

I Am Deserving

November 11



When was the last time you thought about what you deserve? What did it mean to you? Did you equate it with something you weren't getting that you felt you deserved? Did you feel someone was cheating you out of something you deserved?

The definition of *deserve* is worthiness, or the act of being worthy. So, instead of thinking about how someone else is cheating you, we can look within and ask, when was the last time *you* felt worthy?

Rarely do we honor words or actions long enough to notice our self-worth. Our worth, however, is waiting for us to name it, claim it, and move it into our consciousness, holding it there in that place of knowing.

We are not perfect; our Higher Power is not done with us yet. Each of us breathe the same air in the same shared moment. We are all given the same daylight and the same chance to become our best selves. Think about it. This shared wealth of gifts proves we must be as deserving as the next person, or we wouldn't *be* here.

One way to ensure we are deserving is to make a declaration that we are, and to do it every day until enough practice allows that affirmation to become real enough for us.

Recognizing that a higher goodness is being transformed within us, we invite our Higher Power to walk with us daily. Those who know their self-worth, see the miracles and beauty already within them. They already know they are deserving of goodness and grace.

Our truth depends upon our authentic self and speaks with confidence, changing our thoughts from ones of self-loathing and fear, to a self-proclaimed

vision that we are a warrior of deserving goodness, no more or no less than the next.

TODAY’S MEDITATION

Today I will pause long enough to notice what I deserve and practice this new truth about me, until it *becomes* me.

.....
“You yourself, as much as anybody in the entire universe, deserve your love and affection” — Gautama Buddha

