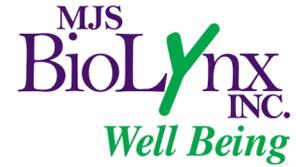


Endless Summer...



Do we like the ending? If not, why don't we change it?

The power to choose our own ending, to create our story – is our own. What would we have it be?

What if our story was a Happy one? In our physical reality, everything we say and do has one goal – to make us Happy. The house, car, possessions, career, discoveries, vacations, accolades, we think they will bring us Happiness.

Do we realise these are temporary pleasures and not ever lasting treasures? All material things have a shelf life, all structures are unstable. Vacations end, and fame fades. But what is ever lasting will continue. Creativity, compassion, grace, peace, love, and joy – they can be given away and they will not cease to exist nor weaken – they are ours forever more. How fortunate are we to have these superpowers right inside of us – now and forever.

The endless present moment is our canvas upon which we can create our world. We can create our world of Happiness. This can be a radical shift in perspective and a gift we can continue to give to ourselves by making the choice in every moment. We can choose love over fear, peace over war, kindness over righteousness and a Life of endless Miracles verses endless pain. We can choose to be compassionate.

It takes work to pay attention to our thoughts and what messages we are incessantly repeating to ourselves, but this is the work that truly matters. We pay attention to our Life. How does this thought make us feel – Happy? Safe and Secure? Loved and Loveable? If it doesn't feel good, then perhaps it's not true? It's so simple. When we are aware, we can then choose to think a different thought.

As we enter the glistening warm August sunshine, with its gentle breezes and crisp evening air, we can choose to notice that they are whispering to us sweet messages of joy and laughter and memories of freedom. We can dance, sing, skip stones, and float mindlessly. We can live fearlessly and without shame or guilt – complete and free of all judgement.

In the quiet of our powerful mind, we can listen to the August whispers, and make the choice to live our Endless Summer.

~ Cherin

