

knowing everywhere to look

108 Daily
Doses of
Inspiration

LIGHT WATKINS



sounds true
BOULDER, COLORADO

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FEED THE BABY Being the parent of an infant or toddler means sacrificing much of what you want to do for what you *have* to do to make sure their needs are met first. ♦ It doesn't matter if you're tired, sick, or traveling—the baby still needs to be fed. And although it's your responsibility to be the provider of food, you're happy to go out of your way to feed your baby because you see that precious little soul as an extension of you. And nothing makes a parent prouder than watching their child grow up to have a positive impact in the world. ♦ I treat these daily messages similarly by mentally keeping them in my “feed the baby” category—meaning, I sacrifice what I want to do (go to bed earlier, sleep in, watch movies) for what I need to do to make sure they are written and sent out on time each day, regardless of how I'm feeling. ♦ Some days are tougher than others, but I rarely see it as a chore. Instead, I treat it as my responsibility because I've realized over the years that they are an extension of me. And nothing makes me prouder than seeing these little stories have a positive impact on people's lives. ♦ If you have a passion project that you'd like to contribute to the world and you're being inconsistent, I highly recommend putting it in the “feed the baby” category so you begin prioritizing it enough for it to take root and grow and create the impact you ultimately want it to have.

MY OBLIGATION MY OBLIGATION MY OBLIGATION MY OBLIGATION

Rev. Martin Luther King Jr. was once asked in confidence by a fellow activist whether he thought the 1955 Montgomery bus boycott would actually succeed.

“It is not for me to say or for you to analyze whether I can succeed,” he answered.

“My obligation is to do the right thing as I am called upon to do it.

The rest is in God's hands.”



ONE STEP AT A TIME One of my favorite stories for dealing with uncertainty is about a prince who was out hunting one cloud-covered afternoon, and while deep in the forest, he lost his way back home. As night fell, the ominous cracks and howls of the forest started closing in, and he began to agonize over his personal safety as well as the safety of those who depended upon him. The prince stood frozen with fear, surrounded by darkness, and unable to orient himself. The sounds of danger inched closer. Something inside told him to just take a single step.

As he did, a pathway mysteriously appeared in the faint moonlight. He doubted if it was even the right direction, and the path went black. His inner guidance urged him to take another few steps, and the pathway reappeared. With each step, the path became brighter, and he realized that it was his movement that was illuminating the way. Eventually, he made it back to safety. When you feel lost, and can't see a clear way out, the best way to determine your next move is to listen to your inner guidance and just follow it one step at a time.



Something more to consider: When you feel lost, or uninspired, or you can't see a path out of a dangerous situation, your tendency may be to freeze with fear so that, at the very least, you don't make the situation worse. But what if the path to greatness is through moving toward the very thing that frightens you? Can you identify something that you are currently afraid of in life and, specifically, something that is standing in the way of where you'd like to go or what you'd like to do? Perhaps it's the uncertainty of leaving a job or doing your job differently? Perhaps it's the thought of going back to school, or having a difficult conversation with a loved one? Whatever it is, we often focus too heavily on the negative aspects of the situation—the worst-case scenarios. But what is the best-case scenario? And what's a way that you can take one small step in that direction?

RESISTANCE The other night, I had to force myself to work out for about the millionth time. One would think that after twenty-plus years of working out, it would be easier to make the time. But on most days, I still have to plead with myself to move. And it's often the same excuses: I'm too tired, I have more important things to do, blah blah blah. ♦ But when I examined my excuse that night, I realized that the solution to my problem was hiding in the excuse: working out would give me the energy I didn't have. It would improve the quality of my sleep. It would strengthen my will the next time I don't feel like working out. ♦ I knew what I had to do. And as is the case 100 percent of the time, I was so glad that I made the effort. But I'll probably resist again in the near future. And hopefully, overcoming my last resistance will make it a tad easier to overcome the next bout of resistance. Wishing you luck with your resistance. And remember, the more you defeat it, the weaker it gets.

When someone says "I've done the work on myself" (which is a phrase you often hear in places like Los Angeles and Bali), it implies that they've cleared out their past triggers and projections, and they're now accessing their most authentic self. If they're a bit more evolved, they may say, "I'm doing the work," and they may even acknowledge that the process is never-ending. And if they're more evolved than that, they won't say anything about the work, because they'll understand that it doesn't really matter how much work they think they've done or how much they have left to do. The most evolved among us know that what's really happening is the work is being done to us—whether we want it to be or not, whether we're aware of it or not, whether we have the language for it or not. The awareness of it doesn't graduate you from it. It just makes the idea of "the work" slightly easier to accept.

The Work



THE WRONG NOTE Pianist Herbie Hancock spent five years as Miles Davis's protégé. During their very first performance together, they were in the moment, playing off each other, improvising. Then Hancock accidentally hit a wrong chord. "It was amazing," Hancock recalled, "Miles is getting to the peak of his solo and then, I played this chord that was so wrong. It was so wrong. I thought I had just, like . . . we had built a house of cards and I just destroyed them all, you know? And Miles just took a breath and then he played some notes that made my chord right." Hancock said that he couldn't figure out how, but Miles somehow fixed his "wrong" note. "It took me years to realize that Miles didn't judge my chord. I did," he said. Later, Miles explained: "It's not the note you play that's the wrong note—it's the note you play afterward that makes it right or wrong."



Something more to consider: As we become more spiritually mature, we understand that while an unintended occurrence may happen at the surface, on a broader spectrum of awareness, there are no mistakes—only learning experiences and growth opportunities. By training yourself to view mistakes this way, you can move into the space of seeing them as opportunities. This will help to minimize any associated ill will and everyone can move past it as quickly as possible. Have you made a mistake lately? Did you try to fix it? Did you get caught in judgment around it? What's one action step you can take now that can make it right?

If you have no idea how you ended up wherever you are, welcome to the club. The truth is, none of us can really know what's going on by looking at whatever's happening (or not happening) right now. We may think we know what this phase of life is all about, but it won't be until much later that we can see what it was really about. For now, we must keep trusting that we're right where we're supposed to be, or whatever we need to be experiencing (for all reasons). We don't

*need to understand the hows and whys right now because we're still moving through it and none of us can see the forest for the trees. We certainly don't want to get caught up in judging this tree as a waste of time and that tree as a mistake, or we may completely miss the point: they're all growth opportunities, **SHAPED LIKE TREES**.*

Something More to Consider: Are you going through a confusing time right now, where you feel lost, turned around, hopeless? It's sometimes hard to see a purpose to the suffering, loneliness, or inner turmoil. But when we study the biographies of those who've also experienced great adversity, it's hard not to see that even still, the Universe was delivering a gift to them—in the form of learning, a growth opportunity, or a means of discovering their higher purpose. When you get a moment, look up the biographical sketch of any noteworthy figure from the past, and there's an excellent chance that you will discover that their life was not just bumpy but riddled with rejection, loss, and despair. You'll also see how those very same rejections prepared them for their biggest successes. And if they could stay the course, so can you.

FURTHER DOWN THE ROAD There's a plot twist in one of my favorite books, *The Alchemist*, where the hero is on a treasure hunt and gets beaten up pretty badly by some thieves. They rob him of everything and leave him stranded on the side of the road, where he eventually falls asleep. ♦ Later in the story, we find out that if the mugging didn't happen right when it did, which led to him falling asleep, the hero would've likely been murdered by a deranged killer who was awaiting his next victim further down the road. So as it turns out, getting mugged ended up saving the hero's life. ♦ A trademark of the Universe is to use unanticipated rejection as protection from something much worse. And that's where trust comes in. Trust that if you do your absolute best, and you're still being rejected, or delayed, or means you're being protected from something worse than the road. In other words, the Universe is always conspiring for you.

Did
you
know
that all
humans
alive today
are related—
meaning we all
come from the
same unbroken
line of humans? ♦
Researchers have
even pinpointed the
woman who is our
great-grandmother to
the power of 700. She
lived between 152,000 and
234,000 years ago. And our
great-great-great-great-great-
great-great-great-great- . . .
granddaddy supposedly lived between
200,000 and 300,000 years ago as well.
♦ This means that you and I, and everyone
on the freeway, and in the office building, and
on TV, are cousins. Literally, everyone we will
come into contact with in life is our distant rela-
tive. Let's remember that as we go about our day,
and treat one another less like strangers and more like
what we actually are: family. **WELCOME TO THE FAMILY**