

FOR TODAY writing January 30

"The best part of our lives we pass in counting on what is to come." William Hazlitt

Stay in today. That is an art. In the morning I find some time each day to be still. I set the timer and relax and just breathe. Breathe with God. If my mind goes to some task, I say to myself "thinking" and come back to the breathing.

This morning my goofy puppy (who has an orthopedic problem) pulled herself up the stairs to the second floor and appeared in the bedroom. She's such a brave dog. Even when she falls, her spirit is so lively and loving, she is just endearing. This morning I picked her up and put her on my lap and we both got still for the rest of my time. Stay in the minute - what were the lessons here? That I can appreciate the spirit of a little animal. That is what God put in my path.

Worry and over thinking situations cause me to miss the present. My friend Elaine used to say to me when I was locked in a worry pattern, "Everything is okay right now. We are all right this minute." So Easy - Breathe!

So let God be in charge of today. I can have an action plan but accepting what is - is just as important. I need to have daily disciplines. They help me to be in touch with God's whispered hints or inspirations. And so is seeing what is in my path for today. I can't do that if I am too busy.