

Facing Hard Times Gracefully



IN OUR WORLD TODAY,
IT IS OUR CHALLENGE
TO REFRAME OUR LIVES
AND REALLY APPRECI-
ATE WHAT WE HAVE.

problems and aches and pains, his body had aged appropriately. His spirit was so fresh and resilient he was able to deal with each of life's issues that he faced without complaining or feeling sorry for himself. He wore age as a beautiful cloak and had learned the lesson, which in Cayce's words is: "Meet the needs of the condition."

I have a friend who is 89 years old, and lives in a retirement home. It's a nice but small room, set up with the things he really needs. He has traveled, lived in many countries, and just auctioned off his home, which had contained precious art objects and the best of everything. When I visited him the other day, he told me that he was so happy. He loved his upstairs room where he could look out over the rooftops. He had a little plant in the window that he cherished. All his needs were taken care of. He said, "There's even that magic box." He went over to the thermostat and said, "See, it's magic. It's hot in the room right now, but if I push this lever down, it cools off; if I get too cool, I push the lever up, and it gets just the right amount of heat. It's a magic box."

I was so delighted with his comment. The ability to turn a simple thermostat into a magic box that takes care of your environment is pure genius.

"To be sure, there are many more or better conditions to be desired, but use that ye have and be thankful that they are as well as in the present. And this will add considerably to the better welfare." (849-73)

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what was available and using it for whatever we were imagining or working with. My sister and I learned to knit by finding pieces of wire and sharpening them down to make knitting needles. Any piece of yarn or wool that we found we would wrap into balls of yarn and knit clothing for our dolls. Our Ayah (Indian nursemaid) had shown us the basic knitting stitches and we improvised and learned how to adjust those stitches to make doll clothes.

When life's circumstances cause us to cut back to our basic needs, we often find we are happier and more content. Life gives us choices regarding what's really important and what brings us closer in tune with our ideal. In the past 50 years we have become so used to having our needs met by being able to purchase all the things that we desire that we have, perhaps, forgotten the tremendous creative ability that we all have. We can moan and groan about the economy and the hardships that come our way, or we can dwell in gratitude for what we do have. This moves us out of fear and into the flow of life, which allows our parents, Father Time and Mother Nature, to take care of us, and allows us to see magic in the simplest of things.

"Let not, then, the cares of the world, the deceitfulness of riches, the pomp and glory of the earthly nature, or fame or even to be well-spoken of, hinder thee from *applying* in thy relationships with thy fellow man that thou *knowest* to be the manner in which ye may become

Many years ago a patient of mine who had just had his 100th birthday was in my of-