



LIFE
LIFELINE
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YOU BECOME WHAT YOU CHOOSE: DAILY CHOICES

Our life is filled with choices. Some of the choices seem very mechanical. For instance, I may say 'sorry' spontaneously, when I hurt somebody. When I get angry, I may inadvertently, hurl abusive words at somebody. Both these choices say something about me. A tree is judged by its fruits (Mt 12:33).

You become what you choose: Our choices define our life. Some of our choices become habits and habits become our character. For example, as a small kid, a person started helping those who were weak in studies and today as a grown-up person, we see that it has become that person's character. Similarly, as a student, someone started cheating others. And today that person is used to cheating. Unfortunately, it has become that person's character.

Life promoting or life destroying choices: What kind of choices am I making: life promoting or life destroying? The life promoting choices will build bridges by connecting me to God, others and creation while the life destroying choices will erect walls of separation distancing me from God and others. The life promoting choices foster union and the life destroying choices bring isolation. The life promoting choices bring true peace, deep joy and even vibrant health, while life destroying choices bring inner chaos, conflict and confusion. Recall the various choices you have made and see whether they are life promoting or life destroying and see the consequences: union or isolation; peace or conflict; clarity or confusion. On the one hand are life, light and love and on the other are death, darkness and despair. We have to choose!

Influence of the inner world on our choices: While making choices specially life destroying ones, one needs to be in touch with the inner world. Normally, a toxic environment within impels one to make life destroying choices. For example, if I have negative thoughts in my mind and the feeling of hatred within me, they will surely compel me to shout at someone. Therefore, for one's negative behaviour, one should not blame merely the external behaviour. Rather one needs to process the inner world in the light of faith and move towards life promoting choices.

Tips for handling the toxic inner world:

- * Become aware of your identity as the beloved of God. Become aware of the purpose of your life: we receive love, we live in love and we share love.
- * The voice of the Self-seeking spirit will be saying: React. Retaliate! Eye for an eye! Tooth for a tooth!
- * The voice of the God seeking spirit will be saying: Be calm. Reconcile. Forgive. Overcome evil with good.
- * Hold on to the Lifeline and share with Him all that you go through.
- * Ask Him to help you to choose the voice of the good spirit.

YOUR CHOICES DO MATTER! BE ALERT WHILE MAKING YOUR CHOICES!