

MAY 3

We live in a vastly complex society which has been able to provide us with a multitude of material things, and this is good, but people are beginning to suspect that we have paid a high spiritual price for our plenty.

—Euell Gibbons

Living Our Values

Sometimes I wish everyone else would just make it easy for me to live my values. If other people would just do their part, I wouldn't have to work so hard at doing mine. Can you relate to this? Here's the real truth: I support peace in the world, which means that I want to live my life peacefully. This is my value; no one else forces me to hold it. I own it because it's important to me. That means that I want to live peacefully even if someone screams in my face, or does something that I perceive as mean. I do this because it's important to *me*, not because it's important to *them*.

Recently, someone who was renting a house from me told me he wanted to get out of the lease, and if I didn't let him, he would sue me. I was tempted to get an attorney and match his might with more of my own. I had an internal picture of myself putting my dukes up. Then I asked myself, "What is important to you, Mary?" The answer was to live my values. I decided to give him everything he asked for so that he could be happier in his life. I was also happier in mine because I stepped aside from a potential conflict. The most important thing is being true to ourselves, not winning, not being right, and certainly not being the biggest and meanest.

Identify your most important value today.
Then live it. Notice how healing this can
feel even just after one day.



MAY 4

*You must remember that man is noble,
man is sublime, man is divine, and can
accomplish whatever he desires.*

—Swami Muktananda

Shooting for the Moon

You can have anything you want. Nothing is being held from you. In a Compassionate Communication process, we believe there are enough resources in the Universe to meet all of our needs. Most people are stumped because they can only see one strategy for meeting a need. For instance, someone may have a need for intimacy. When she hasn't experienced it in her past or current partnerships, she may think it is unavailable to her. As long as she focuses solely on meeting her needs with her partners, she misses opportunities to meet it with friends and family. Try not to limit your success by stopping when one particular strategy doesn't work. Focus again on your need and try another way.

Identify one need that you would like to
experience more of and make a list of at least
five strategies for meeting it today.