in activity.

## Namaste

*“Namaste means that whatever is precious and beautiful in me honors whatever is precious and beautiful in you.”*

*-Debasish Mridha*

In Western culture, the polite greeting, “How do you do?” or the more casual form, “How’re ‘ya ‘doin?” expresses the importance placed on doing in our society, rather than being. Success is measured in terms of how much one has accomplished in a day, a year, or a lifetime. Celebrities are lauded for the number of their achievements. Lecturers are introduced with a listing of their accomplishments. Professionals receive initials after their names with each degree earned. The more initials listed the more the perception of success. Even our religious leaders are perceived as most successful based upon the number of their followers, the size or monetary worth of their church.

In Indian culture, the polite greeting, “Namaste,” meaning, “I honor the light within you,” expresses the importance placed on being rather than doing. Although Western culture has infiltrated many areas of Eastern life, still the revered spiritual leaders teach the importance of being.

In my own life I swing back and forth between my Western indoctrination with the belief that the more I can do in a day the more successful I am, and my Eastern leanings toward the importance of being. Though I am lucky enough not to have to rush off to a job each morning, I generally start my day with a to-do list in my mind. As the day progresses, I mentally check off my list as I accomplish each item. At the end of the day, the more I’ve done the more successful I feel. I do this in a habitual way, not thinking about the fact that my focus is upon doing rather than being. Doing is my habit. I have to make a conscious choice to make being my first priority and my determinant of success. This is a choice I need to make over and over throughout each day, because I easily slip back into a doing frame of mind. Today I choose to do from a being place.

### Your Spiritual Toolbox – A Different Kind of To Do List

Pick a day when you feel pushed to get things done yet have some flexibility in your choice of what to do. Now, let’s give a nod to our Western acculturation and allow ourselves a to-do list. The list looks like this:

1. For at least 15 minutes sit outside (if possible) or at a window with a cup of your favorite beverage and watch the play of sunlight and clouds. Feel the breeze on your face. Notice the

details of what is around you. What do you hear? Feel your breath. Think as little as possible. Revel in the sensations that abound.

2. Now allow your mind to drift onto what feels most enticing to you at this moment. Allow all the other jobs vying for your attention to wait. There will be time for those. Right now, your being is guiding you to your bliss.

3. Do something having to do with what your being brought forth for you.

Repeat this exercise as often as you have time for it.

## Focus First Upon Being

*“My love, leave behind all this fruitless thinking and come lay down here in the silence of Being.”*

*-Mooji Baba*

As I sat outside on the back patio, my early morning mug of tea warming my hands, breathing and attempting to listen for God, my thoughts wandered down well-trod pathways. The usual question came unbidden to my mind, “What is it that I need to get done today?” Images of weeds in the garden, unplanted daffodil bulbs, messy bathrooms, and my young, yellow Labrador retriever needing exercise, wafted through my mind’s eye. I felt resistance, not yet ready to leap into the tasks I had assigned myself for the day. Resting my hands holding the mug on my lap I leaned my head against the back of the mesh outdoor chair, my gaze wandering up into the branches of the oak tree above me. Black and white Chickadees and gray Titmice flitted from branch to branch, calling softly as the sky peaked through blue in the background. A breeze tickled the leaves and they responded with rustling laughter. I sank down inward feeling a sense of contentment. A new question arose, “What is it that I need to BE today?”

## Your Spiritual Toolbox – Doing from Your Being

Today, make focusing into your being the very first thing on your to-do list. Take a few moments to focus upon aligning and connecting with your inner self, your larger or Higher Self. Do this in a way that appeals to you. You could sit quietly and gaze out the window. Take a walk in a natural setting. Lie down on a comfy couch. Breathe deeply and allow your thoughts to pass through your mind without giving them too much attention. Just allow them to drift in and out again. Breathe and focus upon whatever is attractive to you in your surroundings. Now close your eyes and focus upon the physical sensations that you feel for a few moments. Open your eyes and again focus upon your surroundings just being right where you are, breathing it all in. As you continue you may find that your to-do list for the day shifts. Some things may take on a higher priority, while others move to the bottom of the list. Allow your being to guide your choice of actions today.

## Focus in the Present

The present moment is where God lives. If you would know God, focus fully into this perfect NOW.

## Unconventional Meditation

*“Make the NOW the primary focus of your life.”*

*-Eckhart Tolle*

Meditation is about getting to know that quiet place inside you and becoming comfortable with it. It is about fully focusing in this present moment of here and now. Is that all it is about? No, but that is the part we are concerned with here.

Can this be accomplished by sitting in a yogic position, legs crossed, hands in sacred mudra, and mind clear of all thought? Yes. How difficult is that to do? Pretty difficult, at least for me. I find it hard even when I am sitting comfortably doing nothing. Whether it is a lack of will, or self-discipline, or motivation, I find classic meditation to be hard and not particularly satisfying. Though I've tried throughout the years I've not found it satisfying enough to convince myself to practice on a regular basis.

That is why I have found other ways to attain and maintain that quiet, present moment place inside myself. Ways that I've found to be very satisfying.

Almost anything you do can become a meditation if your focus is one-pointed. That means your attention is fully focused upon what you are doing. For example, you are washing the dishes. You focus your attention upon the feel of the warm water and the slipperiness of soap on slick surfaces. Your mind drifts and thoughts of yesterday's events intrude. You take a deep breath, let those thoughts go on the out breath and refocus your attention upon the feel of the dish in your hand, the warmth of the water and swishy soap bubbles. You keep yourself focused in this way throughout the clean-up, always bringing your thoughts back into the here and now when they wander.

My experience has been that it is easier to keep my very active mind focused when I am physically engaged in an activity. When my hands, body, eyes, ears, nose and even taste buds are busy interacting with the present moment it gives me a one-pointed focus for my attention, here and now. It gives me a specific place to return my attention to.

Can washing dishes be spiritual practice? You bet! What we are talking about here is a form of the Buddhist concept of mindfulness, a term popularized by Eckhardt Tolle.

## Your Spiritual Toolbox – Active Meditation

Today, choose one activity to do in which you will focus your mind and be fully present with what you are doing. Choose an activity that you are doing by yourself and in which you won't have to

be interacting with others for a time. Some of my favorite active (and not so active) meditations are walking in the woods, weeding, cleaning, washing dishes, knitting, crafting, watching the birds at the feeder, and sitting quietly just looking out the window watching the light on the leaves of the trees. You probably already have your own favorites. If you find it too difficult to quiet your mind you can add in the repetition of a positive affirmation, short prayer or mantra, spoken out loud or internally. This is calming to a busy mind and soothing to an anxious one.

## Unfurling the Blossom of Today

*“And as I rise to greet a new day, may I always remember the source of my abundance and wealth flows from deep within, and that no person or material resource can hinder this progress of peace, love, and joy.”*

*-Ntathu Allen, Love Your Life!*

In this society we are so hurried, so rushed, feeling that so much must be packed into each day, that we lose track of what the day is all about. We cannot even see the blossom, much less appreciate its beauty as it unfolds.

Our lives are speeded up by cars, trains, planes, cell phones, televisions, microwave ovens, instant everything, bigger, faster and better, till we are exhausted just waking up in the morning. The perfect blossom of this day is an alien concept having nothing to do with our everyday lives.

During the holidays the expectation is that we will pack in even more into our days, so we are even more rushed. Added to the stress of this is that we are supposed to feel loving and joyful, but we've lost track of the beauty of our lives and how can we feel loving and joyful about adding in more to do?

The purpose for all these advances of civilization are for us to have a sense of control over the uncontrollable. If we schedule our days, fit in everything we are supposed to do, make our lives more efficient, faster, better, then we will be safe, we will be happy.

The problem is it doesn't work this way. I am not happier because I have a schedule and a to-do list. I am not happier because I fit in more things and get more done. I have rushed through the day, worrying over the next thing I had to do even as I worked on the one before. At the end of the day I may feel a fleeting sense of accomplishment at having done so much, or I may just feel exhausted, knowing that tomorrow holds more of the same.

There is another way. We can allow the day to unfold naturally, like allowing the opening of a beautiful flower blossom. Have you ever tried to unfurl a blossom with your fingers before it was ready? It ruins the blossom. It must unfurl naturally, on its own, to achieve its full beauty.

There are different stages to the unfolding of a blossom, these stages cannot be skipped or taken in differing order. It all happens as it should, slowly, exquisitely, beautifully.

Each day is like a blossom, not to be forced, but lived at its own pace, with no more important agenda than the experience of its beauty.

### **Your Spiritual Toolbox – The Rhythm of Today**

If this is a busy time for you, and so often it is during the holidays, allow yourself to plan and create your to-do list. Get it all out on paper. Doing this first will allow you to relax into the next step.

Now take a deep breath and put the list away.

Close your eyes, breathe deeply and for just a moment feel into today. What is uppermost in your mind? What would feel satisfying to do? What would feel like a relief to have done? Do that.

When that is done, take a moment. Take several deep breaths and see what is uppermost in your mind now. Do whatever you can about that.

When you have done all you can, again take a few moments, breathe deeply and allow what is next to come to mind.

You will find that as you do so you will discover your rhythm for the day, active/quiet, difficult/easy, social/alone, work/play/rest.

Follow the scent of the blossom. Your spirit will guide you as you allow the day to naturally and beautifully unfold.

### **Accept Now**

*“Accept what is, let go of what was, and have faith in what will be.”*

*-Sonia Ricotti*

Iceland felt like home to me despite all that looked so very different, the drama of her volcanos and lava fields, mountains and icy glaciers, deep blue ice caves, black sand beaches and crashing waves, erupting geysers, sulphur-scented steam vents like the breath of Mother Earth, bubbling mud pits, spectacular waterfalls, crystal ice berg littered beaches, sturdy Icelandic horses everywhere, their long manes and tails blown in the ever-present island winds, wild reindeer grazing at the roadside, all of it felt like home.

This trip created a new beginning for me. Twenty-two adventurers with our heart-centered guide and driver on a large bus, traveling winding roads from one riveting landscape to the next. Our guide and driver became integral parts of our group, each of the now twenty-four finding healing, release and a new beginning.

My new beginning blossomed almost immediately with an internal acceptance of each present moment. Our group traveled the ring road all around the coastline of Iceland. Each day brought new experiences and challenges to be surmounted, both physical and emotional. I settled into a rhythm of acceptance of each NOW, trusting that where I was, who I was with and how I was responding, all were exactly right. I focused in and relaxed into that present.

That is not to say that each moment was bliss. Traveling with twenty-four people offers very little, if any, time to oneself. Yet ours was a remarkable group of caring and compassionate people, led by three spiritually self-aware and loving souls.

I feel blessed by the gift of this journey.

### **Spiritual Toolbox – Drink in the Present Moment**

Acceptance of Now is more than appreciation of what is. It is trusting that in this present moment you are exactly where and with whom you are meant to be. It means trusting that you are inspired to feel and respond how you need to right now. For this moment, there is nothing else for you to be thinking about or focusing upon. As you are able to accept and trust this more and more, you are more clearly able to perceive inspiration for each moment in which you find yourself.

In this moment, right NOW, breathe deeply. Feel yourself in your body. Feel and acknowledge what is around you, who you are with, how you are feeling, even if who you are with is yourself. Be fully here, for this is exactly where you are meant to be right now.

Drink in this present moment with your breath. Breathe deeply and feel this moment move through your body.

Allow yourself to fully focus your attention here. Resist the temptation to move your thoughts to the next thing to do, the meeting this afternoon, plans for dinner tonight. Accept that right here is the most important place you can be, physically, mentally, emotionally and spiritually.

If you are having a conversation with someone, focus all your attention on this conversation. Really hear what the other person is saying. Release the need to listen just so that you can say something back. Take the time to deeply listen to what the other person is communicating. Feel the feelings that this brings up for you. When you respond, if you do, speak with authenticity and caring, for yourself and for the other.

If you are by yourself, experience fully what is there for you. Use your senses, sight, hearing, smell and touch, to open yourself to what is around you. Feel what you are feeling. If your thoughts wander, where do your thoughts tend to go? If they fly off into the future or the past, bring them gently back by focusing again upon your senses.

Listen and feel for the inspiration that is always available to you here in your present moment.

## Go on a Treasure Hunt

*“Flow is being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz.”*

*-Mihaly Csikszentmihalyi*

Daily life may be lived as a treasure hunt, finding one gem after another. It is not a matter of what you are doing, it is the attitude with which you approach what you do each day.

Yesterday, instead of doing what I previously assigned myself on my to-do list, I chose to do the jobs that were foremost in my mind, the ones that had been niggling at me to get done. When I wanted a break, I took a break. I tended to alternate physical activity with mental activity. My intention was to be fully involved in each thing that I did, whatever that was. I pulled my mind away from thinking about the next job, or from thinking about how much else I wanted to get done. I encouraged myself to focus on what I was doing at the moment.

When I finished one job, I moved to the next job that attracted me. By the end of the day I got more work done than I would have otherwise and felt emotionally energized by the process. I was following the energy, allowing myself to be carried by the stream. This takes a lot less energy than swimming against the current. When you assign yourself jobs that must be done and force yourself to do them, you are swimming upstream, pushing yourself against the energy. This depletes your energy.

A day spent following the energy from activity to activity becomes a day of discovery, a treasure hunt discovering the gems of flow in each activity that you choose to do. Flow is attained when you are wholly involved in what you are doing. Mind, body and emotions are flowing together to create what you are doing. It is a state of Love. You become a channel of loving energy, both giving and receiving. You feel energized. Whatever you are doing becomes imbued with that loving energy. As a channel of creative energy, you serve others as you serve yourself, literally bringing more love into the world. Go on today's treasure hunt and be of service.

### Your Spiritual Toolbox – Focus Fully

Today, take puttering one step further by focusing upon the jobs that you want to get done, one at a time. What is the first job that comes to mind? It is the one that has been bothering you. It might be that report you've been putting off, or the packed closet that's been driving you crazy, it might be the cookies you promised to bake for the school fair. Whatever it is, do that job until it is finished. While you are working stay as focused on the job as possible. If the job is worth doing, it is worth giving it your full attention. Allow yourself to relax into the energy and flow with the work. When you are finished with that job, take several deep breaths and thank yourself for your good work, feel appreciation for your effort, and the completion of the job. How do you feel now? Do you need a break? Take it. You are following the energy of your body as well as that of your attention. Does another job come to mind? That's the job to focus on next.

Treasure is to be found as you give your full attention to what you are doing. That is where you will experience flow and be a channel of love into the world.

## Inner Awareness and Acceptance

Maintaining an inner awareness while you are fully immersed in the present moment allows you to BE with each moment, accepting and flowing with what is.

### Dance with Life

*"To dance is to be in tune with the steps of life."*

- Sasha Azevedo

The natural rhythms of the creative energy are slower and more focused than the rhythm of life we are taught as Americans.

Watch the animals, they are finely attuned to the natural rhythm of the creative life force in Nature. They have to be, it is how they survive. The animals take time for focused effort, focused play and focused rest. They do one thing at a time. If they are distracted from that for whatever reason, then they wholly focus upon the distraction.

Watch a small child at play, you will see the same focus. No hurry, just focus. It is as if there is nothing in the world but what they are doing at that moment.

I've tried to hurry my 3-year-old grandson through what he was doing so that we could move on to something else. It was an exercise in frustration. He knew where the flow of energy was in what he was doing. I didn't, and I just had to be patient while he finished up.

At three years old my grandson has yet to be acculturated into the rhythm of life here in the United States. In this country we go, go, go, work harder, play harder. We feel like time's a wasting, and rest only when absolutely necessary. I could hope that he would never have to unlearn what he innately knows.

The natural rhythm of the creative life force is like a gentle music that surrounds us. We are swimming in an ocean of energy. The energy has rhythm just as the ocean waves do. Our bodies are naturally attuned to this energy.

We often are not consciously aware of the rhythm because we have been trained out of it. Our bodies have not been trained out of it however, and are very much aware of it. We are influenced by the rhythm whether we know it consciously or not.

Have you ever tried to dance to music where you couldn't quite get the rhythm? I have, just recently in fact. It was hard work. I couldn't get my feet to follow the rhythm of the music. The

steps I was doing were too slow, the music was too fast. I felt frustratingly out of step as I stumbled along.

When you dance off the beat, you not only have to do the physical work of the dance, you have to do the work of competing with the rhythm. But when you get it right, when you dance on the beat, the rhythm of the music moves you along, carrying you. Your body flows through the physical work of the dance.

Living in self-imposed rhythm rather than flowing with the rhythm of the creative life force energy is hard work. It is like dancing off the beat. You have to do the work of living itself and you have to compete with the natural rhythm of the creative life force. Life is exhausting this way. It is no wonder that as our lives become more technologically advanced with society valuing achievement above all else and always the pressure to go, go, go, there is an increase in illnesses of exhaustion like Chronic Fatigue Syndrome and auto-immune disease.

We are forcing ourselves to work against what our bodies know to be the natural rhythm of the creative life force energy. Why do we want to work so hard at living?

It doesn't have to be this way. You can choose to learn again how to listen to and dance with the natural rhythms. You knew how to do this as a child. You can remember.

Try this. Put on some good dance music with a strong beat. Stand still and feel the rhythm. How does it feel as the rhythm moves through your body? It's hard to keep your body still, isn't it?

Now allow your body to move any way it wants with the rhythm, even if it's just tapping your toes. Dance if you want. Whatever feels good. Notice how that feels in your body. Does it feel good? Is there flow? Is it hard or easy?

This is what it's like living within the flow of the creative life force.

Next, see if you can move your body off the rhythm. Perhaps try clapping your hands intentionally off the beat. How does that feel? It may feel awkward and even difficult to do.

This is what it's like trying to live within your own or other-imposed rhythm. It's like paddling upstream.

Last, allow your body to move with the rhythm again, on the beat, and notice the feeling of relief and ease.

There is ease and relief when you flow with the natural energies of the creative life force. It is like turning your canoe to flow downstream.

As you live within the flow of the creative life energy you have a positive effect on others. We are all of us linked like a circle of dancers. One dancer, dancing in rhythm affects those dancing nearby. Those nearby will be pulled onto the beat. They in turn will affect those near them and it ripples outward from there.

As each of us dances to the beat of the creative life force energy, allowing it to support and carry us within its flow, we support others to do so.

May you dance with joy!

### Your Spiritual Toolbox – Focused Attention

What is required to live within the flow of creative life force energy is your intent and willingness to focus fully upon one thing at a time. When you give what you are doing your full attention, you slow down, you connect with the creative life force energy.

It doesn't matter what you are doing. What matters is how you do it.

Today, do whatever you do with fully focused attention. Make whatever you are doing the most important thing you can do for that moment.

That means that you do what you do without any resistance; you are totally focused on what you are doing.

Even if you just playing a game on your phone you are doing it 100%. You are not worrying over the bill that you have to pay later. You are not planning your next blog post or what to have for dinner. You are focused entirely on those silly birds hopping across your phone screen, just as a child would be.

If instead you are paying that bill, focus fully upon that without resistance to sending off that money. Allow the flow of energy.

As you do what you do fully, with focus and without resistance, the creative life force energy will carry you and you will experience increasing ease, flow and grace with each day. What's more you become an energetic catalyst for others to do the same.

### Inner Knitting

*"It is not about me, my self. It is about God, my Self."*

*-my Self*

*"Be in the world but not of the world.' The words are from Jesus. But I have not the slightest idea how to accomplish that or even if it's possible. The world will always poke you in the chest with its index finger."*

*-Francisco X. Stork, Marcelo in the Real World*

A few years back, I asked God for help in maintaining my inward focus at rehearsals for a women's singing group I was a member of. There was a reason I needed this help.

Although I loved the singing and enjoyed being with the other women, my tendency was to focus my attention outward. I attended to all the people in the room, looking about,

conversing, scattering my energies about the room attempting to control what I could not control. My ego self inevitably jumped in and started judging and criticizing myself. This all left me feeling off-center and out of kilter. I came home from rehearsals feeling tired and out of sorts.

The morning I asked for help, I had the thought to bring my knitting to rehearsal, as I had seen some other women do. I did not knit while we sang, only during breaks. It was enough. It was the answer to my prayer.

As I focused my attention on knitting, I was delighted to find that it kept me focused inwardly. It helped me to relax, stay centered, breathe and think, "God." I found that even as I carried on conversations with others the knitting held my attention and kept me feeling balanced.

When I was knitting my eyes were focused on the work in my lap. I could hold a conversation, I could look up and attend to who I was talking to, I could be generally aware of what is going on in the room, yet, my eyes were always pulled back to the knitting, my attention stayed focused. I was not scattering my energy, I was focusing it.

When I knit, and this was the important part for me, I was not trying to control what was going on in the room. Instead, I was controlling what was going on inside me. That is the only thing I truly had control over. Anything else was a waste of energy.

Knitting held just enough of my attention so that I was able to stay slightly apart, in a good way, a healthy way.

It is all about attention. Where your attention is, is where your energy flows. Spiritual development is learning how to selectively attend to your God Self within.

God is within each of us. When we feel centered, our focus is from our God Self. It is as if we are looking out at the world from our heart center. It can be almost a physical sensation in the area of the heart chakra. We feel deep compassion.

You may experience a slight feeling of separation from all that surrounds you, as if you are not wholly a part of it. And indeed, you are not, for just as when I was knitting, much of your attention is focused elsewhere, experiencing from within. It is as if you are inwardly knitting.

In time perhaps, we can all learn to knit from within no matter whether we are knitters or not, but for now, knitting on the outside works just fine.

### **Your Spiritual Toolbox – The Next Step**

Many of us find it difficult to be in large groups of people, or even small groups, especially the more introverted among us. The need to feel safe, accepted and liked, the desire to control other's reactions to oneself creates a conflict within, pulling our focus and attention outward.

But what if you released your expectations of others? Wouldn't that be freeing? What if you kept your attention focused within? It is the only place you have any real control. What if you

allowed others to take care of their own reactions? They do anyway, you truly have no control over what another may think of you.

The next time you are with a group of people try releasing outward expectations and maintaining an inward focus. If you are a knitter or hand crafter and it is appropriate to the situation, you can use hand work as a focus.

Another excellent tool is to perform Japa, the inward repetition of the name of the Divine. It is a form of mantra, simple and effective. It gives your busy mind something to do other than worrying about what everyone else is thinking, or criticizing yourself. It focuses your attention inside. It maintains Divinity in the forefront of your mind. It is relaxing and supports you to release any expectation of others. Then, when you interact with the others in the group you interact from a heart-centered and balanced place.

## Gracefully Navigating Life's Changes

*"No man ever steps into the same river twice, for it's not the same river, and he's not the same man."*

*-Heraclitus*

How do you feel about change? Do you love the adventure of it? Or do you fear it, feeling safer if things stay pretty much the same? Do you struggle to maintain the status quo in your life, opting for security rather than the open window of change? A lot of us do. Yet change happens. It's part of life. Every day you're a different person and things are changing all around you. How do you deal with that?

If life's inevitable changes feel scary to you, this might help.

This morning I woke before dawn, intending to get up early, but one more minute of warm comfort led to the next and I stayed in bed. Lying on my back, legs outstretched, I fell into that luxurious state in which I don't really feel my body. My thoughts drifted.

I focused attention upon my breath, just breathing in and out. The thought came that God is ever moving, like the breath, like the air all around us. God is like the ocean, ever changing, ever the same. You can watch the ocean every day for a lifetime and it will be different every day, you will see different things every day. Yet it is always the ocean.

Another idea came in and I saw an image of a rainbow-colored slick of oil on water, constantly in motion, ever changing its design, yet always the same in its changeability. You can look at one small section of it and it looks different every time. But if you look at the whole, it is the same in its constant variability.

The only constant is change and so, as sparks of God, our lives are filled with change. That is where the expansion, growth and learning take place. Our smaller selves look for things to stay

the same, wanting to stay safe and secure. We may even convince ourselves that the devil we know is safer than the angel we do not. Yet there is no growth, no expansion in the comfort zone of safety and security.

*“The more things change, the more they stay the same.” – Alphonse Karr*

Just as the ocean is always the ocean, even as the waves move constantly, the color shifts from grey to blue to turquoise to black, the surface roils in white frothed violence one day and undulates gently another, and the life therein thrives and dies, so our daily lives change constantly and yet our essence, our soul, is eternal. That then must be the way to navigate change with grace, flow and ease, by focusing on the eternal soul, the constancy of God and Spirit.

That idea does sound good. But how do we actually do that when we are shoved unwilling out of our cozy, comfort zones by the inevitable changes that rampage through our lives?

Your beliefs and attitudes concerning change naturally affect how you experience change. Having beliefs and attitudes that support you can make all the difference the next time scary change blows through your life.

If you find that flowing with the inevitable change in your life is difficult, take a look at your beliefs concerning change. Do they support you? If not, consider where you may make a few adjustments. Check out today’s Spiritual Toolbox for some suggestions.

The Pre-Socratic philosopher, Heraclitus said that, “Life is flux,” meaning that all things in life change. That is to say, the only constant thing in life is change. Knowing this, it makes sense for each of us to create a personal belief system that supports us through the changes, large and small, giving us the resilience of a flexible palm tree weathering each storm that passes through.

### **Your Spiritual Toolbox – Trusting Change**

#### **Attitude Adjustments for Gracefully Navigating Change**

At the foundation of moving through change gracefully is the belief that **we live in a beneficent Universe and that everything that happens is for our soul’s benefit**. This core belief allows us to trust all to God, knowing that we are guided and supported always by Spirit.

**Know that everything that we need is right here, right now.** By maintaining our focus in this present moment, rather than worrying over the past or future, we live where God lives. Our guidance and support from Spirit is all here, in this present moment.

When our minds are filled with the busy doings of the day, the worries over what will be, the regrets over what was, there is no room left for God. Like a cup that is already filled we leave no space for Spirit to enter in, to join us in our day.

Our world is like a hologram. We are surrounded by symbolic messages, support and guidance. Nothing is by chance. It is all there for our guided learning. We are in school and our lives are the classroom, ever constant and changing constantly.

**Lighten up, this creates the emotional space for healing.** Seeking out reasons for joy and humor, allowing ourselves to smile and laugh more.

Follow your heart and **choose what feels best to you today**, then do that.

**Making our inner focus our primary focus.** Listening for our inner voice of empowerment. Paying attention to what we are thinking about. Keeping our thoughts positive and empowering.

**Have an attitude of service.** Thinking bigger than our individual lives. Asking ourselves, "How may I be of service today? How am I serving others and the world with how I live my life?"

**Live in daily appreciation of our abundant gifts.** Focusing our thoughts on the many blessings inherent in our lives, despite any changes that may be occurring.

As Red Feather said, *"With every change you can look at what is good in it and what is not. Which will serve you? Contemplate what is good with each change. Rather than focusing on what you are missing, focus on what you are getting."*

## Conclusion

In the magical present, what you experience is always right NOW. As you are in your Being you express your larger soul Self, whether you are sitting quietly in meditation or engaged in activity. As you maintain an inner awareness, fully immersed in the present, BEING with each moment, accepting and flowing with what is, this is where you will meet God in the perfection of NOW.

May you be blessed to find contentment in your NOW, every moment.