thought for today

**balance**

I read today that, “Divine Spirit has a way of doing exactly what is right for everyone concerned at the moment.” (From **The Language of Soul** by Harold Klemp, a beautiful little book of spiritual quotes.)

I was thinking of the word “balance”.

Some days seem to flow naturally with life. You wake on time. You remember what you need to do today. You remember to feel thankful, and dedicate the day. The traffic lights all go your way.

The check-out line is efficient. You smile, and the world smiles with you. You dig into your work with satisfaction.

Then there are those other days. You wake feeling groggy and stiff. There is something important nagging at the back of your mind, and then you remember, “Oh My God! I’m supposed to be across town in less than an hour, and I also promised to do something else. Can I do both?” You rush to start your day. Everything resists. Nothing seems to work without a mighty effort. When, or if, you finally start your work, it seems like a chore. You wonder if you do get something done, will you have to just do it over next day?

How can you turn things around?

I think the most important thing I do is take a moment to become at home in my self. That is real balance. No matter where you are, you can become at home in yourself. You are Soul. Settle into this life you chose.

Reach for balance in this moment. Ask for help on the inner. Spirit will hear and become the wind at your back.

All of life is change. Each moment is a new moment in your life. There may be sadness, or some anger lurking in the back of your heart. Those feelings always have to do with not being able to let go. It will heal eventually. In the meantime, let it go in this moment.

Remember your life is a partnership with Divine Spirit. It will have ups and downs. That is part of life on this earth plane. It is part of the agreement, your golden contract.

Take a breath. Sing a charged word, like HU or Amen, to yourself. Disconnect from letting something out there shake you from your center. Let it go. Find your home in your self. Then look with new eyes at what is happening around you.

Ask, “What can I give to this? What can I learn from this?”

And—Bless This Day,

Kathy O’Dell