

I'm Alvean Lyons, and I'm Doug Weiss, and this is LoveLife

Okay. Douglas, we have a good one. Okay. So hopefully you're ready for this.

I'm ready.

This was a good one from our listening audience. Okay. So, so the question is about how do you stay positive and a very negative world, you know, we're inundated with all kinds of things right now, the culture and social environment, the politics of it all. Just, there's so much going on, and our beautiful America that has people wondering how does not let that get on the inside of you, so that you can still be a positive person, despite the fact that it might be a little tense, a little ugly, perhaps even a little negative out there? How do you do that? So you have some wisdom from the experiences that you've had during the course of your life. And I would love for you to share with us sort of how you found your way through that kind of experience.

I'm not sure that I have any wisdom, experience, yes but wisdom I might be short on. There as a comedian who used to answer her phone, what Fresh Hell awaits

You get up in the morning, and whether it's your newspaper, although fewer and fewer of us read newspapers, or it's your news feed on your phone. or however you get your information about what's transpired in the world since you've been asleep, often it's negative, and it's easy. I think, then, to start your day off in the wrong way. I tend to avoid doing those things first off early in the morning, because I know that it's going to be negative. That is my experience. But more importantly,

I try to start today, first of all, thankful. Thankful for the day, thankful for what experiences I'm I'm going to have that day whatever they may be. And part of my my morning, which is...some might call it prayerful, some might call it meditative..I'd like to strike a balance between the two.. is really spent thinking about what it is that I have to be grateful for. And part of what I asked of the universe is both the strength to prevail and address whatever obstacles the day's going to present and the serenity to accept whatever happens, that it's neither good nor bad. It just is.

I think, my own personal experiences is predicated upon the decision to address the world out of faith, to address the world out of a position of belief that the ultimate outcome will be positive.

Choosing the lens of the day

Exactly, a great way to put it. And I think this is an active choice. I think that when we surrender our ability to make that choice, when we simply see ourselves as victims of whatever the world presents to us, you know, we're on a downward slope, and it's not going to get better,

You have a choice how you want to present yourself, how you want to see the world and how you want to experience the world. Good things in a subjective sense, good things, or bad things will happen, right? But we're the ones that put that connotation around them, that's a good thing, and that's a bad thing. So often in life, you know, we're presented with things that seem to be not good, and end up being blessings, and vice versa. So, those are my thoughts I whether they're of wisdom or just simply a lot of life experience, I don't know.

Alvean:

Well, I think that there's great wisdom in that, because you're talking about consciously choosing the lens through which you're going to experience the day. And many of us very passively have the experience that a day takes us where it wants to go, rather than us defining where we want the day to go. And I must admit, I am totally guilty of rolling over in the morning, and reaching for my smartphone and checking to see what's the latest news feed, you know, and you are absolutely right, it creates a trajectory. And then I spend my day trying to fight the trajectory that I unintentionally put myself on by not stopping first to decide how I wanted to set my day. Because when you let your mind engage before your heart engages, very often you don't, you don't find yourself ending up at the space that you want to be. So you're working against the flow, as opposed to being able to kind of go with the flow. And when I say go with the flow, I'm talking about that you've if we've done what you were talking about, in terms of sort of setting the intention of your day, and deciding how you want the state to go, then you're you there's a stream that has been created, and you're stepping into a stream of positivity, and things will happen there rocks in the water there this than the other, but you're moving with that particular stream simultaneously. If you to do the reverse, there is a another stream and it's moving in the right and you're and you're literally swimming against the stream all day because you stepped in moving in the wrong direction. And it does it it can be very overwhelming. And we are in a world that's a 24 hour news cycle. And everything is about being overstimulated and really getting into a place where we kind of pare this down a little bit, and remember some of the simple things. And your your point about starting with gratitude. If we start from a place of thankfulness. It has a way of filling us differently than starting from a place of Oh, my God. Here we go again.

Doug

Exactly. And I think that there is another issue that comes into play. And that's about well, this is a topic we've talked about before, it's the subject of control. The the human illusion that we actually can have control over our lives. And I think most people want control over something, maybe everything, but you know, they may be that megalomaniacal, but most of us want control over something. And it is an illusion. We really don't have control, we have the appearance of being able to make decisions that's a form of control. But the reality is that things will go awry, and we can either in the face of that struggle, be angry, frustrated, negative, or we can accept that we never really did have control.. that, that metaphoric river

that we've stepped into is taking us whether that's a you know, to the whitewater rapids and there's a waterfall at the end of it, we're going to go cascading over, or it's going to turn into this beautiful lake that is serene and peaceful We don't know, what's around the next bend. So spending a lot of energy while you're in the midst of that flailing about trying to, you know, figure out what's going to happen next, and preventing it is wasteful energy, if, if what's around the bend is something that's really we're going to have to summon all of our forces to deal with, better to preserve the energy to deal with it. And if what's around the bend is the serene Lake, I want to be able to enjoy it, I've wasted my resources in fighting something that at the end I didn't even need to worry about. So you know, it sounds easy to see these things when you're when you're not in the midst of a challenge

Alvean

Which is why I actually started this with the wisdom of experience, and you have lived a little bit longer than some of us have, have had enough life experiences. To know that when it's all said and done, it's often not all that was said and done, that there's something bigger than even that that we are part of, and we don't control per se, that bigger thing we keep attempting to but we don't. And in my generation and the generations behind me Everything is about getting involved in it being active in it affecting the way that the outcome is going to look, put your energy in it, this Don't let this happen to you make things happen in your life. And some of that may be immaturity on some a lack of experience in some level, because you don't necessarily have the foresight to recognize that even if you put all of your energy into this, you're still not going to be able to control the outcome. You know, so you still believe that you are driving this thing and everything that you do when if you don't show up for this. And if you don't vote for this, and if you don't do that your whole life is going to change and it'll be because you are asleep at the wheel.

So I think that some of that is a generational perspective, there's a wisdom that comes from living through enough

Doug

Well, I agree that it is generational to this sense that not so much about making the contrast between Gen X Gen Y or whatever. But generational in the sense that if I were to describe myself as a younger man, I certainly did not have the benefit of understanding what I do today, I did see the world largely in terms of good and bad, and I did struggle for control. But you know, life has a way of knocking the edges off of us and rounding them off, so to speak. And so I do speak from the perspective of having had my share of challenges in life. But I'm still here, I'm still standing in so many to survive those or thrive as the case may be, I loved your choice of the word outcome. Because I think that that's another area where we get things a little confused in our lives, we tend to start out with goals. Another way of saying this is the outcome I desire, right. But somewhere along the way, get confused and get caught up in activities, which are sort of self perpetuating the things I'm doing that may or may not be moving me towards that outcome that I desire. And if you do that long enough, without popping up above it, and asking yourself, is this really taking me where I want to go? One day,

you turn around and say, I'm in a rut, I'm unhappy? I don't like where my life is. The only person you can follow blame for that, frankly, is, you

Alvean

I know, we hate to do that we much rather be somebody else's fault.

Doug

Well, there's an endless list of others we could blame forever, if someone is very good at that. Yeah, yeah, we can transfer responsibility with great, glibness

Alvean

Yes, we're still blaming our parents. Yeah.

Doug

But I think that we have, we do have the responsibility for being in charge of what we're in charge of. It's not much you know, but what it is allows us to make choices and bring this back to where we started. I think that that's if there's anything to impart to our listeners that's that I have that's worthwhile it would be this one statement you're responsible for how you view your day, you're responsible for how your day goes. And if you're looking for some little magic trick if you will, some little thing that you can do to get you out of negative frame of mind focus on everyone else get out get outside of yourself because ultimately when you're dwelling on yourself then you know you're you're gonna fall back into that struggle for trying to change the things that are happening around you even before you know whether those things are ultimately for your benefit choose your happy yeah maybe that's a great

Alvean

Yeah, I love that I know that it sounds easier than it is to do but at the end of the day the only thing we control the perspective that we choose

Doug

So that's another episode of love life We hope you enjoyed it we did. We're having a lot of fun here today with our new producer Kamaria, and with Todd our longstanding and faithful

Alvean

fearless engineer

Doug

and co conspirator and the best part of all of this is you our listeners. We enjoy spending this time with you every week so much

