

Appearance Is Yesterday's Outcome By Jeanne Loehnis

It's morning! The alarm is ringing and you reach to turn it off. As you do so, you hear yourself thinking: "Argh, another work day! The kids didn't finish their homework; they need to be up soon. And there's a PTA meeting tonight and I'll have to miss book club. Shoot! I left the laundry in the dryer and I don't have time to iron my favorite pants – the ones that fit. What's the use anyway?"

Seems you've overlooked the fact that the sun is shining, the breeze is gently blowing through your window. Your body is refreshed and renewed from a good night's sleep. A new day has dawned. Hours stretch before you – the gift of time to create the life of your dreams! But you don't notice. You see only the negative appearances that are the result of yesterday's activities, plans, choices. And you prepare to move through this new day in reaction mode: reacting to appearances rather than choosing life affirming, forward looking actions.

Is there another way?

Of course there is! What you see, the "apparent reality" that stretches before you each moment, is merely the physical manifestation of all yesterdays and all the decisions, actions, and beliefs that you brought with you into yesterday. So? So, that means that "tomorrow" will be the result of all decisions, actions, and beliefs that you bring with you today!

What do you choose to bring with you into this day? Who will you be when you step out of bed this morning?

When we get up in the morning and immediately slip into thoughts of yesterday's struggles, yesterday's problems, life's concerns we have known to-date, even if we move into problem-solving on these issues, we have not chosen the most effective route toward health and happiness. We are surviving, coping, just getting by rather than creatively living from the very best that we can see and be.

Imagine building a new home using only the materials available from the deconstruction of the old farmhouse which was built 100 years ago. Some of the materials, such as stone or brick, may have withstood the passing of time and, after sufficient cleaning, be as strong and useable today as they were then. Other materials, such as rotting wood and blocked pipes, cannot serve any purpose in the new structure. Some items, like countertops and sinks, might be able to serve a purpose but be the wrong size for the new floor plan. Any new home built only from remains cannot be fresh, cohesive, or designed with tomorrow's needs in mind.

Do you build your life today from the remains of yesterday?

Thinking “green”, let’s consider an alternative approach. Having carefully sifted through the rubble of the farmhouse, we found the stone, perfect and desirable. We found intricate and decorative woodwork that is perfect for the new family room. Surprisingly, the foundation is solid. One hundred years, however, has served to give us many new options for energy efficient windows and doors. Sky lights and solar panels will augment the brand new furnace. Air conditioning is a luxury we choose to afford. The result is a structure that combines the best of yesterday’s ideas and products with the most futuristic looking ideas of today.

How can we apply the process of “building green” to living our life?

Just as we looked at the old farmhouse and knew that it was “yesterday’s appearance”, we look at the “surface facts” of our life today and know that life as we know it is the result of choices made in days past. Only yesterday’s energies and actions are **visible** now. But today presents an opportunity to direct our will, our thought, and our actions into alignment with today’s truth and today’s possibilities, and to prepare for new appearances tomorrow.

If our habit is to look only at what is visible, believe that the visible is the truth of our existence, and operate only from that truth, we are missing a golden opportunity to build a better tomorrow. Are you willing to consider pausing to review the raw materials available today before choosing those which will best shape a new outcome for tomorrow?

What small step forward in the direction of one of your dreams can you complete this day? Are you willing to risk making this small investment in you so that, when tomorrow comes, you can wake up and say:

“I **did** it! I am one step closer to my dream.”

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