**ON MY MIND**

***By Michael Brady #27***

**Christmas 2020**

**The best of times… The worst of times**

As we come to the end of “the year of clear seeing” things seem muddier than ever! In the beginning of the year people were becoming more and more angry. Divisiveness and extremism were on the rise. Remember? Then the dreaded Wuhan virus appeared, affectionately known as COVID-19 now. In March we all replaced the anger with fear. We became afraid of dying from the new flu from China. We went into isolation and mask wearing. Both things made it exceedingly difficult to engage in conflict, arguing, fighting or otherwise engaging with our fellow human beings. Currently I see some people expressing intense fear. I see others expressing intense anger. Some people are shifting back and forth. One feeling cancelling the other over and over.

And so, we enter the time of peace on earth, good will to all men…Christmas. Seems incongruent does it not. We all have our own circumstances that generate fear or anger. If the fear or anger persists beyond the immediate circumstances, then the paradigm flips. The fear or anger begins to generate the circumstances. People who are chronically afraid of being mugged… often experience being mugged. If you walk around chronically angry, chances are good you will end up in a fight.

If you want to change the world, change yourself. Good will to all men is what produces peace on earth. Not the other way around. So here is my way to experience the Christmas Spirit. At the end of each day check what made you feel angry or scared along the way. See if there is any lingering emotion left in you. Check if there is a thought or belief that keeps generating the emotion in you even though the immediate circumstance is past. Change your mind about that thought or belief. Close your eyes and go inside. Take 5 deep breaths and breathe yourself down into your heart center. Locate the residual emotion in you. Breathe through the emotion until you breathe it completely out of yourself. Come up to your heart center and breathe a positive higher emotion into your self. Words like peace, love, joy, contentment, determination, confidence, value, appreciation, gratitude, wonder and awe are examples of “higher emotion”. Go to sleep each night in this state of higher emotion.

Each morning starts fresh with the world. Choose to see the glass half full rather than half empty. Remember you get what you expect…. sooner or later. When you go out into the world, look for an opportunity to smile at someone, or compliment them in some sincere way. Or do a good turn for someone. Holding a door open, or letting another driver go first constitutes a “good turn”. See if you can notice that what you do makes you feel good. This is a well-guarded secret; the giver gets a bigger kick than the receiver out of a good deed!

Spend time dreaming of your future. You cannot manifest what you have not dreamt or imagined. I honestly believe that doing this well can change our personal world. Practice, practice leads to excellence. Merry Christmas et al and Happy New Year.