

CHANGING 'LIFE IS DIFFICULT'

Life is difficult.

This is a great truth, one of the greatest truths.

It is a great truth because once we truly see this truth, we transcend it.

Once we truly know that life is difficult;

Once we truly understand and accept it;

Then life is no longer difficult.

Because once it is accepted;

The fact that life is difficult no longer matters.

Life was never meant to be easy, and is essentially a series of problems which can either be solved or ignored. Discipline is the basic set of tools required to solve life's problems. These tools to include delaying gratification, assuming responsibility, dedication to the truth, and balancing. --Scott Peck

We are put on the earth to participate in life.

We have a beautiful mind,

We have the ability to pray,

We have the ability to change,

We have the ability to accept,

And we have choices.

All things God created are constantly changing.

This constant change causes our circumstances to change.

Sometimes we say life is difficult.

During these times we need to use our tools:

the tools of prayer, and

the tools of meditation.

We are designed to change and live joyfully on this earth.

The only requirement for living joyfully is to live according to the laws, principles and values given to us by the Creator. --Elder's Meditations

There is a Master Plan. Everything on the earth has a purpose. Change is constant. Change will happen and every setback is only temporary. In other words, the Creator is in charge. He designed the universe. He runs the universe and He will change what needs to be changed. As humans, we need to be tuned in. Therefore, God gave us the spiritual concept of acceptance. When things change, we can change ourselves through the principle of acceptance. --Elders Meditations

You feel the way you do right now because of the thoughts you are thinking at this moment. --David D. Burns

Each day we paint pictures of our own lives with our thoughts. Since we paint a new picture each day, we are always free to change things when they don't please us.

--Todays Gift