



## Don't Borrow Trouble : Live Today's Gift

By Sadhvi Parananda

I was pondering the state of our country the other morning and I was struck by the realization that it is far easier for me to buy an assault rifle than it is for me to buy raw milk. Apparently our government is so concerned over the danger of me being harmed by the rawness of the milk that it has passed very strict regulations. Crazy!

Trying to make sense of these disturbed times is fruitless. Polarization, intolerance and hate are so pervasive. I was a little bit taken aback yesterday when I posted a simple "All Lives Matter" comment with a black person and a white person shaking hands. I received a comment, and then a very long email from someone telling me that basically I was ignorant and how I did not understand the problem. This person reiterated that it is *black* lives that matter.

Wow. The only response I could make was that I was pretty in tune with the subject. I wondered whether starting a race war to kill as many white people as possible to even the score was the answer. Could that *possibly* be the answer!? To me ALL lives matter. Heck, *cows* lives matter to me,



and that is why I don't eat them. All of *life* matters. Minding our own heart is so very, very important in this time where those around us seem so disturbed and contrary.

I just saw a wonderful cartoon about the nature of people. It was regarding a spiritual fair. There were three lines: Past Life Readings, Present Life Readings and Future Life Readings. The first and last lines were out the door and around the corner. The Present Life Line was empty.

So many times we obsess about the past. We relive who insulted us, who hurt us, why we have the right to be upset. Or, we live for the future. We make plans, we map out the next ten years, or, we look out into the future and predict all of the horrible things that are going to happen. I have a very dear friend who regularly warns me of what harm is going to result in the future. My response always is:

***"Don't borrow trouble."***

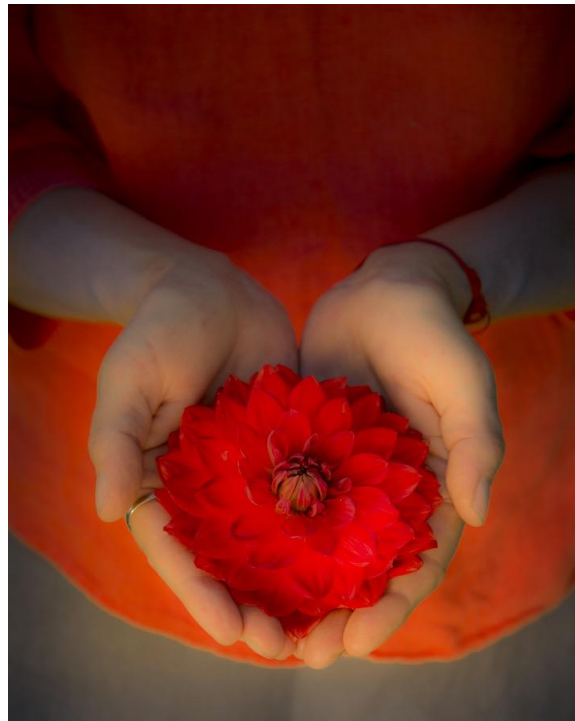
If trouble greets us in the present, we will deal with it then. Let's not put that gloom and doom vibration out into the atmosphere.

I admit it is my tendency to plan and plan for some future event. Then, one day I realized that I totally was missing the Present. Living in the present makes us REAL. We are here and now. Contrast that to the Pokémon Go World where people are walking around like robots with a smartphone two inches from their nose with zero peripheral vision for life.

We all are born with expiration dates on us. One of the few things that every human has been able to successfully do is to die. Tomorrow isn't guaranteed. One day we are healthy, we have a great job, lots of "stuff", the perfect life...and the next it all could be gone. I had a small accident in the woods last week in which I split my knee open to the bone on a very sharp, volcanic rock. Luckily, it will heal and is not too big a deal. I could have hit my head. The result could have been life changing.

Even if we are living in the present we have a tendency to respond like Velcro for perceived negative experience and like Teflon for perceived positive experience. We are conditioned that way. We are biased toward the negative. If someone makes an unkind comment, we will remember it for 40 years. And every time we think about it we will get upset all over again. Yet, if someone compliments us, the first thing we do is wave it off with a "ppppftttt." We let it bounce off and never reach our heart.

How amazingly different our life would be if we would hold on to the good feeling. Bhagavan Nityananda used to say "Bhavana Rakho": Remember the feeling. Celebrate the wonder, the magic, the light, the love.



### **TRY THIS:**

Here is a strategy to begin to rewire this "Velcro/Teflon" brain of ours. If something hurtful happens, immediately take a full breath, let your arms lower to your sides. As you exhale, feel the tension/negativity flow from your abdomen to the sides of your body, up under your armpits and out through your hands. Let it go.

Next, for one month, every time someone says something kind or complimentary to you breathe it in. Hold that feeling for TWENTY whole seconds. It might feel like a lifetime to you, but continue to hold that feeling of positive energy and love. Letting the positive sink in will start to create a new habit, replacing that of holding on to all the negative.

Then, when you sit to meditate, plant the intention to grow deeply into your heart. At the end of your meditation take the time to feel a wave of gratitude be absorbed into all of the cells of your

body. In closing, try to commit to remember this feeling of gratitude and grace now and then throughout your day. “Commit” to remembering the feeling.

***Bhavana Rakho***

Namaste,  
Sadhvi Parānandā



**Sadhvi Parananda is a longtime student of Swami Chetanananda and a senior teacher at The Movement Center.**

**Sadhvi may be reached at [parananda.sadhvi@gmail.com](mailto:parananda.sadhvi@gmail.com)**



If you'd like a teacher from The Movement Center to speak in your area or for your organization, please contact us at [info@TheMovementCenter.com](mailto:info@TheMovementCenter.com) or 503-231-0383.