

PREPARE to live life



Why do we only ask those big questions when we run into difficult situations? You know which ones: Who am I and what am I here to do? What is the meaning of my life? Am I on the right road in my life's journey? This is not the greatest time to ask those questions. When your emotions are running high it's

difficult to have a clear mind to tackle these questions. These times need focused concentration to reach that clarity, which is hard to do in an emotional tempest.

What do you do? PREPARE. Tackle those questions when things are quiet, your mind is in a state of being able to conduct focused clear thinking, and you are prepared to accept the answers you get-no matter what they are, being prepared to follow through.

Ancient Native Americans prepare themselves with reminders of where to turn when different aspects of their lives became imbalanced. Each member prepared their own medicine wheel for just this purpose. It is a manual of sorts to guide and focus them when these difficult times presented themselves. In calm times they were able to become their own "spiritual counselor" to a certain degree. They thought of desirable qualities that benefited themselves and the tribe as a whole. Looking to the natural world around them they found similar animals and plants that displayed desired qualities they wished to emulate in their own behavior. They would then place something from the natural world to reflect the chosen quality in the location of the personal medicine wheel belonging to the appropriate segment of their life. They then placed it in a prominent place as a constant reminder of who they always aspired to be. Then when those personal difficulties and life questions presented, they could focus on their wheel and follow those "counselors" advice.

Preparation is the key for dealing with your difficult times. Ponder the answers to the heavy core questions of life before hand. What qualities do you now use when you are confronted with change? Can you improve upon these qualities? Would other qualities be better suited? Do you need to adjust the ways you handle the changes in your life?

Start taking the necessary steps now to be able to handle even bigger or more severe life challenges and changes. Don't be the person who denies that life challenges do exist and confront us often. Be the person who will confront a potential change or challenge with the qualities that have been honed during the quiet times. Abrupt changes and challenges create the murkiness of unknown outcomes that instills inner fears if you are not prepared. Having a guidance system in place enables you to cope during difficult times.

Confronting the challenge of finding and protecting your spiritual nature should be handled the same way. Remember those big questions in the first paragraph? One usually has to dig deep to find these inner truths and there are as many right answers as there are people. We all recognize that each of us is different, and so being, our spiritualities are different as well. True, we may share common philosophies but each individual tweaks it to fall into place with their own soul. Let no one tell you that you hold a wrong belief, for each soul carries its own light of spirituality. Remember also that each individual grows and changes throughout this life, and so too will each dimension of yourself grow and change, including your perceptions of spirituality. You are the only one who should feel comfortable with what you believe.

With Gratitude,

Kai