

HOPEFUL HEALING THOUGHTS

1. Quieting, Calming, Soothing and Change

When working with the mind, not to confused with the brain, there are different mental abilities to access, strengthen and flex. One of those capabilities is called equanimity... which is the minds capacity to be okay with what's happening in the moment, even, and perhaps especially, when we want something different.

It is not a thought or emotion; more of an inner relaxed, calm. A smoothness. Maybe you have never felt it or perhaps you have felt at times; regardless, that is what we need to allow our body-mind to achieve.

With that, your surroundings become calmer, people around you become calmer, the Earth can become calmer... because believe me, the Earth is disturbed and if she so chooses, we can be off this planet in a moment's notice!

How to achieve this? You are all very capable and you can do this one moment at a time, training your consciousness. Each day's activity will help to bring you to that... if you can hold it for a minute, a moment at a time then the rest will follow.

Today I give you two activities. One, sit quietly... no cell phone, no music, etc... and have a cup of tea, coffee, water, your choice... and be mindful of the taste, temperature, how your body receives it.

You will feel yourself relaxing into the moment and in doing just that, the amazing Universe has an opportunity to change your energy... to help you to attain equanimity! And in that, you change the world one moment at a time.

Every moment you allow your body-mind to get quiet reminds your entire system what it is like to be free, to regain your inner wisdom, to practice compassion, to be healthy. It's up to each of us, working together.

Second suggestion for today, practice gratitude. Remind yourself what wonder is around you and how fortune you truly are to be alive and living in planet Earth.

FYI... equanimity is one of the four attitudes talked about in Buddhism. It is often referred to as flow... being in the flow... however, that is too simplistic to what it really is!

Have a wonderful day and let's do our part in changing the reality we find ourselves in... this did not just happen because of the pandemic.