

Live a Good Life

And in the end, it's not the years in a life
It's the life in the years...

Abraham Lincoln

Today, I encourage you to live with joy... just for today... is it worth a try to live in joy today?

Some nay-sayers will tell you that “the world is a serious place” or “life is hard”, that sure, you can enjoy life...later after work, perhaps after the kids go to sleep, perhaps on the week-end, or even wait until vacation

Goodness, let's en-joy each day! To enjoy each moment of each day... to live in joy, to wake up in the morning and smile (Mmmmmmmmm.....); look around at the space you have created; listen to the sweet sound of birds, or the still of the morning, or reaching over and touching the one you love so, and simply using a minute of your day, to enjoy the pleasures that surround you.

It really is a matter of setting an intention. That is, having intent about your mood or theme for the day. Let me be even clearer: to set an emotional-spiritual intention. To create an energy around you that exudes the mood you want to create. A few examples might be: love, confidence, levity, and joy. Some might first go to their 'to do' list. NO!!! No 'to do' list... this has to do with a mood, a state of mind...that which comes from your being... can be heard in your tone of voice, noticed in your step, gleaned from the look in your eye.... It is the feeling you carry around with you all day long... for as long as you want.

Remember pig pen from Peanuts cartoons ([Peanuts cartoon](#)) Forever carrying around his His demeanor, his 'attitude', a cloud of dust and dirt, reflecting his 'mood'...

What kind of 'cloud' are you carrying around?

It is a matter of noticing and choosing how you want to experience your life ([read more](#)) this very same experience that we you find yourself in ALREADY and deciding how to approach it. Novel idea, huh? Really, how

would you rather approach this very same situation: coming home from work.

The first situation: (ouch!).... You leave work, perhaps one or several things left undone, those and other things are on your mind. You might make a phone call, go over your to do list, etc... etc... etc... You get home, knowing you have more to do, And any tasks or duties you know you have once you do get home... at night, you often toss, turn and wake up during the night with 'things' on your mind.

Situation two: (MMmmmm....)... You leave work, whether you have things left to do or not (likely only planned things!)...you get in your car and put on your favorite music. You begin to drive home beginning to relax knowing your are going home the space you have joyously designed. Perhaps you are going home to those humans you love the most... a good friend, a partner, children or parents; you look forward to seeing them and hold your love for them present, as you move closer to home, you feel more relaxed and renewed with the joy and anticipation of a great evening...

Simple questions? Maybe, try these on.

How have you designed your life to experience the most joy?

How do you want to think about your world, (or, what direction do you want to point you brain in???)

Please let me invite you to set your intention for the day....notice the difference a day makes!

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