

09/18/2018

[DO SOMETHING GOOD FOR YOURSELF TODAY!](#)

I went outside this morning, like I do most every morning, just to check the weather and to get my day started. I normally get up early so it was just after 5:30am. Something caught my eye about 25 feet away to my left. At first I thought it was one of my neighbor's cats but I quickly realized that wasn't the case. It was a "cat" but not your regular kind of cat—it was, what is sometimes called, a polecat! Yes—it was a skunk digging in the grass looking for grubs.

I guess I made some kind of noise and it quickly looked in my direction. I froze! In my mind I was readying myself for a quick dash back inside if the critter started towards me. I guess it assumed I was not a threat and went back to digging. Just few seconds later someone started their car further down in the parking lot. The skunk, at the point, did decide there was too much activity for it's comfort and took off down my sidewalk—about 15 feet in front of me. After I made sure it wasn't between me and my condo door, I made a quick exit back inside!

I decided to look up what seeing a skunk could mean—not that I believe in such omens! However, what I found was telling.

“Skunk symbolism is based in the three aspects of its meaning: protection, independence and self-respect. If the skunk has come to you, symbolically it means you need to implement these aspects of the skunk's qualities right away.

Perhaps you have been taken advantage of by others. The aspects of the skunk allow you to find out who YOU really are. It creates a line of distinction that no one can cross without a penalty.”

At times, all of us have a tendency to allow others to take advantage of us when we are trying to do what we believe is right—loving and caring for others the way we do for ourselves. There are those people who, seeing we are willing to help them, will “use us” for as long as we continue to aid them. Yes, it is our part of our duties as God's children to love and help others but not to the point of being taken advantage of!

I don't believe that seeing the skunk this morning means someone is taking advantage of or using me. I do think it was a reminder that we all must, first of all, take care of ourselves or we will not be able to help others. It brings to mind the flight attendants' announcements before getting ready to take off on a flight. “If the oxygen masks come down, put on your own mask first before putting masks on your children or anyone else.” If we don't take care of ourselves first we won't be in any shape to help others!

Do something good for YOU today! Something to make yourself feel better about yourself—whether that something is physically, emotionally or Spiritually. Work out, eat a healthier meal, think positive thoughts and/or pray and meditate. Doing good for yourself isn't selfish but it is vital in being able to help others and make this world a better place!

God Bless—

All my best—

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