

It Seemed like a Good Idea At the Time

When we plant a seed for an apple to become an apple, it is destined to become an apple. Even though the seed will assuredly be an apple one day it still cannot circumvent all the stages it must go through to become an apple.

We humans are not so different from the apple. Success and happiness is ultimately assured for all of us. If we are not happy and at peace, our story simply isn't finished yet. The seed of our bounty is evolving through it's stages. It takes what it takes. We have to grow into ourselves, into our bounty.

Often I listen to clients tear themselves apart and put themselves down for something they didn't know, now that they know it. Hindsight is 20/20. This is the purpose of living... to learn... to grow and to evolve. If you have learned you have resolved your karma and elevated yourself. That is success. That is the seed of your bounty.

A phrase that works for me to take the sting out of choices that led me to sour conclusions is "it seemed like a good idea at the time." If it hadn't seemed like a good idea most of us wouldn't have chosen the thing or the act. We all have to learn. Experience is the best teacher. Some would argue it's the only teacher.

As you reflect on your life, and your choices, let yourself off the hook a bit, and simply claim "it seemed like a good idea at the time" and let it go.

With love and appreciation,

Phyllis