

GIVING UP

Have you ever faced a situation where you just couldn't figure out a way out? Perhaps it was a financial issue and you didn't have any idea how you were going to come up with the money. Maybe it was a relationship that seemed to be heading in the wrong direction. Possibly it was an employment situation where you just "knew" it was not right for your life but the money and benefits were such that you couldn't give your notice.

I'm sure most all of us have faced situations of some sorts in our lives where there didn't seem to be any answers. We have spent days, or possibly months, trying to come up with ways to solve the problems. We've paced the floor and lost countless hours of sleep trying to think ourselves into the answers.

For me, probably the hardest life experience I have ever encountered was my divorce. As I said above, I spent months trying to save my marriage. I lost sleep and I became so depressed that I knew I should not be driving a car. I tried to change and become the person I thought my wife wanted me to be. I kept looking for answers--until I realized there were none. I gave up.

Giving up is not a bad thing when we have no answers. When we give up we relieve some of the mental and physical stress that is weighing us down. In a way, we free our minds of the negative thoughts we have been carrying around opening us up to a flow of Spirit--new thoughts, new ideas. When we allow God, or The Creative Power and Presence of The Universe, space to move through us it's amazing how negative situations in our lives are "magically" healed. Maybe not in the ways we had envisioned in our minds but healed, nonetheless.

No, I wasn't able to save my marriage. God did, however, lead me to many wonderful new people who have become part of my life. Not only did the stress of the failed marriage disappear but I have been gifted with blessings of peace, love and joy! Blessings I would have never experienced if I had been able to salvage the marriage.

I try and remember on a daily basis to thank God for these blessings. And to thank God for the blessing of giving up and no longer trying to fight my way out. Turning our thoughts and Prayers to God, and focusing on the GOOD God is providing us, opens up doors we could never have imagined when we were struggling and suffering to find solutions.

All my best--

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