



I want to begin today by reading you a quote from Viktor Frankl. Frankl was an Austrian neurologist and psychiatrist and a Holocaust survivor. This is what he says: "Don't aim at success. The more you aim at it and make it a target. The more you are going to miss it. For success, like happiness, cannot be pursued. It must ensue, and if only does so as the unintended side effect of one's personal dedication to a cause greater than oneself or as the by-product of one's surrender to a person other than oneself.

Happiness must happen, and the same holds for success. You have to let it happen by not caring about it. I want you to listen to what your conscience commands you to do and go on to carry it to the best of your knowledge. Then you will live to see that in the long run, in the long run, I say, success will follow you precisely because you had forgotten to think about it."

I absolutely love this quote because I believe that life is living you. Life is living each of us. Some people may call that God, some people may call that universe or mystery or spirit. I like to call it life. Life is living you just like it lives all of nature. You could think about the acorn, a teeny tiny little humble acorn, and then you could come visit me at my house and you'll see these towering ancient live oaks centuries old that came from this teeny tiny acorn.

Life is living you.

It's not all up to you. Success and happiness don't come from this constant, never ending, urgent searching. It comes from relaxing and being our true selves and opening our lives and hearts to others. From serving others, from serving something that's bigger than ourselves, our purpose.

I want to encourage you today... in your quest for happiness in your quest for success... I want to invite you to relax, to relax and allow for the unfolding of your life. There are opportunities all around you, there is the good, the true, the beautiful all around you every day. And even in the midst of a pandemic and social unrest, all of that is still available to us. Even in the midst of standing up for what we believe in and for shouting it from the mountaintops and standing on the side of the road with our signs of social justice. Even then, we can relax knowing that it's not all up to us.

We can give our best gifts to a world in great need, knowing that it's not all up to us. Life is living us. God is living us. The universe is living us, and we can allow for the unfolding. We can relax a bit. We can take a step back from all the urgency that seems to be swirling all around us. And we can still show up, we can show up in our power and our strength and our goodness, and in truth, without having to get caught up in this incredible sense of urgency and chaos. We can ground ourselves and give our best gifts and we can relax a bit knowing that life has us.