

My Way

Anger says: "I'm so *mad* that I can't get my way and I don't know what to do about it."

Sadness says: "It's so *unfair* that I can't get my way."

Fear says: "I can't *imagine* not getting my way."

Denial says: "My way would be so much *better*."

Boredom says: "My way is *anything but this*."

Emptiness says: "It seems as if my way is *different* than how things are."

Acceptance says: "The Universe is always orchestrating life for my *highest good*, whether it seems to be going my way or not."

Peace says: "When my way is *put aside*, the way is shown."

Compassion says: "I *understand* how you feel. I didn't get my way either."

Joy says: "Everything is always *going my way*, no matter the details, outcomes, or circumstances."

Love says: "I *embrace* the one who needs life to be one way or another."

Oneness says: "I have *no way*, everything is just the different ways of the Universe playing in form."

Truth says: "I AM the way, the way I AM."

- Matt Kahn, email 2-19-2021, w/edits by Lyn