



How much did you pay for your life?

Each one of us received life free upon birth. Free! No one was asked to pay for it. No one was told what to do with it. This priceless gift was given with no expectation of anything in return.

Life is not about fearing or dreaming or sacrificing to get somewhere better in the future, nor is it about dwelling and living in the memory of the past, no matter how beautiful or haunting it was. Happiness and serenity have nothing to do with what happens to us, and *everything* to do with the way we react to it.

It is a liberating surrender to trust that everything will turn out for the best, no matter what happens next. It is serenity in every activity and at all times in our daily life, without the fears and anxieties of thinking about what could have, should have, or would have been.

We would be far wiser to focus on learning how to fully enjoy the amazing gifts that we are born into, rather than squandering our lives in pursuit of a mirage.

There is no limit to how we can learn to fulfill our life on any given day. Most of us spend many years in schools and colleges learning how to build a better life in the future, and I submit that it could take that much time and more just to learn how to live a single day to the fullest.

From *Higher: Awaken to a more fulfilling life* by Charles Hanna