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Love Letter — “The Bummed Pattern”

My Dear, I just wanted to say ~

You're bummed and frustrated. Then something happens: You find the answers you were looking for! Someone comes through! You may just get what you want this time! You're elated and confident. But then, it doesn't happen, doesn't play out as you'd hoped, doesn't take you as far as you thought. You're bummed and frustrated all over again.

What's going on here? It could be the “Sponsoring Thought,” your first thought is saying you're not going to make it, you don't deserve it after all.

How do you change that? You've tried talking it down, reassuring it, encouraging it, rallying your energies. And still you find yourself in the same pattern.

Perhaps you could decide to make another choice, and not see the result as bum-worthy or frustrating. See it as just the usual flow of life.

Then again, maybe all you need to do is keep doing ~ Doing the Deed and Saying the Word will eventually change the Thought.

It's worth a try.

*All My Lovin,
A.*

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