

Dancing through life

Spiritual Wisdom

When you have the feeling of belonging to God, when your heart is God's heart, you can hear the thunder of his laughter rolling inside you. You feel God's presence in your being, and the pulse of His love moves you forward on His path.

— Gurumayi Chidvilasananda

Life is always moving and changing, like the winds. Your challenge is to move with life's inevitable cycles without being trapped in either the pleasant or the difficult times. Every time has a purpose and potential blessing. For example:

- **Times of poverty** can help you stay humble and keep things in perspective during times of wealth.
- **Times of abundance** can nourish your spirit and remind you that true wealth exists beyond mere outer gain.
- **Lonely times** can help you discover and remember that you truly are never alone.
- **Times of emphatic love** can bring a burst of fresh life force into your heart and soul, along with feelings of divine passion and tenderness.
- **Sad times** can guide you to tap into the peaceful surrender and vulnerability that often come through openhearted grief or tears.
- **Happy times** guide you to enjoy life and trust God, and also remind you to see the world through cheerful eyes.

If you can stay centered in the core of your being, allowing yourself to flow naturally with the winds of change, you may find that in every moment, everything is fine. Even if potential problems seem to be lurking about, you'll be able to move your attention from the spinning world and take refuge in the stillness that exists within every moment, the calm eye that gives rest beneath the storms of life. Even those who have difficult challenges to go through are given the resources to bear what they must, if they can just stay centered in that hub of time's ever-turning wheel.

Don't Forget

By learning to feel and experience each moment, you'll be better able to move with the tides of life, acting when the tides are powerful, and waiting patiently when they're not.

If you ever reach total enlightenment while you're drinking a beer, I bet it makes beer shoot out your nose.

— Jack Handey (Saturday Night Live)