

What song are you singing?

What song do you sing?

We all hear, and we all sing and hear songs. What song do you allow?

Do you allow and sing the lack, the loss, and the negative? Is the glass half empty? Is the world a bad place? Are people bad?

Or, do you allow the positive, the opportunities, the joy, and the wonder of it all?

Which is your song?

Your song, that you sing, or that you allow, is you and it is your life. Your life is what you make of it, and you have a choice. Which serves you best?

You can go with the negative crowd complaining and full of lack. Or, the positive crowd that works to and make things better and better. You choose.

The music you allow is the music you go with and guides your feelings, your emotions, and what you do. It's all that simple.

If you pay attention to the song in your head, you'll know where your life is, what you are allowing, and where you are headed. Knowing, you can also change. You can choose a new course, a course that is better suited to you, your dreams and desires.

Start with a positive song of wonder and possibilities. Build on the song and go with the rhythm of the possible, the positive.

Be a kid.

Summer is ending, and I spent a day at the beach with my four and a half year old grandson. We swam, we rode the boogie board, we laughed, we talked to the other kids, and we had a snack. At the end of the day, he fell asleep on the car ride home, asleep with a smile on his face.

He could have worried about school starting, about what class he'd be in, who his teacher would be, and if he'd have any friends in the class. He could have been upset summer was ending. He could have been a lot of things.

But, he was happy, he was singing the song of today, good weather, the beach and the opportunity to enjoy it. Boy, shouldn't we all be kids? Shouldn't we all sing the song of the moment and enjoy what is?

Kids gravitate to the positive and engage fully with life. It's the adults that sing the negative songs. Kids learn it from adults, and it's a real drag on their lives if they don't break loose.

If you are stuck in the negative, the bad songs that you or someone close to you is singing, then break loose. Break free. Let go. Change.

Engage in the positive song that makes your life a wonder, a joy, and a dream come true. Choose your song wisely, it's your life.