



Letting Go of Drama by Rev. Doti Boon

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I am sure you have had "ONE OF THOSE DAYS" and while it was going on - wondered what you had done to "deserve this". I had just one of those days. It seemed like everyone I knew was angry, frustrated, jobless, broke, sick, worried about politics, had just received a very difficult evaluation from a medical professional, or was needing ministerial counseling, and they called me! Like they didn't know I wasn't doing well?

So, the first part of my day was spent feeling sorry for myself. The next part of the day was spent in bed with the covers over my head - really feeling sorry for myself and then...I realized that the only thing limiting me were the stories in my mind that continued to power all of these negative thoughts. And, just as I was blowing everything out of proportion and limiting myself, I realized that just as I had created the drama with all of those limiting beliefs and negative stories - I could let them go!

Maybe it was the depression, or maybe it was the much needed sleep, or possibly the encouragement from folks who love me, but whatever happened - I stopped hiding my God-given power from myself. I took the time to look at my life and realize how wonderful it is - and that truly everything is my choice

I went to my home office and tore up some of the nasty notes I was ready to send to folks that had "stepped on me". Next, I made sure that I didn't text or email any of the angry remarks I wanted to forward to those who I felt had "harmed me".

Truly, the only person who had harmed me was myself! When I reached that conclusion - it was not very well received by my critical mind. However, my loving heart was pretty excited that I could get back to loving everyone and make full, creative and beneficial use of my own true power.

I appreciate that some of the people reading this will have no idea what I am talking about. However, those of you who have ever experienced a day when you fell or slipped into a negative state and felt it might be permanent, I want you to realize it is normal; you just need to step easily and peacefully away from this mind concocted drama and move into your natural state of Fulfillment. It is time to Vanquish your mind games of "What if...", "Why me...", "It isn't fair...", and tune into your heart's feelings and love

of the Divine to allow yourself to move forward into that miraculous space of LOVING LIFE!

Are you ready to live at the very highest level? Step completely into NOW with no judgments or reservations, releasing all of the negative thoughts and let yourself be FULFILLED - every moment of TODAY! Y E S.

Life may not be the party we hoped for, but while we're here we might as well dance.