



When we find ourselves in challenging situations, we can either do something about it or not; it is always a choice. Some people claim they don't know what to do. Some know and are too emotionally drained to even attempt to do anything, and, well, some of us try to ignore whatever is going on and hope it just goes away. No matter what we do, don't do or even how we do it, it is a choice. **To do or not to do; that is the question.** (I love that!)



**Choosing isn't always about having a plan of action;** it may simply be choosing to surrender or to seek guidance through counseling, prayer, meditation and so on.

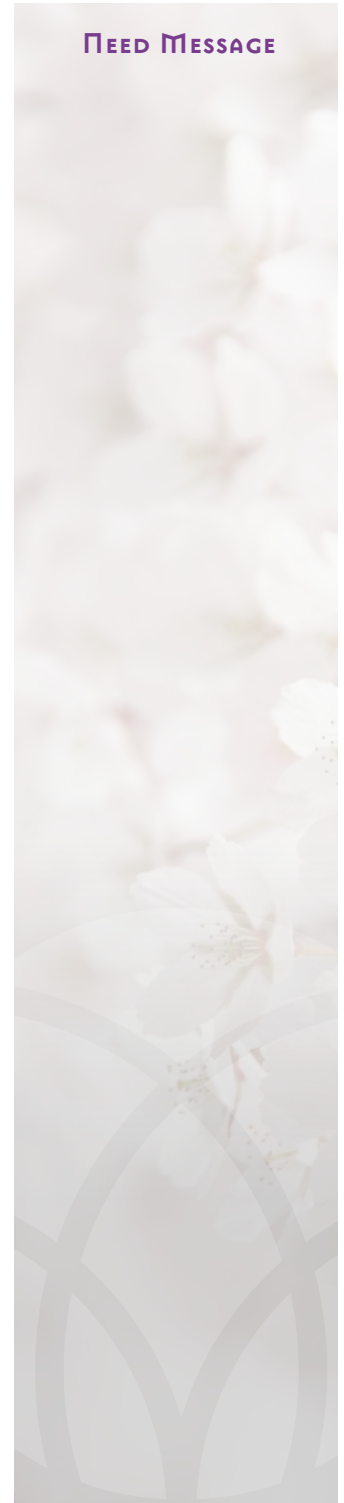
The universe is always waiting for us to make a choice on what we desire. **We get to choose to be happy** or unhappy, to stay or go, to make new choices on exactly how we do what we do, but no matter what, **we get to mastermind this entire production we call our life.**

There is a time for standing still, breathing and turning within. Again, it is a choice and we do this to gain peace and insight. Then there is indeed a time to take a step forward and choose what we want and go for it. If we want a healthy relationship, **we can't stay in one that isn't.** If I want a healthy body, we can't continue to abuse and misuse our physical forms the way we have. If we want to find true happiness, we must be willing to **BE true happiness** in expression: no more ranting and raving about what isn't working and who has done us wrong. We shift our sails in the direction of lightness and simplicity, and the fog and darkness begins to fade.

I get to choose. I get to re-choose, and I get to rethink a situation and make wiser choices, which changes my world. We are such powerful spiritual beings when we take the time to notice it. Take more time to bask in the wonder and beauty of who you really are.



## NEED MESSAGE



*Happy June!*

PAMASKAR-REV. JAMIE











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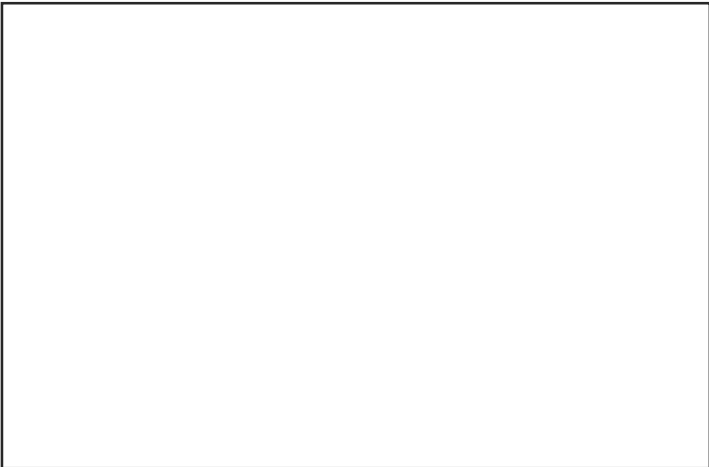
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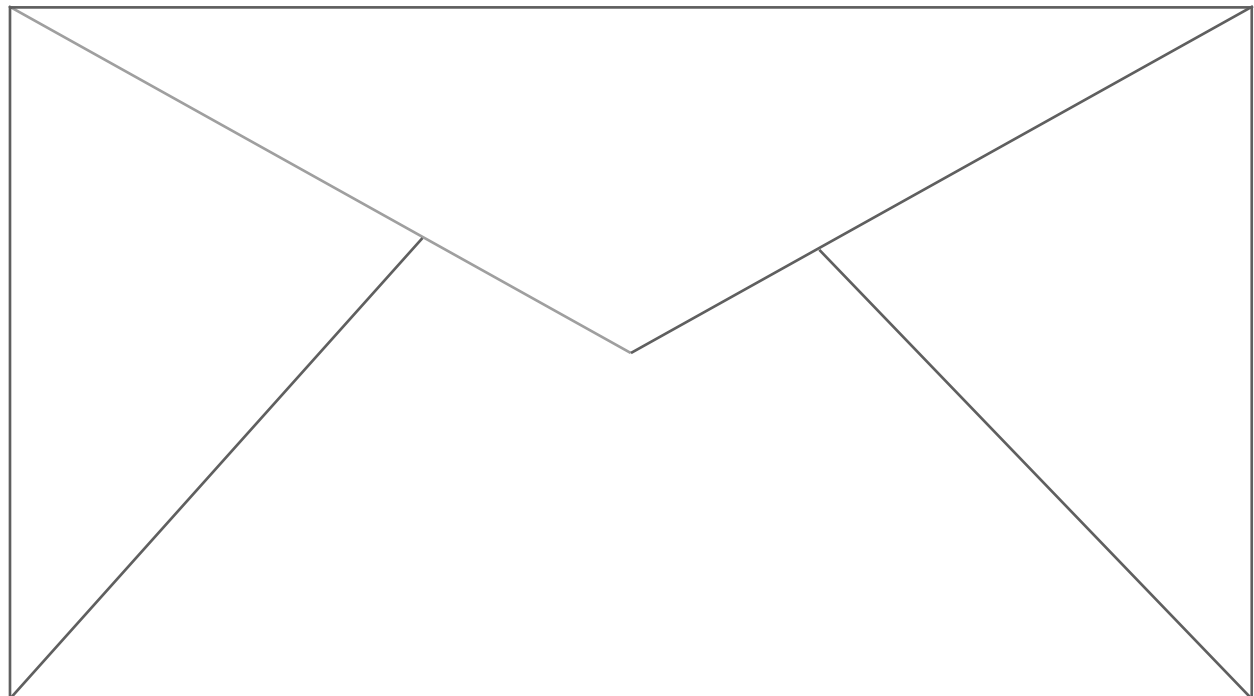
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