

Adaptation in Present Times

Adapt or Die. A little strong you may say – perhaps. There is both positive and negative in our current challenges.

This Article addresses the positive. Every morning before arising I remind myself ‘Thank you for all my Freedoms, Challenges and Opportunities’. It has long been held that without challenge we would not grow up to our full stature – we simply wouldn’t mature and reach Abraham Maslow’s ‘Fifth level’ of becoming all we are capable of. We would not live a fulfilling life.

The time to be Happy is Now and yet it will never happen while we are unwittingly waiting for an external world to conform to our ideals. You and I will only attain Happiness by looking within, getting real about what is and isn’t working in our own personal life. As we *develop the courage* to challenge our old behaviours we create an outer world that reflects that inner change. For example, we attract Happy people into our life, we promote our health and energy levels, we take responsibility for All our actions and we live increasingly from a place of Pure Acceptance while striving to make the world a better place for all. In short, we feel good about ourself.

Technique for Change! Place your favourite chocolate (or other) in a conspicuous place but don’t touch it for 21 days. ‘In order to control your mind, control the palate’.
Gandhi

Good Vibes! ... Live with a discriminative mind and a loving heart 😊

Ciao for now, Jeff