

SIGNS

01/25/2017

Signs. They seem to be everywhere! When we drive from one location to another we see signs telling us to Stop, warning us of possibly Slippery Pavement When Wet, Pedestrian Crossing and Deer Crossing. All are there for a reason--to, hopefully, keep us and others safe.

We have signs as well with our physical bodies. Pain, is a sign that something isn't right. We may have aches and pains from exercising and our bodies are telling us "We overdid it!". Some people suffer from being run down energy wise because of allergies. Others have aches and pains when a weather front moves in or through. All signs that their bodies are not happy with those situations.

Some pain though, if it persists, can be a sign that we have some sort of physical condition that may be hazardous to our health. Persistent headaches or abdominal aches may be symptoms of illnesses that need to be treated by medicines or surgery. Some illnesses, like high blood pressure, may not cause pain but they certainly effect how someone feels and the quality of their lives.

I'm convinced there are also signs the Universe, or God, gives us. Sometimes those signs can come to us in dreams while we sleep. At times those signs may be hidden in imagery we don't fully comprehend until later on--but they were there, nonetheless.

Most of the time, though, the signs we are given are more

straight forward and come through our emotional states. Possibly, we find ourselves waking up in the mornings unhappy and not looking forward to the day. Probably a sign that we need to change something in our lives. We may be experiencing the unhappiness, or even depression, because our employment isn't fulfilling. We may be unhappy with our physical appearances because we need to shed a few pounds--or because we "don't feel good" because we don't eat properly or we consume too much alcohol, sugar, etc.

Other times we may experience anger or resentment because others have mistreated us, or at least, we believe that is the case. A sign, or signs, that we probably need to get busy on cleansing ourselves by doing some forgiveness work. Certainly signs that do not promote loving, joyous and prosperous living!

I have found it best, or should I say necessary, to dig into any negative emotions I may be carrying in my consciousness, find the source or sources and do my best to eradicate them. I've used this allegory before but, much like the buzz or hum in a guitar track or vocal microphone, even though inaudible to the listener, it is still there diminishing the quality of the recording. So it is with negative emotions! Negative emotions are signs that we need to make changes in our lives.

We can have, and will have, much more fulfilling and fruitful lives if we pay attention to the signs our bodies, minds and hearts are communicating to us and make the necessary changes in our lives to rectify them. We may have to dig a little to find the real causes of our unhappiness, anger, resentment and/or depression but, once we find the cause, we can begin our journeys to emotional peace.

All my best--

Chip

QUOTE OF THE WEEK: "Be yourself--everyone else is already taken." Oscar Wilde