

January 2025

Thought for the month: I am resolved to stop suffering this year.

1. "Would you like to hear my New Year's resolution?"
2. Yes, of course.
3. "This year I am resolved not to suffer."
4. Wow!
5. What brought this on?
6. "Well, I've come to the conclusion that I cause my own suffering."
7. Again, wow! What led you to this conclusion?
8. "Well, I realize that I am creating the reality of my life."
9. "And, I realize that includes my sufferings."
10. "I've read about how superficial cravings are the real cause of suffering."
11. What are these superficial cravings for you?
12. "Well, one is unrealistic expectations of others."
13. "I want them to do what I want them to do--that is crazy!"
14. "Another, is going after pleasures that eventually do not satisfy."
15. "You know, food, money, sex, entertainment..."
16. "They just make you want more and more, but the more isn't any better."
17. It sounds like you've recognized the cause of suffering: Unsatisfying cravings.
18. What's the remedy for you?
19. "Thanks for asking this question. I knew you would."
20. "The remedy is two-fold."
21. "First, stop chasing the cravings. Grow up, I tell myself each day."
22. "Second, I know that I need to spend more time in my Spiritual practices."
23. Wow, again, good for you.
24. Do you know that Now Creations has its seven daily recommended Spiritual practices on its website?
25. "Yes, and I have already downloaded them for me and my family."
26. I'm impressed.
27. "I really do want to stop suffering, and I see that these practices have already begun to help me."
28. "Especially, like having a 'go-to phrase' to 'rescue me' when I get weak."
29. Anything else that really speaks to you?
30. "Yes, of course, meditation is the real foundation, and I have begun to do it daily."
31. You have found the way to stop suffering? Truly, Good for you!