

Relying on Others



A deep feeling of gratitude can emerge as we open to the experience of being helped.

Most of us pride ourselves on our self-sufficiency. We like to be responsible for taking care of ourselves and pulling our own weight in the world. This is why it can be so challenging when we find ourselves in a situation in which we have to rely on someone else. This can happen as the result of an illness or an injury, or even in the case of a positive change, such as the arrival of a newborn. At times like these, it is essential that we let go of our feeling that we should be able to do it all by ourselves and accept the help of others.

The first step is accepting the situation fully as it is. Too often we make things worse either by trying to do more than we should or by lapsing into feelings of uselessness. In both cases, we run the risk of actually prolonging our dependency. In addition, we miss a valuable opportunity to practice acceptance and humility.

The ego resists what is, so when we move into acceptance we move into the deeper realm of the soul. In needing others and allowing them to help us, we experience the full realization that we are not on our own in the world. While this may bring up feelings of vulnerability, a deep feeling of gratitude also may emerge as we open to the experience of being helped. This realization can enable us to be wiser in our service of others when we are called upon to help.

It takes wisdom and strength to surrender to our own helplessness and to accept that we, just like every other human being, have limitations. The gifts of surrender are numerous. We discover humility, gratitude, and a deepening understanding of the human experience that enables us to be that much more compassionate and surrendered in the world.

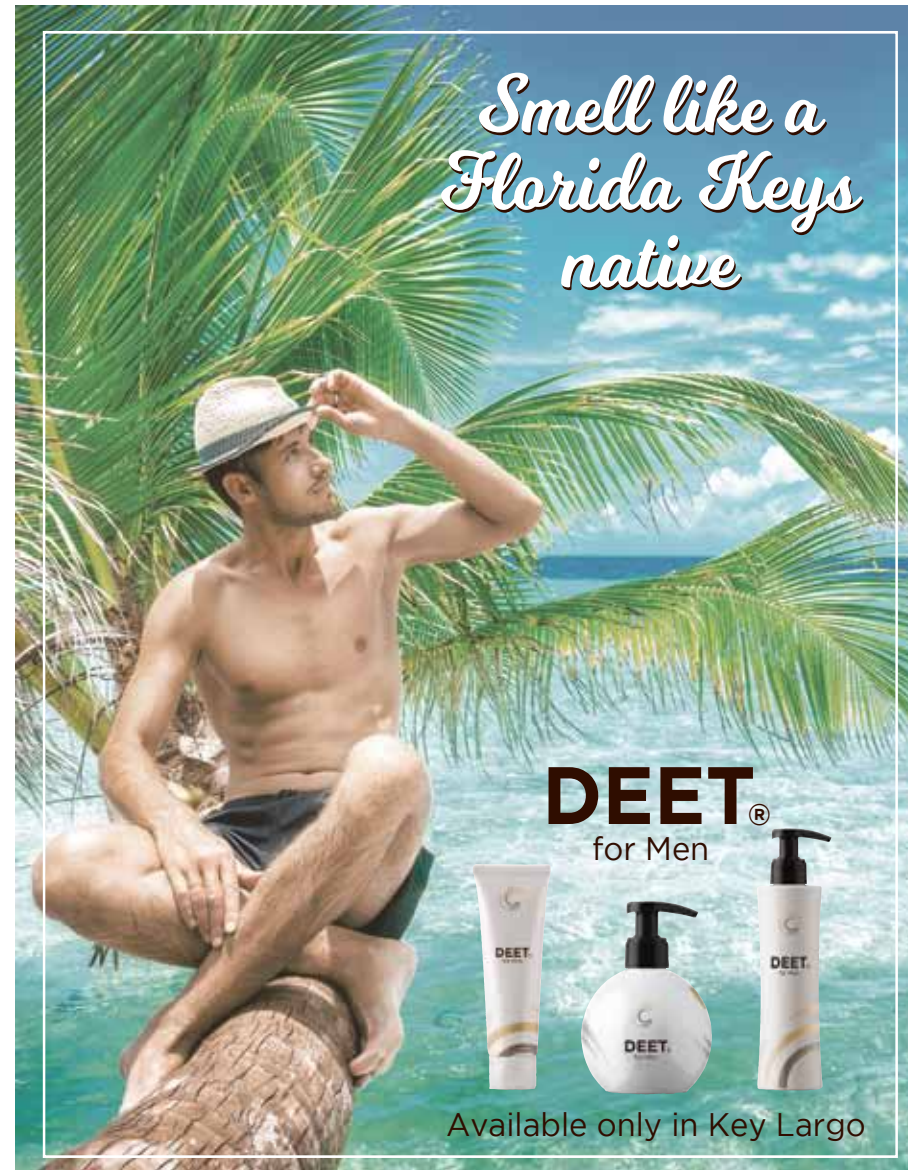
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THINGS YOU NEED TO KNOW TO LIVE IN THE SOUTH

1. A possum is a flat animal that sleeps in the middle of the road.
2. There are 5,000 types of snakes and 4,998 of them live in the South.
3. There are 10,000 types of spiders. All 10,000 of them live in the South, plus a couple no one's seen before.
4. If it grows, it'll stick ya. If it crawls, it'll bite cha.
5. Onced and Twiced are words.
6. It is not a shopping cart, it is a buggy!
7. Jawl-P? means: Did you all go to the bathroom?
8. People actually grow, eat, and like okra.
9. Fixinto is one word. It means I'm going to do something.
10. There is no such thing as lunch. There is only dinner and then there's supper.
11. Iced tea is appropriate for all meals and you start drinking it when you're two. We do like a little tea with our sugar. It is referred to as the Wine of the South.
12. Backwards and forwards means I know everything about you.
13. The word jeet is actually a question meaning, 'Did you eat?'
14. You don't have to wear a watch, because it doesn't matter what time it is, you work until you're done or it's too dark to see.
15. You don't PUSH buttons, you MASH em.
16. Y'all is singular. All Y'all is plural.
17. All the festivals across the state are named after a fruit, vegetable, grain, insect, or animal.
18. You only own five spices: salt, pepper, mustard, Tabasco, and ketchup.
19. Everyone you meet is a Honey, Sugar, Miss (first name), or Mr (first name)
20. We don't need no dang Driver's Ed. If our mama says we can drive, we can drive!!!



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