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# Living in the Balance

## January and February 2023

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*Some ramblings in no particular order as 2022 ends...*

I no longer want to know what is ahead. One moment at a time. This moment.

When I say “yes” to one thing, I’m also saying “no” to something else.

If I’m involved in a grudge match, most of the time I’m the only player on the field.

A friend told me he learned this in AA..... “I don’t have to go to every knife fight I’m invited to!” Corollaries... I can’t have a conversation with someone determined to have a duel. And there are few, if any, hills I want to die on.

Thankful beyond measure for the people in my life who continually show up to share both sunshine and storm.

Honor that sometimes things are over and that I need to let go. As a pastor friend said to me, “When God closes a door don’t go sticking your fingers in between the door jam and the door trying to pry it back open. For whatever reason, it’s closed. Turn around and see what’s here now.”

Go to the front of your own line. This may sound selfish, but no one is going to give us permission to live our lives.

The deepest prayer for me to offer no matter what the issue .... *May there be the best possible outcome.*

Recognize when I’ve dragged out some mental chew toy and started gnawing on old resentments and slights and grudges and hurts. Corollary? Don’t dwell.

If only I had known, I would have done it differently. Of course, and if your butt had eyes, it would always see 20/20.

As I was working one day alongside one of my mentors I sighed and said.... “I wish \_\_\_\_\_” And he said, “Girl, why you be wishing for a loaf of bread when you could be wishing for the grocery store!” Next question.....does what I am doing expand or contract my life?

It takes a lot of energy to pretend you are ok when you are not. Some days we are great actors.

There is a line between being helpful and driving the “crutch-mobile.”

Sometimes I have a very hard time “staying in my own lane” or telling someone else to stay in theirs. We frequently want to drive each other’s cars.

When it’s all said and done, most of the time it isn’t.

I ask you...Where are we complicit with the illicit and choosing tribe over truth?

I love it when I laugh so hard that I snort tea out of my nose! It helps if someone is there snorting with me!

Above all.....be grateful. I am so incredibly privileged and blessed at so many levels. Let me be present to all the possibilities and gifts and wonder that this life offers me. And know that my cup runs over.....

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## About Spiritual Direction —

- Offers a space and time for you to explore, reflect upon, and deepen your relationship with God.
- Provides a haven from the daily busyness of the outer world and opens a time to be still and to reflect on your inner journey.
- Is a companioning relationship grounded in dialogue and discernment.
- Explores ways you may integrate spirituality into your daily life.
- Is not limited to any one spiritual practice or tradition.
- May involve one or two meetings or multiple meetings over time.

## You may wish to consider spiritual companioning if you are —

- Longing for a deeper relationship with the Divine
- Looking for a place to dialogue about spiritual questions
- Seeking ways to connect with the Spirit in a more intentional way
- Discerning ways to live in a more integrated and whole way
- Standing at a crossroads in your life
- Exploring new or fresh ways to be in relationship with God

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I am no longer offering spiritual direction but will be glad to talk with you about the process.

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*I love signs of all kinds. Photos from wherever....*

