

Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week our topic of choice is "Taking for Granted". *Taking for Granted* appears to be a complex position based on a lifetime of imitation of those who were around and giving direction to our being. It is not. It is the simple expectation that what was before will repeat itself; which is generally true, for the masses. We, since our conception, have been "trained" in expecting certain outcomes from certain stimulus. We then, as individuals, establish patterns associated with each of those "expectations". The apparent difficulty is that we begin to expect *according to what our past has been*. It is accordingly hard to move forward, freely, with clear choices, if we are taking for granted that things are as they will be because they have been previously. The difficulty lies in the fact that most of us do not like our apple cart tipped. When things are not as we expect, many of us become unbalanced. We express many levels of stress responses.

It happens on many levels. We expect, we take for granted that our functional world will function, our food resources will be of good supply, that water is to remain accessible. Even simple, everyday driving is affected by this taking for granted process of ours. How many of us ever doubt the road will continue on the other side of the curve. It always has; Right? Our brains actually groove our habits right into themselves. Yet, even in places we are non-familiar; we still trust the rest of the road to be in front of us. We flow with established patterns. It is our nature.

Now, in our relationships, it becomes quite cumbersome to carry expectations of someone. It is an easy road to travel from little expectations to taking that person for granted. We do it with love of course. It is because we have always received love and understanding from someone that it becomes so easy to take them for granted. Most of us will usually be willing partners in the process in that it doesn't require a particular behavior or lifestyle in return. Anyway, taking someone for granted, assuming they will always be "present", is a good way to "tip your cart". Furthermore, taking for granted, expecting, a particular emotional or physical response from that person only inhibits the free flow of possible outcomes. Now, why would we do that? If we are so sure that it *will be* our way, we will always be disappointed in life. Why is this? Because if we have expectations that things will be a certain way because of the past we seriously inhibit our ability to create the future, the next present, the right now, from the right "materials". These materials need to be of the form we want *our present* to be made of. And if we are focused on the past to determine our future we are not of a centered position to always recognize that the universe, in relation and response to our higher inner self, has answered our needs for a more complete present; a present that will advance us, which is what we *really* want. And of course, our relationships means with our friends and loved ones, sure. However, it also represents our means of expressing ourselves to the other "peoples", like the birds and the trees. And yes, it also means your relationships with those you don't care to relate to.

So what does this mean to us, who choose to manifest our world as we desire? We know to have firm intent and strong attention in the manifestations of what we desire. So, what's the deal here, with the whole taking for granted thing? The deal is that we consistently strive to change our world for the better, a good thing, indeed. But what we first need to change, at least many of us, is our perception that the future, our next present moment, is determined by the past. Taking something or someone for granted is a form of expectation and expectation always has attachment to the outcome as part of the underlying mechanism. We, as individuals, and as a society could have an enormous increase in impact ability if we steadfastly determined our next present only by the knowledge of where it is we want to be. Move forward by visioning the future as we determine it, as we desire it, as right now. And then the past will take care of itself. Our memories and our attachments to feeling them will determine our ease of movement towards releasing our control to an unknown. The good thing is, ultimately we realize, we aren't. We are totally relinquishing our fear of trusting our universal resonance to bring us what we need and desire to blossom. So, let go of all that we assume to continue to be there on all levels and in that moment we will see the present as we have unhidden it from behind the past. The wild rose blooms beautifully, as we all are. Remember, perfection is not a destination. It is the journey.

Question of the week: What do you feel are the most important considerations for maintaining good health?

Answer: Breath, sunlight, clean food and water, exercise and laughter.

Book of the Week: *Where There is no Doctor*; Werner, David; Hesperian Foundation; 1977; 1983

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to sheryleaglewoman@livingresponsibly.com for "The Question of the Week".

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