



Turning the impossible into *'I'm Possible'*

To avoid criticism, say nothing, do nothing, be nothing.
Aristotle

As the year draws to a close, there is more than the usual curiosity about what the next year will bring. Will the ancient Mayan prediction prove to be true? Most experts say the Mayans were not interested in predicting the future and their hieroglyphs were misinterpreted. Yet there's no question that the world does face huge challenges.

Impossible situations, persistent problems and the chaos of crisis inevitably occur in most people's lives. How we respond is what counts. Unfortunately at times like this, the less resourceful part of our mind usually takes over. It's tempting to fall into thinking, *'this always happens, it's already too late to change, everyone lies, everything's a mess and nothing will ever work!'* If we allow the universal negativity of the ego mind to take over, stress rules the day. It will also take its toll on our bodies.

What can we do instead? First have compassion for the old wounds that created these negative thought clouds in our minds. They are nothing more than bad habits, learned long ago. Criticism, judgment and negative beliefs can be healed. Working through and resolving what we can will make it easier to access our true selves. But we don't have to figure everything out. We don't have to heal everything in our past in order to be happy.

Life is never perfect and it wasn't meant to be. But life is not about endlessly learning lessons either. What we do need is to learn how to live life fearlessly, being equally open to joy and suffering. When we can accept the positive value of the negative experience, we find peace. When we stop trying to change, a shift becomes possible. Acceptance is the key.

Some erroneous old beliefs may still block us. Old childish ideas persist: *'if only we could unconditionally love someone enough, we could heal him or her'*. The problem is: what good are we if we



can't? What if we can never make another person happy? And of course, we can't. It's impossible to change someone else. It's hard enough to change ourselves. If we are brutally self-honest, we might notice the mirror aspect: the fear that no one will ever really love us!

The inner choice boils down to whether we want our lives to be an endless search for the love we didn't get in childhood, or do we want to live our lives generously giving our love to everyone we meet? Who we choose to be, how we choose to show up in the world, and what kind of energy we bring into the room, determine our happiness.

We need to let go of thinking '*what should I do? What do I need to have? How good and nice do I have to be?*' Instead we need to remember and appreciate: *Who am I? What do I already have? What would be fun to do?* Each one of us is a walking miracle, a unique wonder, a magnificent being. There will always be another crisis, and the best is yet to come. It's time to celebrate!

*There is no way to happiness.
Happiness is the way.*

The Buddha