

## BLESSINGS AND MIRACLES IN OUR LIVES

by Deb Elkin

Every day I get a handful of emails from my friends and family, of jokes, short little touching stories, and requests to sign on for various causes. Occasionally it is annoying, (like when someone sends me 12 at a time!), but mostly I welcome them because the truth is, I can never get too many laughs, and my heart always loves to be touched by a tender or inspiring story.

So I want to share with you one of those stories that got passed my way. Chances are you have heard it before. It is one of those stories whose message is worth repeating. I hope it will speak to you.

“The man whispered, ‘God, speak to me’ and a meadowlark sang. But, the man did not hear.

“So the man yelled, ‘God, speak to me’ and the thunder rolled across the sky. But, the man did not listen.

“The man looked around and said, ‘God let me see you.’ And a star shined brightly. But, the man did not notice.

“Then, the man shouted, ‘God show me a miracle’ and a life was born. But, the man did not know.

“So, the man cried out in despair, ‘Touch me God, and let me know you are here.’ Whereupon, God reached down and touched the man. But, the man brushed the butterfly away and walked on.”

Don't miss out on a blessing because it isn't packaged the way that you expect.

So how many gifts, miracles and answers to your prayers pass right before your eyes every day, and you miss them? Perhaps you are so caught up in the busyness of your life that you are distracted or preoccupied and you don't see or notice what is being put in front of you. Or perhaps, as the man in the story, you're so busy looking for a particular answer to your question or problem that you miss the gift, the blessing, the answer to your prayers that in fact is being provided to you.

So how do you pay better attention to the blessings that get put in your path every day? It begins by first setting your intention that you want to, are willing to do what it takes to pay attention to them!

Slowing down helps. Breathing does too. When you physically slow down, you are likely to mentally slow down also. When your mind and body are racing, it's hard to pay

attention. When you are calmer, you are more likely to be able to notice and to see things.

Even if your life is very hectic or full, you can still slow down the pace of your inner life, which will help you relax and be more available to pay attention and receive.

And most importantly, as was so well illustrated in the story, you have to be willing to let go of your picture, of your agenda. So ask yourself what you are trying to change or are searching for an answer to. Then ask yourself what answer or solution you are holding out for. And THEN ask yourself, "Am I willing to consider that there are other possible answers?" If the answer is "yes!", then you have taken the next step towards receiving the gifts and blessings of the universe. And you may be very pleasantly surprised by what actually comes your way! Stay open and enjoy!

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