

## Weekly Meditation by Kathy Munn

### Give Yourself A Break

***I don't necessarily agree with everything I say.* - Marshall McLuhan, Canadian author, educator and philosopher (1911-1980)**

O.K. - let me tell you a little secret about myself. I am so much harder on me than I am on you. I can cut you all kinds of slack and at the same time be relentless and narrow regarding my own path.

Do you love something one day and change your mind about it today? That's o.k. You're only human. If we weren't supposed to change (and possibly grow?), then why were we created with the capacity to change? See how easy I am on you? People change, they stretch, they grow.

Then why do I sometimes make myself feel like I have only one chance to decide how I feel about something... or someone? I have held on to ideas and feelings and habits and responsibilities for years because I thought I had to. I had to be consistent. I had to be reliable. I must not change.

So, today, for you and for me - let's cut ourselves some slack. Today, it's o.k. to have a new thought, to change how we feel and think. We can turn ourselves around 180 degrees if we want to (maybe 90 degrees if that's too scary yet).

I promise not to be so hard on myself, today. How about you? Let's give ourselves a break.

**Prayer: Thank you Holy Spirit, for holding me close and comforting me when it is hard for me to nurture myself. Continue to guide me on the path of forgiveness, awareness and self-love. Amen.**