

Live life of an authentic soul!

The snow goose need not bathe to make itself white. Neither need you do anything but be yourself. Lao-Tse

You are meant to live an intimate and authentic life, a life that nourishes your heart and expands your mind, a life that is unencumbered with what others think, a life that empowers you to be who you really are. And yet, with the pressure we feel from others and life in general, the question may remain, “How can I live such a life?” “What steps can I take toward being just me?” Maybe you may find the following practices to be invaluable and successful components in experiencing an authentic life:

Take care of yourself. Nurturing your body, mind and spirit must be a priority in your life. Accept that you can only give to others to the extent you are taking care of yourself. Putting yourself first is not “selfish,” but “Self-full” and will provide you with the energy you need to fully be present for others.

Dare to be yourself. Strip away the mask and let yourself just “be.” Take time to have fun and allow yourself to find humor in being human. Know that your purpose for being born wasn’t live life according to what society deems correct. Your purpose is to discover your true self and live from that awareness.

Give only from the heart. Doing anything out of obligation dishonors both you and the other person and will only leave you feeling resentful. Do an “inner check” before you say “yes” to anyone. If resistance surfaces, do another inner check. If heaviness or resistance occurs again, trust what you feel and do not commit to something that is not in alignment with your heart.

Look inward for your fulfillment, not outward. Within you resides a wellspring of creativity and love. Turn within to become aware of what is driving your needs. Is it because you are feeling unloved, scared or lonely? Practice giving what you want to receive. Extending love from the heart is the fastest way to fill any emptiness you may feel.

Appreciate yourself. Take time to appreciate how far you have come on your journey. Doing so builds both an inner and outer abundance over time.

Let go of guilt. Practice dropping any guilt you feel for honoring yourself.

Ask, listen and follow. How many times per day do you ask for help from Spirit? And how often do you listen to it? Be willing right now to ask for guidance in developing an authentic relationship with yourself. What steps can I take to live an authentic life? Be willing to hear the gentle voice and trust it.

Don’t look for Trouble!

*Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight.

Ben Franklin

*Life only appears to be rushing toward us. Perhaps life is not as threatening as it appears. Perhaps the greatest threat to our serenity is our fear of the future—our fear of the unknown. Perhaps as Franklin D. Roosevelt said, “The only thing we have to fear is fear itself.” *Jonathan Lockwood Huie*

*There are no hopeless situations; there are only men/women who have grown hopeless about them.

Clare Boothe Luce

*When you say a situation or a person is hopeless, you are slamming the door in the face of God.

Charles L. Allen

*Sometimes good things fall apart so better things can fall together.

Marilyn Monroe



Easter Greeting to you!

Jane Zoltek, ssj-tosf

Aging Well

Now that you have reached this age, how can you live better? Following the obvious advice: taking better care of yourself now will let you enjoy extra years relatively free of disease or declining health.

Aging well depends on choosing to follow familiar advice: Exercise daily. Inactivity is responsible for most of the physical decline that takes place in older age.

Eat a balanced diet. Include fruits, vegetables and whole grains every day.

Maintain a healthy weight. Overweight people tend to have more medical problems.

Make your health a priority. Simple things such as wearing your seat belt in the car or getting a yearly flu shot can help.

Challenge your mind. Short-term memory loss often associated with aging can be lessened with daily mental engagement.

Invest in relationships. People who stay connected with family, community and friends live longer than those who are isolated.

Keep a can-do attitude. It will help you maintain your independence, which also is linked to longer life.

Success and happiness is almost guaranteed when a wholesome attitude toward health, nutrition, exercise and a more natural lifestyle is adopted.

Dedication of the day...

Good and gracious God, I give you my hands to do your work. I give you my feet to go your way. I give you my eyes to see as you do. I give you my tongue to speak your words. I give you my mind that you may think in me. I give you my spirit that you may pray within me. Above all, I give you my heart that you may love within me. I give you my whole self that you may grow within me. It is always you, my God, who lives and works and prays within me. Blessed be your name throughout this day. Amen *Adapted from The Grail Prayer*

Celebrate, Be Free

Do celebrate the good, the joy and the love you have received. Don't spend precious time feeling bad because you do not have something you want. Today is then dampened by sadness. Make a choice to not regret anything. Celebrate whatever comes along.

Let go. Be free. Let things happen. Let life bring you surprises, joys and challenges.

Laugh when you can, apologize when you should, and let go of what you can't change. Life's too short to be anything but happy.

The moment you start seeing life as non-serious and play, all the burden on your heart disappears. All the fear of death, of life, of love—everything disappears.

Let today be a day to take life less seriously. Kick back, smile, laugh, watch the busyness of the world from a quiet corner and find joy in everything around you.

You are the Michelangelo of your own life. The David that you are sculpting is you. And you do it with your thoughts!

Namaste!