



Holding Grasping Squeezing

What are you entitled to?

It's an honest question.

Our culture would have you believe that we are entitled to money, material and possessions. Because that's how we measure success, by how much stuff we accumulate. And that success, that stuff, is so important to us, that we hold on to it with ruthless determination.

We defend it like it is our first-born child. We stand guard on it with dogged intensity, while we simultaneously work to accumulate even more, while we work to fill an endless void.

We hold these things - the cash, the cars, the houses, the beliefs, the social acceptance, the relationships - tight to our chest. We squeeze, so that our iron grip could not possibly be broken, so that someone else could not even hope to see our stuff, let alone take it.

But while we hold, ever so tightly, we tend to lose sight ourselves. For it's not just stuff we are squeezing, it is our life.

While we are grasping and working to get more, we miss the beauty of our life. We miss what is in the moment. We miss living our lives. We hold on so tight it blinds us, so tight it hurts.

It's time to loosen our grip, to look through our open fingers and see the beauty that we have been missing. All people yearn to be happy, but for too long we have been looking for happiness in the wrong places. We have looked for them in higher salaries, more possessions, bigger achievements - the trappings of our so-called dreams.

But the happiness of life remains immaterial. It lies, instead in the rewards of the moment. Live in it, appreciate it, accept it. Understand that the joy of material is fleeting and consuming. While the joy of life is everlasting.

It can be difficult at first. It's natural to want to hold on to what we have. "It's ours. It's mine. I earned it. I worked for it."

We live in an abundant country, a gluttonous culture. We have so much, yet we want more. We grab for our fair share. But how much is enough? How big does the car really need to be? How many rooms does the house really need? We want more, bigger, better. It's a vicious cycle.

But experience has taught us that these desires are what hurts us most. It is those desires that lock us in that inescapable vice.

True freedom is loosening the grip, enjoying the life that is in front of you, taking in the beauty of life around you and living a life that is more fully alive.

Until next time - Passion Rules!