

## This is the Only Resolution You Need

There is one resolution that, when kept, will get you everything else you want: "I resolve to look for something in every situation that makes me feel good."

Every day that Bill and I work on his recovery from this horrible cancer, we are challenged to look for the good. Sometimes we find it in the kindness and commitment of the nurses and doctors and other health professionals we work with. Sometimes we find it in the relief of watching a movie or TV show or internet video that makes us smile or blessedly distracts us for a time. Other times it's a call or email from a loved one that makes our hearts sing.

Some of you might say, "Well, how can any of that cure Bill?" It may not. When Bill was first diagnosed, I was meditating and it came to me that, although Bill's mind wants to stay, his soul wants to trade in for a new body. Since then, my prayer for Bill is that he finds relief and that he is once more returned to feeling good. That may happen in this life or it may happen in the next. It's not up to me. It's up to Bill and his Source Energy. But while his body is still here, I will do all in my power to see that he enjoys himself as much as possible. Stories of his grandchildren do the trick every time. (His youngest, 5-year-old Kiara just had a trip to the E.R. with a fever. The cause? Play-doh in her ear!)

All any of us have is this moment. And this one. And this one. Let's resolve to enjoy each one as they come.



*A happy life is just a string of happy moments. But most people don't allow the happy moment because they are SO BUSY trying to get a happy life.*

- Esther Hicks

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Write it on your heart that every day is the best day of the year.



"IT MAKES NO SENSE TO WORRY ABOUT THE FUTURE.  
BY THE TIME YOU GET THERE, IT'S THE PAST!"