



Old Story,

A quote to reflect on that “old story” ...

*It is never too late to turn on the light. Your ability to break an unhealthy habit or turn off an old tape doesn't depend on how long it has been running; a shift in perspective doesn't depend on how long you've held on to the old view.*

*When you flip the switch in that attic, it doesn't matter whether it's been dark for ten minutes, ten years or ten decades.*

*The light still illuminates the room and banishes the murkiness, letting you see the things you couldn't see before.*

*It's never too late to take a moment to look.*

— Sharon Salzberg, from her book Real Happiness: The Power of Meditation

And...here's a lovely poem for you....

I am no longer waiting for a special occasion; I burn the best candles on ordinary days.

I am no longer waiting for the house to be clean; I fill it with people who understand that even dust is Sacred.

I am no longer waiting for everyone to understand me; it's just not their task.

I am no longer waiting for the perfect children; my children have their own names that burn as brightly as any star.

I am no longer waiting for the other shoe to drop; It already did, and I survived.

I am no longer waiting for the time to be right; the time is always right now.

I am no longer waiting for the mate who will complete me; I am grateful to be so warmly, tenderly held.

I am no longer waiting for a quiet moment; my heart can be stilled whenever it is called.

I am no longer waiting for the world to be at peace; I unclench my grasp and breathe peace in and out.

I am no longer waiting to do something great; being awake to carry my grain of sand is enough.

I am no longer waiting to be recognized; I know that I dance in a holy circle.

I am no longer waiting for forgiveness.

I believe, I believe.

--Mary Anne Perrone

Warmly,

Becky and Shelley