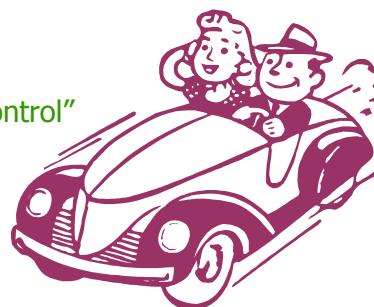


Cruise Control

There are moments in all our lives when our proverbial "cruise control" gets turned off.

You know the feeling. You are just going through the motions of life without thinking about them and then "BAM!" a perspective shift happens — instant awareness.



Sometimes it's triggered by unexpected news - like a death - or when something spectacular suddenly "wakes" us -like a rainbow. But sometimes there's no trigger, it's just seemingly random.

I've been having a lot of these arbitrary jolts of consciousness recently — I find that I've suddenly "come to" in the middle of a dinner, a conversation, a phone call, exercising, or driving.

It's an odd feeling to move from sleepwalking to consciousness.

Every time I experience it, I almost always have the same thoughts:

"What caused this shift?"

"Where was I when I wasn't present?"

"How long will this last?"

"What am I supposed to be doing?"

"I'm awed, glad, and a bit confused about where I am."

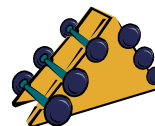
It's also odd to realize that I'm not always present to my life — that I spend a lot of time on "cruise control." But it's true, isn't it? We all do it.

Being "spaced-out" or "floating" is much easier than being present to the HERE AND NOW.



Years ago, I remember thinking that if most people were offered the opportunity to fly on their own power, they would be glad for the chance. But, what if it proved to be as difficult and time consuming as it was for us to learn to walk or read? I wonder how many of us would persevere?

Learning to stay present to life is just as challenging as learning anything new. It's a really hard muscle to train.



Coming to . . . being awake . . . isn't that really what the goal of any religious practice should be? The challenge is to be conscious of our lives as they unfold before us.

Jung once wrote something to the effect that *God delighted in creation being conscious.*



And while none of us is perfect, we delight in the gift of being conscious to the PRESENT MOMENT! Let's try to cultivate that consciousness. How much RICHER our lives would be.

To live in consciousness is to live in God.