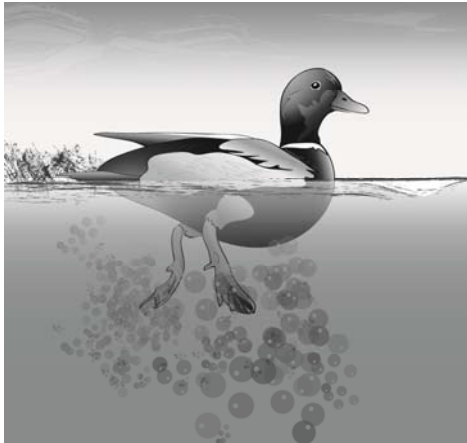


# Changeless Change

Speaking of Looking Good on the Surface ...



I love watching ducks glide across the water. It appears to be so effortless but we do not see below the surface where their little webbed feet are paddling like crazy.

How about you? Do you look calm, serene, and all together on the outside? Underneath the surface are you paddling like crazy? Too many of us are simply trying to stay afloat and look good.

Other folks really are at peace because they have worked hard beneath the surface – weeding, searching, unpacking, evaluating, trashing.

So, don't wait to do your weeding. You delay – you pay.

Tend to the garden that is you, daily. Dig up and discard the “weeds” of your being – every day. It is not only easier to keep up with the task daily, but you might also save money on trips to doctors and pharmacies. This is the circle of your life.

While daily maintenance keeps your weeds from rooting too deeply, there is also a time and a season to not take further action, to be still, to wait, to just be. Sometimes when “bad” things happen that confuse us, it is beneficial to be still before jumping into action again.

It really is your choice. You choose your actions and reactions to life. Your attitude and perceptions are your choice.

Really? Is it always my choice? What about when especially bad things happen?

Actually, I choose my reactions and actions no matter the circumstance. Sometimes I need only change my attitude. Sometimes I need to take action.

And sometimes, I simply need to wait.