

*Keys for Living*

**This month the key is: “Flexibility”**

As many of you know, the last year has been filled with the task of building a new house and selling my previous home. Being someone who likes organization and order, it has been a constant challenge for me to remain flexible, open and calm. I have often had plan in my head much different than how things occurred or different than how others thought things would proceed.

In the realm of flexibility, I learned three things over and over. **Flexibility is fostered by staying open and calm in all situations, for only then can we best be aware of options, new ways of seeing things, or new possibilities.** When we are open and calm, it is easier to be clear about our own visions and desires. Many of the people helping create my new home did not share or understand my vision. Being calm and as open as possible to the flow of Divine energy, and knowing my vision, helped me focus energy productively.

In trying to be flexible, I continuously re-learned the ever-consistent message of the angels: “Everything is perfection.” Often, when something did not go according to plan, it often became clear later that everything worked out better because of the delay or problem. **In the face of the unexpected, the options are to become frustrated or become flexible in trusting the Universe to be in charge.**

Finally, practicing flexibility has meant realizing that **not everything is important to the larger picture.** We always have a choice about what we choose as our focus. The “trick” is to discern what is important to us or a situation, and what is best allowed to be or unfold without intervention. When we know something to be right—or wrong—somewhere deep within us, that is the core of finding our truth, our focus and our direction. **Sometimes flexibility means practicing patience—seeking clarity and waiting for the knowing of where to focus our energy.**

Flexibility at its best requires an open mind, open heart, great patience, great trust, and knowing ourselves from within. With these tools, we can decide where and how to direct our energy. **As new people and situations present themselves to us, we have unlimited possibilities before us.** When we are flexible, great surprises have opportunity to bloom! **May you have a bouquet of joyful surprises and unexpected perfection!**

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~ The ancient ones who knew how to live with the subtle essence of the Universe were gentle and flexible, profound and undistinguishable. . . . They adapted themselves to a circumstance like melting ice. – *Lao Tzu, as translated by Hua-Ching Ni*

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When you are on a journey, it is certainly helpful to know where you are going or at least the general direction in which you are moving, but don’t forget: the only thing that is ultimately real about your journey is the step that you are taking at this moment. –“*The Power of Now*” by *Ekhart Tolle*

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~ The Master observes the world but trusts his inner vision. He allows things to come and go. His heart is as open as the sky. – *Tao Te Ching, translated by Stephen Mitchell*

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