



## Be Open to Your Greatest Good

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When things aren't going the way we think they should, our instincts are to dig in and fix them. You know how it is...when the going gets tough, the tough get tougher, right?

"I can fix this. I can figure this out. All I have to do is buckle down, focus, concentrate, work hard, push myself...I can make this work out!"

Have you said those things? Have you said them recently? Are there things happening in your life that make you want to say those things right now?

It would surprise me if you hadn't said those words to yourself. And yet, if you think about it, I bet you'll agree that some of your best "solutions" have presented themselves when you let go of the perceived "problem".

How many times have you "received" the answer you were seeking while you were doing something else - taking a shower, enjoying a walk, listening to music, playing with your kids or even sleeping? It's happened a lot, hasn't it? You were not focused or concentrating or trying or even "working on" the problem, and the solution just showed up.

In fact, if you think about the times that you came up with the best answers, I bet you'll agree that you weren't struggling at all.

### **Floating Down the River**

Just imagine you are rafting down a gentle river. Let's pretend that you know exactly where the river is headed, and it's exactly where you want to go. You're in no particular hurry. You feel content as you float down the river in a raft, and you are enjoying the gentle twists and turns of the river. Since you know the river is headed exactly where you want to go, you can simply enjoy the ride, knowing in your heart that all is well and the journey is unfolding perfectly.

Now imagine that you get the idea in your head that your trip isn't progressing as it should. You feel you need to do something - to straighten out the ride or to steer or to make it go faster. Even though you're confident that the path is going where you want, you still feel the desire to control the journey.

You could steer your raft right into a whirlpool without knowing! You could miss something along the way that would make your journey better.

It's when you start thinking that you have to change things, control things, fix things, make things work faster or come out differently - that's when things have a tendency to crumple.

Because the best things in your life may be waiting where you would never have imagined them to be!

### Playtime

Whenever something happens in my life that feels negative, I invite myself to consider whether it's *really* a negative event. Truthfully, how could I know? Things happen all the time that turn out differently in the end than it appeared they would in the beginning!

I use words like "appear", "perceive" and "imagine" to describe the way things feel at first:

- Perceived economic slow-down
- Apparent disaster
- Imagined vulnerability

Language like this reminds me to be open to the possibility that things may actually be different than they appear, and if I put too much investment in the way things appear, I may close myself off to the goodness of the Universe.

Could you allow yourself to just let go of expecting things to turn out a certain way?  
Could you just invite yourself to consider that maybe...just maybe...things appear the way they are so that you can receive your greatest joy?

*Maybe you don't always know best!*