

Hello My Friend!

Today we begin with a story...

There once was a king who had all the riches one could ask for, and yet, he was unhappy. One minute he would feel strong and on top of the world and the next minute sad, upset, and distraught. Any minor setback felt insurmountable and no matter how hard the king tried to be content, he continually found himself falling into despair.

After many years of riding an emotional roller coaster the king could not take it anymore. He had heard of a wise man that had found inner peace so he arranged to meet with this person. When the day of the meeting arose, the wise man asked what he could do to appease the king.

At once the king begged the wise man to help him find peace his own inner peace and he offered to pay any price. The wise man replied, "What you ask for has far greater value than everything in your kingdom. Thus, you could not possibly repay me for this. Therefore, I will give it to you as a gift. The king was delighted and the wise man took leave.

Two weeks later, the wise man returned to the king and handed him a box. The king anxiously opened the beautifully ornate jade box and found a simple gold ring inside. There was an inscription on the ring that read, "This too will pass." The king asked what it meant.

The wise man replied, "All things in life are temporary. They are merely illusions that seem real to your senses. No matter what you are going through, no matter how "stressful" the event, sooner or later it will pass. No matter how beautiful the sunset, no matter how hard it rains, eventually these both will end. Getting attached to any situation will interrupt your natural flow of inner peace. If you begin to ever feel insecure, touch this ring and remember.

YOU are bigger than your problems and stronger than your obstacles. Fear is a weed in a garden of flowers. Because people tend to *water the weeds* by placing attention on them, their "mental fields" feel overgrown with weeds. Yet, at any time you can rise above the illusion of your senses and begin watering the flowers once more. Remind yourself that no matter what money/family/career/relationship "crisis" you are encountering, THIS TOO SHALL PASS.

Thanks so much and I hope that your day is a Shurr ! Success

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