

## Why Are We Waiting?

Right now, stop and notice that there is a continual striving within you for something else.

A recurrent urge to move to the next thing, a desire to be something other than you are; richer, better, brighter, healthier. We want to be more positive, more generous, more educated, more forgiving, more loving. We want to gain wisdom and get prosperity. We want to get a man, a woman, a pet, a job, a passion. More this, more that. Or we want to get rid of a man, a woman, a job, a passion, a pet. We want to be less chubby, less stressed, less busy, less popular. Less this, less that.

A new you *is* in the making as you read this. It cannot not be so; you even change when you sleep. You *will* change as life oozes out of you and causes you to bump into other things. You can't do anything else but be different from one moment to the next.

But, we can spend our entire day torturing ourselves trying to force ourselves to fit a story. Often one we haven't consciously chosen.

Don't bother with any New Year resolutions to give up addictions. Go right to the source and give up the addiction of waiting.

Stop Waiting. Just stop it for one second. Stop waiting in this instant.

Can you? Is it actually possible to be completely acceptable? Right now as you are?

If not now, - when?

Try this: Right now let go of waiting for yourself to be something else. Let go of the story you are struggling with and forcing on yourself.

Let the hungry energy of pushing and hoping, striving and wishing, holding on and expecting fall away. - let your shoulders drop, let go. Right now. Go on, - try it.

As your muscles relax, let '*Waiting*' for your life to be different than it is slither off your shoulders, slide down your spine, pour off the edge of your backside and soak into the chair you sit on. Let it drip into the carpet, let it ooze down into the soil and be absorbed into the vastness of the planet. Let it go to Mother Earth, she can handle it.

You will find yourself here now. The magic of 'something' pulling oxygen into you. - You are Alive, Gorgeous, Whole and Complete as you read this.

You are unencumbered by what's gone before and free of striving for something just out of reach.

An often heard phrase in response to the question, "How are you?" is;

*“Oh, I’m getting there”*

Next time you are feeling stressed repeat the shoulder drop and know:

You *are* there.

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