



Help in Overcoming Overwhelm

This morning, I was walking Pedro as I do every morning as soon as I get up. It is right before the sun rises, so it's still dark outside. The streetlights on the sidewalks illuminate my way. As I'm walking, it gets dark and then it gets a little bit brighter between the lights. I was noticing this morning, as I do most mornings, that there were these huge shadows moving all around on the pavement. I've seen it so many times before. They look like these huge shadows of birds. I'm not talking about the kind of birds that we have now in our life, but huge ones. When I investigate, I can see these small moths right around the light but the shadows they make are huge.

I was thinking about that this morning and how we tend to do that in our lives. How we imagine our shadows being something big and maybe even scary, and really, they are just little moths. I had to chuckle because this is how we buy into our shadows. We believe they are something big, scary, and overwhelming. We believe they can harm us in some way, but really they are little moths.

This is how it can work practically in our lives. Right now, I'm in a lot of pain with a neck and shoulder issue. I struggle with my neck and shoulder from time to time but this was at a different level that I'm accustomed to. Last night it was so painful when I was going to bed that I started to worry. I started thinking, Oh my gosh, my sister had neck surgery, my cousin has had neck surgery, and I started listing off how many people I know who have had neck surgery. Then I just had to laugh at myself because I really was creating this big scary shadow about something that I am pretty certain is not about a need to have neck surgery. I just got off the phone with my sister and she asked me describe what was going on with my neck. She said, I don't think you have a problem, it's probably just muscular.

Again, this is what we do in our imaginations. We create these big scary shadows, or we see big scary shadows and we decide that they are real and that they will harm us in some way. It's not to say that neck surgery wouldn't be something that could happen to me, it might. But like my sister and like my cousin, I would find my way through it just fine. I don't have to live in my imagination about it constantly. I don't have to live it.

I just want to remind you, right now as we are living through a pandemic, social unrest, and political unrest that the shadows are looking pretty big. They are looking pretty overwhelming. And I concur that they do, they look pretty scary. But I want you to take a just a little bit of a step back today and let yourself calm down a bit. Let your racing mind settle a bit so that you can have a bit more clarity. Recognize that if you're listening to this video or reading this, you



have 100% survival rate. You have found your way through everything that has come to you or you wouldn't be listening to this.

You can trust that you can find your way. The way to make it easier for yourself is to stop buying into the overwhelming shadows. Stop turning moths into large scary birds. Bring yourself back to your clarity and into your relaxed state, where you will find the answers about how to proceed. Your answers lie in that place of clarity and you can trust that.