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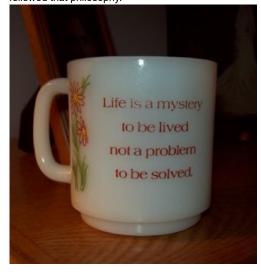
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Life is a Mystery to be Lived not a Problem to be Solved

Friday, February 01, 2013

That's what's written on my coffee cup this morning. It was given to me 35 years ago by a friend who followed that philosophy.



I usually don't use this cup anymore. It just sits in the cupboard. It's just too small. Somehow over the decades the amount of coffee I drink in the morning has increased dramatically. If I used my little old cup, I'd have to get a lot of refills.

I need a refill this morning. Not caffeine, although it is helping. I need a refill of hope.

The problems seem more difficult than they used to be when the cup was new, not personally for me, but for society in general. I don't feel the problems are larger or more complex than they used to be, but those tasked with solving them are so polarized. Sadly, some seem determined to polarize the rest of us.

On Thanksgiving Day my blog entry was "There's room for all of us at this Thanksgiving Table."

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I hope that's true and that we don't solve problems by just taking away some chairs and leaving others to fend for themselves. The caffeine is helping, but I can't think about this anymore today. Like Scarlett O'Hara, "I'll think about that tomorrow." Or maybe next week.

For today I'm going to think about both sides of my cup.



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You see, when my friend gave it to me, we had 6 little girls between us, all under age 8. It will help me remember, recharge and refill my cup of hope.

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COCK-ROBIN Wonderful! 3054 days ago





COCK-ROBIN Wonderful! 3054 days ago





DR1939

I like your attitude and believe there are lots more people out there with a similar attitude. However, they tend to be people who do rather than tell others what to do, thus they don't get as



much "air time." 3054 days ago



CD13252816

I really like the philosophy. It's good to know for everyone. That mug is so cute and a great piece to remember with. Thanks.





3054 days ago



DEBBY4576

In order not to be immobilized by sorrow over the countries problems, I turn off the TV now.

And go watch the birds outside. Sure, I know the problems are there but I like the serenity prayer that tells me to Change what I can, accept what I cannot change, and may I have wisdom to know the difference between the two.

3054 days ago

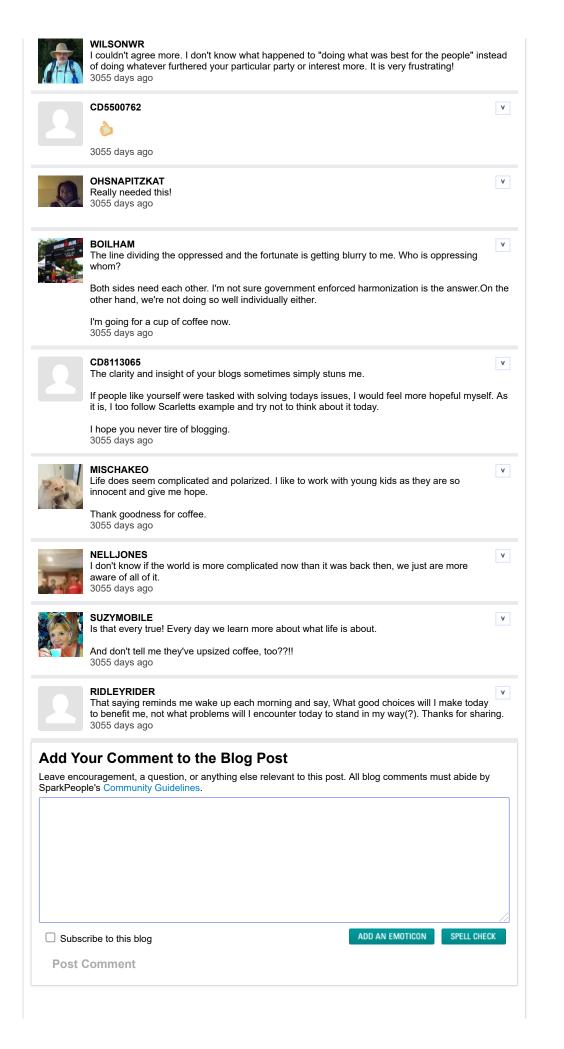


CD8/67616

A thinking person can't avoid the realities of the world. Each of us has to find a comfort zone where the realities don't immobilize us. Some people fight, some put blinders on, and some find a middle ground that makes life liveable. Fortunately, children and grand-children exist to keep us focused and hopefully happy.

3055 days ago





Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.