

The Magic of Being Held By the World

Right now, as you read this article, you are being held up by an invisible, magic web.

Consider the following, with gratitude in your heart:

You are reading an article written for you by me, sent across the Internet thanks to the work of thousands and thousands of engineers and power workers and workers in computer factories, using a computer device produced by thousands of people around the world.

You are alive because you ate food and drink produced and delivered and served by thousands of people. You have shelter built by thousands of people (when you consider the manufacturing process), powered by a power system where thousands of people work every day, with water coming to you produced by thousands of people, cable (or Internet) entertainment streamed to you that was produced by millions of people. Your furniture, clothes, appliances, car, roads, work buildings, city were all built by millions of people.

When you were born, you were incapable of living without the support of your family, who fed, clothed, sheltered you, changed your diapers, kept you alive every single day. They were supported by many others, and then you were educated by many more. You were raised by a village, no matter what your childhood was like.

Your entire existence has been supported by millions of people, for your whole life, including right now.

And it's not just your physical existence: your thoughts have been influenced by writers, pundits, TV shows, films, music, educators, friends and family, the work you do with others, politicians and government, philosophers and religious figures, the environment you live in. What you think and who you are is not something you just invented, it has been created by everyone and everything around you.

You have been co-created by every other human being alive, by the entire world. And your actions have co-created those around you as well.

You are held up by an invisible, magic web of human lives and thought, of food and shelter and electricity and devices, of human creation and nature and the cosmos around you.

We co-create each other, every moment. And we take it all for granted.

The only reasonable response to this realization is gratitude. Applause. Joy.

We are all connected, and our actions matter. How can you co-create the world around you

today? What loving action can you take right now, to care for others around you, to make their lives better? What can you do to appreciate and show gratitude for those who have supported you?

Fill your heart with love for those who have created you, and fill their lives with your love so you can create something amazing for them.

My 44 Training Program

I just wanted to remind you of my free training program, that you can still sign up for:

The 44 Training Program: Turning Uncertainty & Discomfort into Mindful Openness

Again, it lasts 44 days, is entirely free, comes with a dozen videos I've created for you, and is my gift to you.

It's about training in mindfulness, uncertainty and discomfort to create joy, gratitude and openness in your life. I hope you check it out.