



Are you Overwhelmed?

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Life sometimes comes at us like a speeding bullet. One thing, then the next, then six others until we start to wonder what to do and if that even would matter. When we are so far away from where we want to be and on life's treadmill, our lovely mind starts to chime in. Oh goody. . . another problem for me to solve. I am good at that. Let's get out the continuing education calendar and the kids camps list and head to the hobby shop. Time to cut the budget, renovate and leave town. This part of our brain loves problems and wants to solve them. In the past, our brain did a heck of a job. But when life feels overwhelming, one more new direction may not be what the doctor ordered.

Instead, consider how life might be simpler if in this moment of anguish you did nothing. You stopped, sat in your chair and held on for life, resisting all temptation to solve the problem, to release the idea that there is even a problem. To let go of the story that you are in a mess and that perhaps instead you are at the most magical moment of your life. For when you

stop for a moment, you can begin to feel. To feel is to open the door to the mystery and let this moment, like so many, just pass. To not react, or get your hackles up. To respond to life in a way you would welcome a guest to your home, with grace, ease and peace. To say "hello", take a breath, visit for awhile and then say "good-bye."

Your life does not have to be at the mercy of these guests. These experiences in your life do not need to own how you feel. You get to do that. So before you decide to quit your job or sell your house and leave the country, just sit for awhile. Let yourself get quiet and start to tell yourself that everything will be okay. To breathe and let go of the grip that this situation has on your life. You are safe where you are and life will open up to you as you make space for the new to come. 