

The Crack in the Sidewalk
By Jeanne Loehnis

How often have you looked down at the sidewalk beneath your feet and seen green? Flowers and grass are doing the impossible and poking through a thick “wall” of concrete! How can this be? Years without sunlight, air, and rainfall, the dirt beneath the walkway still teems with a life so persistent it has found the miniscule crack through an otherwise solid barrier and sprouted!

Life itself, the natural process of cell reproduction, energy exchange, idea generation, is forever ongoing, always producing change, ever available. It is amazing – life sprouting through a wall of concrete! This speaks clearly to life’s persistence. Within and all around us, life is ever offering newness: from constant molecular movement to the ceaseless flow of ideas in my mind from which I choose persistent thoughts.

Our job is to allow the flow of life to move in and through us and to express itself in the world as us. We must clear the wreckage of the past and the worry about tomorrow. We must take the next step to change a behavior that blocks our good. Ask yourself these questions:

- Is it my unwillingness to exercise or the midnight snack that keeps me 20 pounds overweight?
- Is it constant gossip with a coworker that reminds me of the boss’s flaws?
- Do I block my fullest expression due to a lack of persistence, an unwillingness to follow the old adage: “If at first you don’t succeed, try, try again?”
- Am I unwilling to try anything new for fear of appearing silly?

These are the concrete walls that we have built. These are the blocks that prevent our personal good from appearing. Yet, always there is life, potential, “the good”. Always there are new ideas, a healthy body, a fresh vantage point. Opportunity awaits our awareness, acceptance, and action. Our job is to make room, provide the opening, allow the flow. We must also *choose to see* the good, the opportunity that awaits, rather than to focus on the wall of doubt, unhappiness, or impossibility that we have conditioned ourselves to see. Consider the lyric:

Opportunity Knocks

Opportunity knocks at your door every day.
Can you hear it now?
Opportunity knocks all along life’s way.
It is Spirit speaking to you!

Just as the ocean leaves its seashells by the shore.
each one more glorious than the one left there before!
Life has provided much to fill our days with happiness.
Joy overflows as we but allow.

Many the gifts that life is offering to you.
Many the dreams you have that will no doubt come true
when you but take the time to listen to your truth divine!
Follow the guidance in your soul.

Listen with wisdom: there are choices to be made.
Too many gifts for one to cherish in a day!
Carefully pick a few to fill your life then see them through.
Fully enjoy your chosen few.

Opportunity knocks. Opportunity knocks.
Opportunity knocks. Listen!

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How about a 15 minute gentle walk to get the body moving and to observe nature? Maybe a break at work alone with this magazine rather than with the coworker would redirect your thoughts in a positive direction? Maybe committing to a half hour with the sketchbook that has been on the shelf for decades would reawaken the inner artist and be a reminder of a special talent. Maybe tonight you place an apple where the midnight snack would otherwise have been. These are the cracks in the sidewalk of your defenses. Each day invite one more action that will chip away at the concrete and nurture the seeds that live within you. Imagine your sidewalk so cracked that a flower garden appears!

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