

This month's čičyε circle teaching



People like to make resolutions in January. But really, at any time of the year you can start whatever it is you want to change in your life.

My grandparents used to tell us, it's really easy to go down the wrong road and it's just as easy to stay on the right road. It's whatever you focus your mind on. They used to tell us our mind is really strong. It can make us sick or it can keep us strong. They used to say to us: what if you get on the wrong road sometimes? Well, get yourself back on the right road. Life is about forgiving ourselves and forgiving others. Getting on the wrong road or the right road - it's up to you to decide.

It's like when you lose somebody in your family. It's a new beginning without that loved one. It's a really powerful time, because we have to follow those teachings for one year. That year of firsts without them is a powerful time to focus on yourself and improve anything in your life that you want to improve, because they're going to be close with you for a while. All we have to do is ask and they're going to be around us. We do our best for a year to focus on good things, to take a deep breath and not get mad. Because we can set a pattern for the rest of our lives if we're not careful. We can get stuck in a rut at that time.

Think about what outcome you want - especially when it comes to children, because they're so important. Children aren't ours; they're gifts from the Creator. They're put on this earth by the Creator for us to look after, so we have to do our best.

I'm thankful that we grew up with my grandparents, because we learned so much. They used to tell us you're going to become a parent one day; you're going to become a grandparent. If you can take one thing out of your life that hurt you, you're not going to do the same when you become a parent because you know how it felt. And better still if you can take two things out, then we're going to become better as a people.



- Lynn Galligos, čičyε circle member