



Inherent Goodness

We need to encourage ourselves to look deeply into our lives to see the inherent goodness of everything.

Sometimes we find it difficult to see the good in people, places, or situations that aren't to our liking. We focus on the things we don't like in our lives as a way of fueling our efforts to create change. There is nothing inherently wrong with this, and it is one way we make progress. However, if we get too caught up in this way of looking at the world, we lose touch with our ability to sit back and simply say yes to everything on our plates, which is the true starting point for all successful activity.

Sometimes what we really need is to encourage ourselves to look deeply into all things in our lives to see the inherent goodness at the heart of everything.

At the core of this is the practice of unconditional acceptance, which can be scary because we feel as if we are being asked not to change the things we don't like. But when we think this way, we are still operating on the surface of our lives. In

order to feel the beauty and warmth of full acceptance, we have to be willing to sink deeper into the external manifestation of our lives. This deeper place of being is the origin of all lasting change, yet its paradox is that when we are in it, we often don't feel the need to change anything.

From this place, we experience the pure beauty of the process of being alive, and we see that all things change in their own time. We don't need to force anything. We can create the shift easily, our hands guided by an energy that resides at the very center of our hearts.

In our active, goal-oriented culture, we learn to distrust stillness and to engage in busywork. This can blind us to the good that lies at the heart of all things. But all we have to do to see again is stop for a moment, let go of preconceptions and agendas, and settle into the very center of our hearts, remembering that it is only from here that we can truly see.

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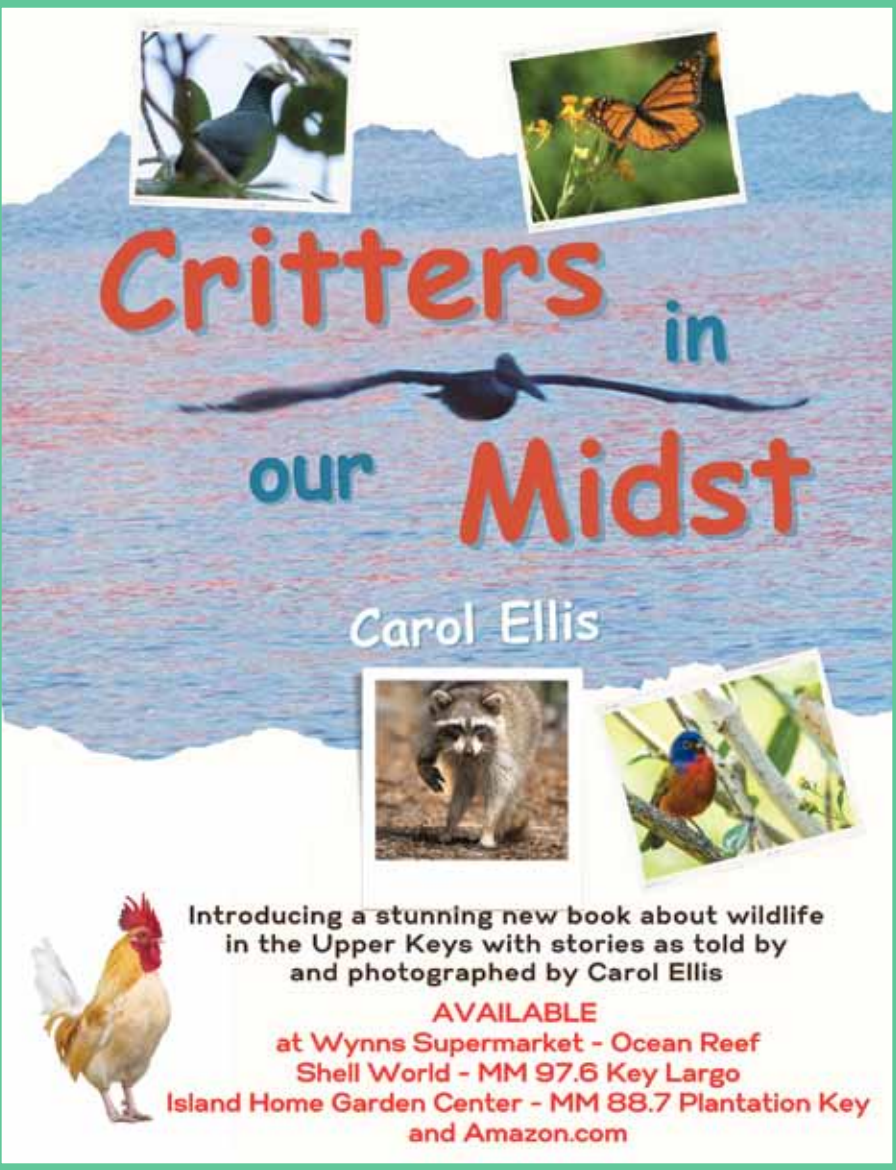


Top Ten Signs That You Overdid It At Thanksgiving Dinner

10. Paramedics have to bring in the Jaws of Life to pry you out of the La-Z-Boy.
9. The "Gravy Boat" your wife set out was a real 12' boat!
8. You receive a Sumo Wrestler application in your e-mail.
7. Friday you set off three earthquake seismographs on your morning jog.
6. Pricking your finger for cholesterol screening only yielded gravy.
5. A guest quotes a Biblical passage from "The Feeding of the 5,000."
4. That rash on your stomach turns out to be steering wheel burn.
3. Representatives from the Butterball Hall of Fame called twice.
2. You consider gluttony your patriotic duty.

And the No. 1 sign you overdid it at Thanksgiving dinner...

1. You can now go through the rest of your life secure in the knowledge that nothing is too big for you to swallow.



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