



## **A Quiet Mind Invites God**

You could also say: A quiet mind invites peace; a quiet mind invites good; a quiet mind invites joy; a quiet mind invites harmony, a quiet mind raises your awareness.

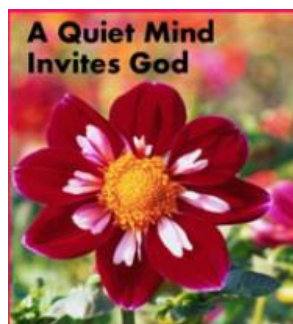
In his book *Notes on Love and Courage* author, Hugh Prather, tells the story of a waitress in a restaurant taking orders at a table. Four years prior she had been sitting in a bar with her husband and, at the time, was the school system's consultant on dyslexia. She also had a fourteen-year-old daughter. When her husband got up to go to the restroom a man at the other end of the bar said, "Hi. Would you like to come with me to Mexico?" On the spot she walked out and lived with the man for three years in Guatemala. Everyone who heard the story looked at the woman as though she was a heroine.

If this is a true story, who knows how long she had contemplated leaving or whether or not it had ever crossed her mind. These types of moments appear to be acts of courage, but often they are acts of desperation--now or never. Some will say her behavior was radical but sometimes that's what it takes to save your soul--you simply have to do what you have to do even if it results in leaving a few victims and a trail of blood behind. Although being spontaneous can be good for the soul, it is deemed harmful and irresponsible when you hurt yourself and others and you risk destroying significant relationships. Something to be aware of regardless of how tempting it is.

By meditating to become aware of our inner landscape, we minimize extreme behavioral shifts. A quiet mind increases our awareness of underlying issues that clamor for attention. It helps us to know when a storm is brewing inside so that we are more apt to navigate changes with relative ease and success that results in more peace, love, and joy. And that's what it's all about!

Peace & Blessings,

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