

Today will be a quiet day!

Written by Tim Houston
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What do we do when we get overwhelmed? How do we deal with the stress and the pressure that each day brings? Every day, a little more pressure is added to our emotional reservoir. Every day it gets closer to capacity. Without some way to reset our emotional clock, we are time bombs waiting to explode. We must learn to reset our emotional clock and refresh our spiritual reservoir, and because our brain is like giant computer, it must be reset as well.

When I turn on my home computer in the morning, it goes through a series of beeps and flashes which it does every time it starts up. It checks to make sure all of the drives and cylinders are operating correctly. It also checks the main memory to make sure none of the data has been corrupted since it was shut down on the night before. The computer then makes the minor adjustments necessary to keep itself running smoothly. It checks itself against itself. These daily adjustments and alignments keep the computer from crashing. These adjustments are in essential part of the well being and longevity of the computer.

We are more complex and complicated than a computer. If our home computer needs to check itself daily, we also need to check daily the computer that is in our brain. Many people skip this all-important function for a few extra minutes sleep in the morning. Important self-checks are not being performed. As a result of this, their cylinders are skipping, their main memory is failing, and their system is headed for a crash. Systems crash when hard drives become corrupted. Daily self-evaluation and adjustments keep your life's hard drive running smoothly.

Men and women need daily time of reflection. The man often carries the weight of the world on his shoulders, and the woman often carries the family calendar, schedule and details on hers. They are both complicated system that are comprised of a spirit, soul and body. This complexity is further complicated by the combination of their divine destiny, the things they have experienced in the past and the present consequences for their actions. For that reason men and women need a positive affirmation to keep them on track.

"Today will be a quiet day." This is a self affirmation I make to start each morning. This simple declaration helps me understand the need for quiet meditation. Quiet time leads to self-examination, and examination is necessary to remain healthy. We all must regularly check our mental and emotional condition. This requires us to check the actions we have taken on yesterday to determine if they are in line with our purpose and intentions for today.

The need to calm down and slow down is all around us. When we reset our internal clock, we reset our emotional clock as well. Inner peace produces outer peace. This peace is like a river that flows from the heart of God into the heart of men and women. We are able to face the world and the things in it without losing perspective on what is important. Our families benefit from this peace. We become peacemakers and peacekeepers. For that reason alone, "Today will be a quiet day."

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positive life changes in families and communities. For questions, comments or more information, go to www.tlhouston.com.