

# Waiting..



## We're Inside Out



There are four reasons we cannot be happy, contented, or at peace in this moment. The funny thing is, that we actually *believe* statements like these are true!

- Something in my life is not what I want it to be, because of that I am unable to be at peace, happy, fulfilled.
- Something in my past happened that should not have happened, because of that I can not be at peace, happy, fulfilled.
- You/I am doing something that I don't like, because of that I am not happy, at peace or fulfilled.
- Something in the future needs to happen or not happen, and if it doesn't I cannot be happy, at peace, fulfilled.

The irony is that these thoughts keep us from happiness, peace, contentment in this moment. In actuality our life only provides us situations to allow us to learn and grow. Everything that happens is exactly what's supposed to be happening. The most expanding and consciousness raising situations are often not the most fun ones, but that is not a sign that they are not *supposed* to be happening.

The truth is, everything goes from the inside out, NOT the other way around. My world gives me the chance to learn what I came here to learn. Whatever I am choosing, to focus on (consciously or unconsciously) is what will be mirrored back to me on the outside. So... when I learn how to feel contentment inside, I'll just BE at peace regardless of what happens.

Once I feel loveable on the inside I won't *need* anyone else to accept me. Once I feel *enough* on the inside I won't need to explain to others that I'm just between jobs now, plan on losing 10 pounds, moving to a bigger house soon... If only my boss would tell me he appreciates the job I'm doing...

You get the idea

*I learned this from Eckhart Tolle in The New Earth*

Julie Visnich [www.JulieVisnich.com](http://www.JulieVisnich.com)

