

SAGE-ING AGE-ING NEWSLETTER

MAY 2021 ISSUE 5

What's your Happiness Quotient?

Heard this one before? "Most people are about as happy as they make up their mind to be." Abe Lincoln uttered that one. Most of us are taught that our happiness is outer dependent and that if no one "rains on our parade," then we can consider the day a happy one.

Often we think this "spiritual" stuff has to be hard work. The acronym that I like and that keeps me lighthearted is: KISS—"keep it simple, Sister." All you have is NOW. The measure of our peace of mind and the measure of our personal effectiveness are determined by how much we are able to live in the present moment. Regardless of what happened yesterday and what might happen tomorrow, NOW is where you are. From this point of view, the key to happiness and contentment must be in focusing our minds on the present moment. But where do most of us live? We live in the future. We want security, we want to know that all of our creature comforts will always be there and we don't like anything that will rock our boat.

Most of us don't like change. I agree with you I don't like change all that much either unless I'm the one who instigates it. But does change knock on our door and ask, "Do you think this or that would be OK with you? Does change wait for our permission? And does it care whether we like it or not? So how do we remain happy, in a peaceful place when we don't know what is coming around the corner?

We have heard so many times that "peace is an inside job." Buddhism asserts that thoughts are held in our minds and then projected outward. I look outside of me and find things that support my already held (within) beliefs and then judge the circumstance outside of me by saying "yes" it supports my view or "no" it doesn't. A COURSE IN MIRACLES states "I could see peace instead of this. 'The idea for today begins to describe the conditions that prevail in the other way of seeing. Peace of mind is clearly an internal matter. It must begin with your own thoughts and

then extend outward. It is from your peace of mind that a peaceful perception of the world arises.'" So this starts by me examining what thoughts I am holding about any given situation and asking myself, does it make me happy to think this way or not. We are programmed to believe that what is outside of us determines our happiness quotient, but just the opposite is true.

Your mind is a magnet and you attract what you think about! Yes, you attract what you hold in your mind. We all deserve happiness, but nobody is going to get it for us—except us. That's great because that means my ability to be happy is not contingent upon anything you do or don't do. The power of my happiness quotient is with me. Yes, that is where it needs to be. We need to stop and ask ourselves when we are holding a thought that doesn't produce joy, do I want to keep thinking this way?

So make a deal to bloom where you are planted and watch your happiness quotient go up like a hot air balloon.

Inner Voice of a Prophet

What do you consider the requirement to be a prophet? Is it the psychic foretelling the future or perhaps writing books that thousands of people read? Or is it the quality of one's living, the integrity to follow through according to one's own inner voice? It has always been fashionable to travel to see famous teachers and speakers or to visit sacred sites.

Our own thinking and processing can be stimulated by listening to others speak and when praying on sacred ground. We are aware of the presence of nature and of our own powerful connection to the earth as spiritual beings.

In all these situations what is awakened is within us comes as a result of our own receptivity and listening to the spirit which resides within us. *These things touch us because they resonate with our inner voice, our own spirit. What is outside us is already inside.*

We can each find our own prophetic voice. This inner voice, the connection to spirit, is ours. Each of us has this inner voice. It shows us the way in the choices we make everyday through nudges or hunches or intuition. Your inner voice is the prophet. Your first and most living guidance comes from within yourself. Only you know when the counsel of someone hits home. Only you know when a truth is voiced. Your inner voice, your connection to spirit, tells you this internally.

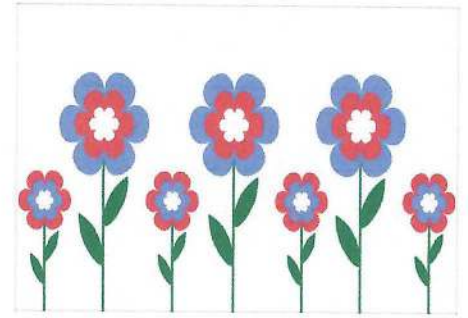
You may consult various people deemed to be seers, physics and prophets. But ultimately only you can heal yourself because only you created you. You are the modern day prophet. Sing your song!

Celebrate All That Binds us Together

Celebrate the budding flowers, the clear blue sky, the deep green forests, the perfect full moon, the twinkling stars!

Celebrate the miracle of a baby, the optimism of children, the laughter of adolescents, the responsibility of adults, the wisdom of our elders.

Celebrate the love in our hearts, the spirit in our souls, the health of our bodies, Celebrate all that binds us together as one!



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Beatitudes for the friends

Of the Aged

*Blessed are they who understand my faltering steps and shaking hand. *Blessed are they who know that my ears today must strain to catch the words they say. *Blessed are they who seem to know that my eyes are dim and my reactions are slow. *Blessed are they who look away when my coffee gets spilled. *Blessed are they with a cheery smile who stop to chat for a little while. *Blessed are they who never say "You've told that story twice today." *Blessed are they who know the ways to bring back lovely yesterdays *Blessed are they who make it known that I am loved, not left alone. *Blessed are they who know the loss of strength I need to bear the Cross. *Blessed are they who ease the days of my journey home in loving ways.

(The above was sent to me by my friend Sister Monica Meyer a Grand Rapids Dominican in Michigan.)

"Crying opens the lungs, washes the countenance, exercises the eyes and softens down the temper, so cry away."

Charles Dickens