

quarterly esoteric magazine, there was a need to do more. I intensified my meditation practice, prayed and waited.

Eventually, into my mind came the memory of being asked years before to write inspirational texts sharing my teaching experience, philosophy and practice for teachers in some theosophically-oriented Manila schools that provide free education for impoverished children who could otherwise miss out. Hesitantly, I emailed the theosophist who had set up the schools and enquired if he still wanted articles for his teachers. He did. So has begun a very happy and inspired period of writing for the teachers doing such good work. With the writing has come a feeling of excited happiness within me which I think is actually pure JOY. I just hope the articles help to encourage the teachers – they certainly encourage me. I almost feel guilty that what I hoped could be a service to others is in fact blessing me, perhaps demonstrating the New Testament words (Acts 20:35), “It is more blessed to give than to receive.”

In following this different way, I have stopped many times over this last year when I have caught myself feeling defeated, negative or unworthy and consciously chosen to change that. I have done it by praying, meditating and expecting to discover a new and different way to be. Sometimes I need to forgive or accept and sometimes I need to change my responses and expectations. We are not meant to be victims and everything that happens to us can be turned to the good. I need to stop judging – myself, others and circumstances. People and events are what they are. It's up to me how generously and lovingly I can respond.

In the past I doubted my entitlement to ask for good things for myself and stoically accepted as my lot, the hard and horrible events that came along. It was a sad habit.

Now I am expecting the highest and the best and have recently asked that my life be loving, strong, healthy, long and productive. This is certainly a different way for me.