

For Today, September 14

"How do I know what I can be or have?"

My mind is limited by many things. Having a beginner's mind is a goal to strive for. It enables me to treat my days as discovery walks with God. If I don't pack too much into the day, then I have the opportunity to notice what is in front of me. To be a more thoughtful person.

Seasons are changing. I have to put a sweatshirt on to sit on my deck in the morning when I read my meditations. I don't want to miss the beauty of the summer garden before it goes silent for another year. One leaf floating down off the tree is telling me change is on the way. So my aim for today is to keep my head where my feet are.

Have a good day.