



Weather – Inside & Out

by Ann McGill - Potentialist

I love all kinds of weather. What about you? Most people seem to get upset when it snows or rains. They don't enjoy a dreary day full of drizzle. Their complaints make me realize how lucky I am to feel as I do.

One day an important insight presented itself. I actually hate, fear, dislike and react to bad weather when it's INSIDE myself ... blowing through as a bad mood, depression, agitation, fear or worry. These winds of unpleasantness I try to turn off and run away from. Aha! says I to myself. Life would be a whole lot easier and a lot more fun if I learned to accept the stormy feelings and upsetting thoughts that sometimes batter my psyche as well as I handle the weather that sometimes barrages and buffets my outer shell.

When I stay focused on what's positive and most important, rather than allowing my attention to be pulled into aspects of a situation I find disturbing, then I am able to slide through the experience with little or no disruption ... and to actually enjoy what's happening. A for-instance is when my Dad came down with Alzheimer's. Because I looked for what was positive and possible in the situation, instead of getting bogged down in "Woe is me ... My poor, poor Dad," his illness actually brought us closer together.

What about you? Are you able to enjoy yourself no matter what the weather ... inside or out? A goal worth achieving I'd say ... wouldn't you?

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