

Reflections on What Makes Life Good

by Liz Gibbons

Life is like a poker game. Some times you are dealt good cards; at other times a poor hand. The secret is to play that poor hand well.

Earth is a dualistic universe. There are ups and downs, good and bad, positive and negative, joy and heartache. Which do you focus on? That will chart your day.

Remember everything just *is*. Our reaction to it determines if it is good or bad. As pastor Charles Swindoll said, "Life is 10% what happens and 90% how you react to it."

Removing your doubts and eliminating your fears makes creating a good life easier. If something is bad, look for the lesson it is teaching you. Every moment in your life is temporary. When it is good, fully enjoy it; when not so good, realize it is just a passing event and better days lie ahead.

Having a sense of humor aids in realizing a good life. Be grateful for little things. Sometimes good things fall apart so that better things can come together. Being happy regardless of your circumstances helps make life good. Creating a loving and peaceful home environment contributes to a good life. Always look for the good in each day, even if on some days you have to dig deep.

A strange paradox of life is that struggle is good. Another is that success is often born out of chaos. As the saying goes, "When life hands you lemons, make lemonade."

And as a friend posts at the end of his emails: "Remember, everything is here for your advantage. The Universe always says YES." Or to put it another way, the universe always has your back.