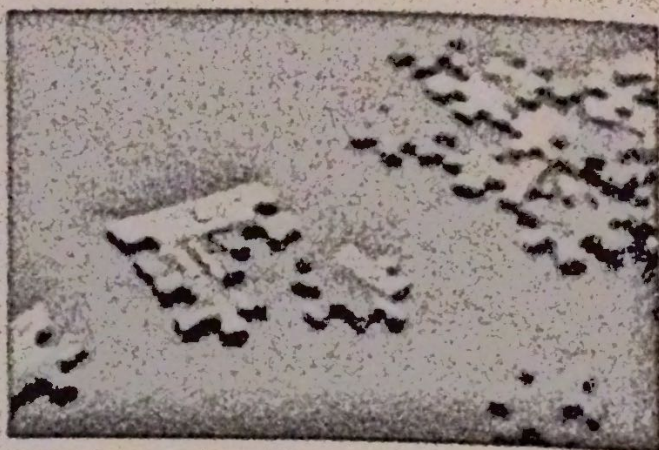


December 10



Long-term happiness is not the by-product of short-term gratification.

—KAREN CASEY

We are all looking for the easy way out and a quick fix. No matter how long it has taken us to become wounded, broken, habitually unhealthy, chronically isolated, or afraid of life, we figure, almost instinctively, that once we make a decision that we want things to be different, that it should just *happen* for us ... with minimal effort and long-lasting results.

But our journey toward the light is often as arduous and lengthy as our descent has been. We make progress little by little, and never as fast as we want to. Frequently, we throw in the towel and revert to our old style of being and living, righteously and with exasperation: "It's been two weeks and nothing's happened. It's useless. Why should I bother? Things will never change." But they will change and they do, slowly, over time. We feel as if we are getting nowhere, but if we keep at it, we will make the complete loop and learn to live differently at last.

*Change in my life results from the daily attention
I am willing to give it.*