



The Land Of Life • La Tierra De Vida

NORMAL IS HAVING PEACE AND JOY, NOT WORRIES

15111

The Lord Jesus Christ taught us, *"Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? ... So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'... But seek first His kingdom and His righteousness, and all these things will be given to you as well"* Matthew 6: 27-28, 33. To be worried is to be concerned about something negative that has not happened yet, but we think it will happen. The Lord Jesus Christ knew our tendency to worry. To be worried is an unconscious habit. He needed to teach us that contrary to what we learn to believe, that is not the normal state. The normal state is peace and joy, and we should not be content with less. If we follow His teachings we will achieve it.

As early as when we reached the age of reason, we learned to move in a state of worry, and uneasiness. It is not something piercing or constant; rather it is a level of discomfort; a sense of feeling incomplete. Sometimes it appears as boredom, dissatisfaction, or anxiety, and we learn to live with it thinking that it is "normal" because everyone feels that way. Some of us seek to alleviate the discomfort temporarily with alcohol, drugs, sex, food, work, television, shopping, etc., but what we don't do is ask ourselves, "What is causing this discomfort?, Why do I feel this way?" If we were to learn how to solve this restlessness, which seems more like static, the day when a real challenge comes, we would know what to do. Unfortunately, we live without questioning or analyzing the sensations that we experience. We accept and learn to live with them, as though we have no alternative.

We need to learn to solve these minor annoyances because are not normal, and when the ego brings us bigger negativity in the form of anger, fear, aggression, etc., we won't know how to deal with it. The Lord Jesus Christ told us that worrying won't solve anything. But we all have the help we need in Him, and in the Holy Spirit to teach us how to solve it. A habit we should acquire is to monitor our mental state asking ourselves, "what is happening in my life right now that causes me concern? Is it something that I can solve on my own?" if so, go and solve it! If you need help, ask God for help and rest in His promise, *"Cast your cares on the LORD and He will sustain you."* Psalm 55:22. We must not ignore the situation thinking that with the passing of time, it will solve itself or it will hurt less. You do your part.

We are not here to suffer. We came to learn and work under the protection and peace of God. We brought everything we are going to need for our stay. To each of us, God has given an assignment; a job to do, which always involves helping our fellowmen and we were also given what we *need* to do it perfectly. The potential for happiness is within us but subject to do the work assigned to us. So, doing the mission assigned, and being happy, goes together. The problem is that sometimes we deviate from it because we think that if we have more money we will be happier, so we seek a profession that would provide for more of everything, and we realize at times when it is too late, the money is not what brings peace or happiness.

We are in the middle of such unconsciousness and we need to come to our senses. We assume that living in a state of uneasiness is natural and with indolence, we ignore it, we don't question it. What is going to help us come to our senses is being alert to what is happening in our lives and in our environment, what is going through our minds, question it, analyze it, and ask for God's help to keep you in peace. That will lead us to our full awakening. *"Father, Your Will is mine, and only that. There is no other will for me to have. Let me not try to make another will, for it is senseless and will cause me pain. Your Will alone can bring me happiness, and only Yours exists. If I would have what only You can give, I must accept Your Will for me, and enter into peace where conflict is impossible, Your Son is one with You in being and in will, and nothing contradicts the holy truth that I remain as You created me."* ACIM L307

"The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all."

2 Corinthians 13:14

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