

Up, Up and Away!

It's fine to have our feet firmly planted on the ground. However, there are times when it becomes necessary to step out in Faith. I notice that Superman had a mantra he used to take off into flight—to go forward, fight against all odds, and accomplish goodness.

Stepping out in faith allows us to soar above the sourness of the dark shadows that seem to spread over the earth due to the bombardment of the news and “entertainment” that concentrates on violence and war.

In our personal lives those shadows help contribute to a heaviness of heart. This pushes our discontentedness button and life seems askew. Nothing seems to work. Some of the words we are likely to use are bad karma, bad luck, etc. No one wins when fear is present and as a result, the scattering of our energy pays a heavy price.

There is no one answer to anything because “choice” plays a part. My choice, however, is to deepen my spiritual side; to meditate, go to deep contemplation, study and pray. How about going along with me. Let's find our mantra and allow our light to shine brightly in areas where perhaps there has been a darkness.

Shadows begone. Up, up and awaaaay!