



## daily GOOD

There is a deep, peaceful calm in the dawning of a new day. --Alan Watts

### Let the Sun Rise

We all have days when things don't go as smoothly as we'd hoped and we have to make peace with things as they are. Fortunately the sun rises again each morning for all of us and we get another chance to see what the day will bring, to try again and to meet each moment with hope and to practice the art of living. Rejection, fears, doubts and failure are simply part of the human condition. Acknowledging the reality of what we have experienced allows us to move forward into the next moment without bitterness or expectations. Such an attitude gives us the potential to be open to something new and completely different. What is important is to stay connected to one's inner self--the True Self, that is not subject to the external idea of success--and to remain receptive to life as it is coming to us. Next time you have a "bad day" remember that the sun will rise again tomorrow and with it the opportunity for a new beginning.

### Be The Change:

When you have had a difficult day, consider these ways to start your morning the next day to help you begin anew.