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STEPPING OFF THE MERRY GO ROUND. BY ANNMAREE MILLER.

Have you ever asked yourself why life is the way it is? Seriously!!!!!! People, society, fashion, fads all change, however, at the end of the day when you close your eyes to go to sleep, and hopefully you do it with ease, have you ever said to your Self, so... what did I learn from today's lessons????

This is perhaps one of the key issues why so many valuable aspects of life are lost. The sense of achieving, the thrill of making a dollar are important to a point. However, just how important are these aspects to our **growth and development as a humane being.**

The petrol price is soaring, as well as interest rates, food and well lets get really depressed for a moment; health, education and the drive for life is plummeting to an all time low. In a world I might add that has supposedly stepped into a more progressive mode with high technological equipment that is presumed to make our life easy, HUH!!!!!! she laughs! Any wonder some human beings are beginning to lose the plot.

Human, the act of being humane, where is it? This primary element of who we are seems to be left to the way –side all in the name of a piece of paper that has ink on it and is now appearing to have more value than the life we breathe.

Do you remember the movie 'Parenthood' with Steve Martin? There was a conversation between Steve and his grandmother in the kitchen. Steve was distressed as he had just found out that he was about to become a parent again in his forties.

The response that his grandmother gave was soooo beautiful. She said something like, " when you are at the carnival there are many rides to choose from, two of which are the merry go round and the rollercoaster. The first you simply go round and round, following the one in front of you and doing the same ol' thing, quite boring really. But...the rollercoaster goes up and it goes down, quite exhilarating and potentially exciting."

Perhaps instead of seeing the increasing cost of living and the decrease in the success of the health and educational system, we as individuals could focus on how to avoid or manage our life better. One suggestion would be to discontinue doing what you have done to get into the situation in the first place.

Another suggestion could be to no longer support activities that you know will not enhance your life. This includes activities of thought, action and deed, both within your own existence or the existence of external relationships.

Instead of simply staying on the merry go round, step off it and dare to live your life in a way that honours your whole existence. Expand in your thoughts, actions and deeds to grow in a way that gives you the experience of everlasting joy, God whatever you want to call IT.

Here are a few more suggestions for how to go about this and feel comfortable when you take the risk:

- 1. Spend time with people you love** rather than people you would love to be.
- 2. Know that your Self worth** is more valuable than the value you place on your Self, meaning that you are limitless in your achievements.
- 3. Always strive to improve firstly the**

body / mind that you live in rather, than striving to improve your surroundings first.

4. Be honest with your Self, if something, some one, or an issue is not to your agreement then have the courage to express this.

5. Honour your strengths and challenge your weaknesses.

6. Be in your life, as opposed to being into someone else's.

7. Remember at the end of the day when all is said and done there will always be a tomorrow.

Life is a blessing, and although times can be tough and the light at the end of the tunnel may seem a little dim from time to time, the sun will always rise for a new day. And as with nature your life is a simple thing that you get for free and it cost nothing more than care, nourishment and love to maintain.

How you choose to do this is entirely up to YOU. If you want to live your life and have high expenses, cars, houses, mobile phones, etc, then allow for the high stress variance of the rollercoaster ride. Then, when things appear tough it won't be such a jolt to your lifestyle. Remember, life is destined to be one thing, ever changing.

This idea is similar to the Zen philosophy of conserving force, and force is simply the direction by which energy is expended. Therefore, economise your energy, on all levels, physically, mentally and emotionally and of course materially, if you want to hop off the merry go round of keeping up with the 'Jones', next time you are asked to put out with your energy, whatever that might be, Ask your Self ' Do I really need this?' Namaste and love always, Annmaree.

Conserve life, recycle. Please pass this on.

