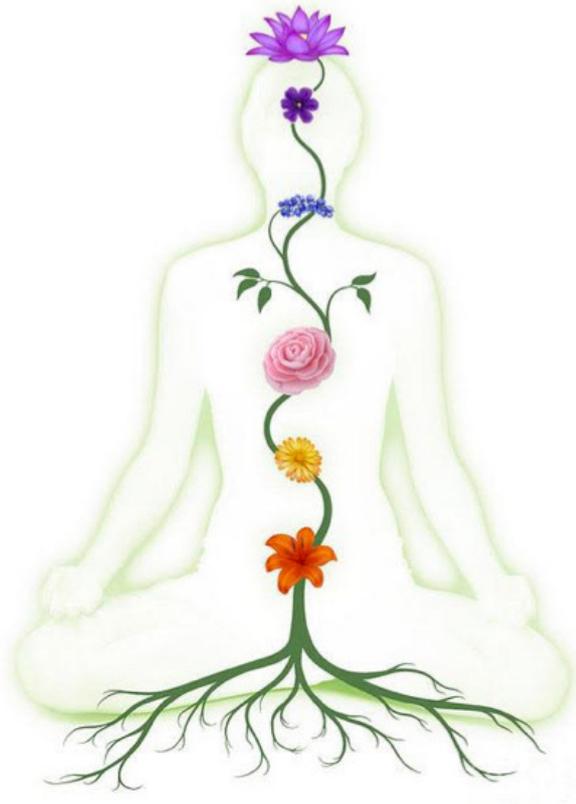


Let Go of Complaining - Divine Alchemy



This week, let go of complaining.

No complaining, comparing or competing. Make this your practice each moment. Think of it in the morning when you first wake up. It will take attention, dedication discipline. Then, notice how it makes you feel.

This will likely be very hard, but remember—We are practicing and transforming.

When I say, "no complaining," I do not mean to stand by and be silent. I do not mean for you to settle for what is not right or to be quiet if there is wrongdoing at play.

By not complaining, I mean for us all to bring constructive action to our lives. Complaining only points out what's wrong, whereas action creates movement and shift. If things need to change, it is up to each of us to be part of that change in our personal lives and the world.

I do not suggest passivity—to the contrary—I suggest conscious awareness and empowered action. I suggest we use our creative energies for transformation, not for wishing things were different. The power lies in each of us, and each time we complain, we chose not to use our power. When complaining is our practice, we block ourselves from action. When we remove complaining, we remove the blocks.



Journal writing is about asking the questions that deepen us, taking a risk on the page. Being willing to be visible to ourselves. You are NOT required to be a "writer"; you are asked to be willing to travel wherever your thoughts and words will take you and, in the process leaving your critic on the side of the road as you journey.

PROMPT: Write in your journal three themes you notice in your complaints.
What happens next?