

I'm in a rather tough place right now--sort of a point of choice that can turn the course of my life. I can see the major themes of futility, hopelessness, meaninglessness and how they're maintained through a basic fear of failure--for me. I have inspirations and see a lot of light and a direction and then suddenly I fall back into futility and meaninglessness. What's different about this time in my life is that I see that's what's happening and I know that somehow I have the power of choice about it. Choosing to move through it and out of it involves sustained energy through the waves of futility.

One concrete illustration of this has to do with my body and right now I feel that the choices I make in this period for or against its health and energy are key to breaking through this pattern. I've been eating and drinking things that don't support my body or my energy, and in fact that I seem to be reactive to and that feed the futility stuff. I've been tough with my body a lot of times--tried to force it into submission to be thin or to feel good. At this point I'm aware that choices for my highest physical manifestation will come less out of force and more out of continued aware acceptance and expression of God.

All this sounds so esoteric and as if I'm not talking about me right here right now. But if the words don't sound concrete, what they represent to me is clear enough to me.

Physically I feel as if I've been beating myself; mentally I feel exhausted, as if all the thinking in the world is not going to get me anywhere; emotionally I feel rebellious and at the same time more in control of my emotional state than ever before; spiritually I feel strong, as if my core knows the truth and when I stop all the above chatter and just touch into that core I know it's strong.