

The Art of Weightlessness

Ever notice that happy, giving, positive people are, well, happy, giving, and positive (yes, I know, sometimes you want to slap them, but that's not my point)? They focus on the present or on helping others. The glass is always half full. They don't moan and groan about how they were wronged in the past, complain how unfair life is, or sulk in a corner. That doesn't mean they haven't had their share of grief and sorrows, or aren't going through hard times. It means that they have the right perspective on life.

Life is unfair and tragedy strikes indiscriminately, but if you roll with the punches and keep getting back up when knocked down, you win in the end.

Why hold yourself back because of things in your past or things out of your control? Has it done any good thus far? Nope? Didn't think so.

When you stop holding back, your heart will feel lighter; your mind will be clearer, more focused on the now and the brightness of the future. Suddenly, you're more open to new experiences and new relationships.

Now that's the kind of weightlessness we can all stand to gain.