



## 1. Wheels Spinning – Going nowhere,

Do you ever get the feeling that you might be stuck. Not much is changing, perhaps sinking a bit. Possibly, but that's life isn't it? Well for some, as long as they have footy to watch, a barbie in the back yard and a bit of the amber fluid – What more is there! Maybe not much. Perhaps they are doing the best they can.

But it does not actually have to be like that for lively folk. We are amazingly creative. Our thoughts create the reality in which we live. Our thoughts create our identity and how we present to each other, and how we behold the world.

Unlike the tractor we don't have to 'belly' with wheels spinning. It can be different. It might require a little work, but the good news is that it is mainly about what goes on in our heads. Well, maybe a little exercise to keep the blood flowing (motor running) but nothing too embarrassing.

It really comes down to the way we think. Yes that may be a challenge, but first watch our thoughts – what **do** we think. What **does** go on in our minds! There is no judgement here, simply observe. Then think about redirecting the energy of those thought to something positive. Perhaps begin to see yourself as amazing!

## 2. Remember to play

We all need a quiet time in which we can give ourselves permission to unwind and relax, a time when we can become aware of our tension and learn to do something about it. We need a quiet centre; a place for us to become who we really are. It is important that we create a space where our intellect does not dictate the terms of our life. We need to create space to develop our full potential. But this is not easy for us. For many the mind is a tangle of thoughts, memories and worries that continually run around our heads and so occupy us, that much of life and its opportunities pass us by.

*It's time to play.*

As we grow into our maturity we often forget to play and have fun. Simple fun like doing something differently. It does not have to be of any use to anyone – this is a hard one to overcome. It is the release of creative energy that is crucial. If it does not work or ‘falls to bits’ the great step is to laugh. It is ‘killing two birds with the one stone’ for both the release of our creativity and the laughter are both celebrations of life, both beneficial to all levels of our well being including our brain. Yes ALL levels of our being will benefit.

The risk-taking in the creativity is also good as it shows we are alive! Now if we do want to step out we may, or must, take ‘baby steps’. New ventures may need considerable adaptation.

If we are a bit older we may find some ‘bits’ may not work as well as they did. This should not put us off. We have the added adventure of finding a-work-around. Human beings are amazingly adaptable and resilient.

So off we step into the new. We have been given all this life, half used, so now, as the day gets longer, let's work on the unused bits.

### 3. Nibble

We find ourselves under mounting emotional pressure as we become more aware of world events. It is most unfortunate that our media creates 'eye witness' news. Often this is a constructed 'fake' news. This usually has no actual information content but is designed to attract readers who are addicted to sensationalism. If we were truly able to see all that is going on in the world at any given time we would see that really nothing has changed.

If we can consider this for a moment we find that our best course of action is to step back and away. If there is something we can do that will actually help, okay. But in most cases, because we are running on emotion we do far more harm than good with our 'good deeds', as we do not see the big picture.

A wise Master once said. "First take the plank out of your own eye before you take the splinter out of your neighbour's eye." If our vision (understanding) is distorted by the plank of adrenaline-hyped emotion or 'righteous indignation' or false piety we are more likely to do far greater harm.

**Step back, rise above it, and tend to your own story.**

## 4. The Benefits of 'Purpose'

In the 26/1/2017 edition of the New Scientist there was a most interesting article on the benefits of 'Purpose'. It showed by statistics that people with purpose had improvements in **all** aspects of their life irrespective of age.

*Some seek it in religion, others in a career, money, family or pure escapism. But all who find it seem to stumble across the same thing – a thing psychologists call “purpose”. (New Scientist 26/1/2017)*

The great purpose we can focus on is the development of ourself. In Hermann Hesse's book 'Siddhartha', Siddhartha notes that he has learnt all that his teachers could teach, he has learnt all the ceremonies, offerings, rituals and prayers. He has delved into the scriptures and learnt great truths, he sat in the presence of the wise ones and learnt the great mysteries. Now he has stopped in his tracks and realised that with all this knowledge he knows nothing of the great mystery of himself.

There are many paths on the mountain of 'self' discovery. The purpose behind meditation and mindfulness is to integrate our physical self and our mental self into our spiritual self. That is to begin a process of becoming a whole person.

We create opportunity to refresh our physical body to its peak (age related – maybe!), to direct our 'monkey mind' back into the power of the present moment and allow that deeper (spiritual) awareness to filter into daily life, enabling the best possible outcomes for our self and our life's journey.

## 5. Why am I here!

Your purpose is to be enlightened and find your life's purpose on earth.

It is, as the Dalai Lama has said, to be “happy and to be useful”. Those are very important things to remember. To be happy first and to be useful, which is being of service – but first to yourself and then to others. This can be done in so many different ways. It can be done in your home, with your family, in relationships with people. It can be done in your work, in casual contacts with people.

This service does not mean you have to go out into the middle of the road and shout out what you believe. The service you can bring to others is to step back and bring light to yourself. That will then emanate to others. It may be very subtle and may be very hard to recognise but we are all doing it in different ways – perhaps a bit dully.

When this can be done with a cheery smile or a little bit of fun or happiness, there is a great service to people. When you meet people and have a friendly and happy word with them, that is service. You all have your own ways of being useful. You may not always feel this but it is a very important part of your life's work.

**Shine Your Light**

## 6. Consensus Reality

We need to think about the belief system in our society? The more people send positive expectations into the community, then the more the community will respond – but of course we are bombarded with so many negative ideas through the media and that is what our impressions become. But it is not usually as bad as it is reported, because the media takes great delight in sharing as many negative and sensational events as possible and we are hard wired to look for the negative so it resonates with us, and we look for it! Very rarely is anything presented that is positive.

If we could begin to see our society to be positive, happy and caring – the more we see it like this, the more it will happen. This can happen in a negative way also, so always expect the best to happen and it will. Whatever the outcome, is what is meant to happen in that situation; there is no right or wrong way really, it is just a matter of raising our consciousness.

We can now see, can we not, how people become distracted with things that are really not relevant to their spiritual growth at all and that is why I am suggesting we should put the negative to one side and say, “now let us get on with our spiritual growth”.

Of course it is important to remember that this planet has to be nurtured. As a family of God we have a far greater job and that is to send light to parts of the planet that need it. Imagine light streaming in an instant to what has attracted our attention, then let it go and continue to nurture yourself. Remember the most important thing is our self growth. Strange as it may seem we are the lynch pin in our part of the world –

*“So shine in your small corner”.*