

HOW WE LOOK AT THINGS MAKES A DIFFERENCE

Limiting ourselves by the way we perceive situations can be a large part of our problems....

If I am looking at things as either black or white, right or wrong, good or bad, then I'm leaving out the possibility of alternatives, or other options that may be available to me. When we can learn to recognize that there is a bigger picture than we see, we can accept that our viewpoint is limited, or slanted. Knowing this Truth helps us to keep the doors open for more . . . and that alone can make a difference.

If I am stuck in a defeatist attitude, "always" seeing the worse, or "never" sensing the light at the end of the tunnel, I can never rise above any situation. The words "always" and "never" paralyze us. They leave no room for creative solutions. Our thoughts are creative. What we think (believe) deep in our hearts, is what comes into our experiences. Learning to watch the patterns of our thoughts can show us what we "really" think, and we have the ability to "change" the way we think . . . and thereby change what happens in our lives, and that can make a big difference.

If I focus my attention on the negative aspects of life, worrying and wondering "What if" or "Ya, but" I lose the ability to see the wonder and magic all around me. We can teach ourselves to look for everyday miracles, by listening to what we say . . . and instead of "What if I get a 'D' in math," find the magic in "What if I get an 'A'," . . . see how different that feels? We can make productive choices, when we become aware and open to something new . . . a little magic makes a world of difference.

If I find myself assuming, guessing or reading things into every relationship I have, my life becomes based in my past experiences. My mind is closed. My energy is drained by the need to re-act to what I "think" is happening, real or imagined. To Re-Act is to act out again. When we can learn to be in the "now" we free ourselves to RE-SPOND to the moment honestly, and appropriately, without influences from hidden agendas. To be "NOW," is to leave the past behind, bringing only the good forward, and be fully present, to embrace life wholeheartedly, and living life from the heart can make a wonderful difference.

If I find myself continually caught up in problems or unexpected traumas, it's time to take a look at the need for "DRAMA" in my life. Do I love to tell my story? Am I bored, or don't know who I am without a story? Do I need to exaggerate, so the story is bigger or better? When I can be honest and open with myself, when I am enough, I lose any need to embellish. I seek out my own Truth, and share that with others. Being fully present and available to Life opens doors that we never knew existed. Knowing who we are, and what our purpose is, we can get on with discovering the gift we bring to our world, each of us has a gift to give, one that truly makes a difference.

If I have expectations of myself and others, I open myself to disappointment and frustration. People don't always think, say, be or do what we may want them to. We simply set ourselves up, to be let down. When I develop a sense of EXPECTANCY . . . Trusting that something great is coming, I don't have to outline, limit or restrict any person, place or thing. I welcome my experiences. I look for the good, and LET IT COME to me. It doesn't matter what it looks like, or what the "facts" are, I know the Truth, and the Truth sets me free, and that makes a tremendous difference.

If I hear "I should" in my references and conversations I am pitting myself against myself. "Should" statements can make one feel guilty and/or depressed. If I "should" on others, that can lead to anger and frustration. When I change should to "I choose to" . . . now doors open, and productive things happen. I now take responsibility for my actions, and I am in charge of my experience. I always have choice in my Life. When I come from my Center, I am a positive force for Good! I make the difference!