

Today's Zen moment brought to you by….

I love the Zen moments shown on TV, with those relaxing scenes of beauty and quiet that are supposed to launch us into some kind of peaceful state. Ahhhh…No. Unfortunately, the snippets of calm that often appear between news segments and last but a few seconds are not enough to create the peace I need. Especially, while I watch the day's recount of horrid news. Just saying.

But yes, Zen moments are a good idea. Our minds and spirit need them to combat the barrage of crazy. And as we go through our day, we should make a conscious effort to create these moments. Or at least one. While taking in a sunrise or sunset is ideal to evoke the sense of calmness we need, we rarely have, or can make, time to do that during our most stressful time – – business hours.

So, then, what to do? In the absence of Mother Nature, I connect with my personal Zen master and greatest Helper – the Holy Spirit. I stop, take a deep breath, and focus on this:

> Guide my every thought, so that I can say the right words and do the right thing.

Allowing myself that moment of total awareness, as needed, and gratitude for it, is my workweek Zen. Lately, a lot of them are needed, but that's fine. Rinse and repeat, know what I mean?

I realize tranquil imagery help this exercise, but since I don't know what the Holy Spirit looks like, here's a pretty flower to get you started. Happy Spring, by the way!

What are you thankful for today?

Until next Thursdays post…si Dios quiere.

"Do not let the behavior of others destroy your inner peace."

-Dalai Lama

“The Spirit of the LORD spoke through me; His word was on my tongue.”
-2 Samuel 23:2



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