

Words of Inspiration from Rev. Forrest Church

“Let me share with you 10 simple hints . . . on how to re-boot your spiritual life.

1. Begin here. How deeply you would long for all the things you take for granted, if suddenly you lost them. So much of what we want we have already, so want what you have. Begin here.
2. Begin now. You have everything you need. Everything. Plus the bonus of today, one day more than you will have if you wait until tomorrow. Begin now.
3. Begin as you are. At your fingertips is a treasure trove of memories and dreams. Put one good memory together with one good dream and you are ready to begin. (Good memories are memories that make you feel good about yourself. Good dreams are the stuff of which tomorrow’s good memories are made.) Begin as you are.
4. Begin by doing what you can. No more, but also no less. Don’t throw yourself against the wall. Walk around it. You can’t do the impossible, but so much is possible. So many of the things you haven’t tried you still can do. To get around the wall, you can set out in either direction—the wall has two ends. The important thing is to start walking. Begin by doing what you can.
5. Begin with those who are closest to you. They can cheer you on only if you let them. Invite them to give you a hand—bow. And to lend you a hand—ask. And to take your hand—no one can take your hand, if you bury it in your pocket. You say they won’t cheer you on, help you out, or take your hand? Maybe not, but how will you know without asking? Begin by asking.
6. Begin by turning the page. Today you can open a new chapter of your life. If you are trapped in your story . . . revise the script. Practice a new line or two. When reading a book, we sometimes reach the bottom of a page only to realize we have been glossing its words without registering their meaning. We haven’t been paying attention. We don’t have the faintest idea what we’ve just read. So we go back to the top of the page and try to concentrate. It happens again. Sentences dissolve into words. Words into sounds. The books of our lives are no different. Resist the temptation to wallow over some dark passage until you know exactly what went wrong. You never will. Besides, perfection is not life’s goal. Neither is unnecessary pain. If you are

stuck, open a new chapter. Turn the page.

7. Begin by cleaning up your slate. Don't erase the past. File it by experience, to keep it handy should you need it. But don't obsess over it. Ticking off a growing list of grievances gets you nothing from life's store. Not only is there no reason to carry over unnecessary indictments from one day to the next, but you'll also never reform the things you can about yourself, until you stop trying to reform the things you can't. Begin by cleaning up your slate.
8. Begin by looking for new questions, not old answers. Answers close doors. Questions open them. Answers lock us in place. Questions lead us on adventures. Socrates boasted himself the most ignorant man in Athens. Each new insight raised a dozen questions, extending the compass of his ignorance. Yet beyond every ridge he climbed there lay a wider vista. The more questions we have, the farther we can see.
9. Begin with little regard for where your path may lead. Destinations are overrated. And never what we imagine. Even should we somehow manage to get where we are heading, we won't end up there. Until life ends, no destination is final. In fact, the best destinations are those we look back upon as new beginnings. Good journeys always continue. So don't be driven by desire (that empty place within you), never to rest until you reach your goal. Invest your joy in the journey.
10. Begin in the middle. Our lives will end mid-story, so why not begin there? Don't wait around for the perfect starting pistol. Or until you are ready. You may never be ready. No reason to wait in the grandstand for some official to guide you to the gate. Jump the fence. Enter the race in the middle. Here. Now. As you are.