"When I Was Little"

by Martha Loeffert

When I was little, I was taught to stop, look and listen. This was for my safety; especially when crossing a street. But I have found this is an important rule to follow in many situations in my life. When? Any time. All the time. But, most importantly when I am feeling depressed, agitated, alone. Let me tell you one thing that you and I will need to remember. We are never alone. We are never alone because the Spirit of Love lives within us. It is within our ability to remember that fact. So, when you are feeling down and low you will have to stop, look and listen, too. Take time out to be refreshed by your Divine Powerhouse. Just a moment in your life changed for the better if you follow the simple rule to stop, look, and listen. Hear the still, small voice guiding you to calmness. Have you ever noticed whispering will draw more acute attention than shouting to be heard? I have, but see for yourself the next time you want someone to really pay attention and hear you.

My grandmother once told me worry was a form of atheism that promoted despair and hopelessness. I agree with her and pity anyone who cannot turn to a Higher Power for spiritual help and guidance. I personally do not understand why anybody would choose to be without hope of a Higher Power, who is always there to help with only asking for it, and believing in it. I cannot imagine living without hope for a wonderful future and eternal life. I cannot imagine this world, this life, is the end. This life? Oh, no. There is a better life assured to the believer. But, for the sake of agreement let’s pretend there is not. What is the outcome? We are doomed. Living this life for the next will bring hope, joy, and perseverance in times of trial in this life. Why would anyone want to forsake that? There is Love in God the Father. There is glory in the blood of Jesus. There is hope in the travels and prevails of Mohammed. And there is peace in the calmness of Buddha.

Let’s face it. We are all going to die someday. Better to trust in going to heaven than consider total darkness and hopelessness. Let us be people of the Light. Let’s be open to listen more carefully and hear the summons of our gentle spirit urging us to be more at ease, caring, wise, peaceful, kind, unafraid, etc. Place your most wanted or needed characteristic there. Then, close your eyes and ask your Powerful Guide to help you to be that way.

It is said that there are two great imposters: Failure and Success. It is a matter of one’s own perception of themselves and of others that qualifies each. What one person thrives on, another feels would be the death of them. Of the seven deadly sins, I think greed is the worst. In the case of a greedy person, their greed is loss of true joy in life. Living for money to me is living dead. Any deadly sin is a death sentence to true life because it creates an idol to living for just that one thing at the expense of others in your life. When the deadly sin blocks out God, it is living in the shadow of death. A shadow is created by that which is between you and the light. I never want to live in the shadow of death because that would be living in darkness and despair.

Despair leads to depression. If you break down the word depression you see “de” (under) and “pressure” (yield). This is the start of the downward spiral. In this case, the thought should be that depression is under the pressure of your own thumb. Your own thoughts are the cause of your feelings. How do we change that? Reverse your thought and refuse to succumb to the negativity. Do not fall
down or bow down to the pull of darkness. That is Satan’s realm and he would like nothing more than to have you in his corner. So, pull yourself up. Ask your God to be with you, now.

My Powerful Guide is a powerful Godhead. Reach out to your unfailing Power that is beyond all measure. Infinity and beyond. Ask for omniscient power to come into your life to stay. Open yourself to allowing God to move you to His way and replace your own way. Be renewed by the Holy Spirit. This is the real Spirit alive in you. Become re-mined, reminded, re-formed by the clay Master. Change your mind. Change your ways. It is possible to change. Everyone changes. Daily, weekly, monthly, yearly. Some change quickly. The lesson learned. Others, slowly. In due time.

Let there be peace on earth and let peace begin with and within, us.